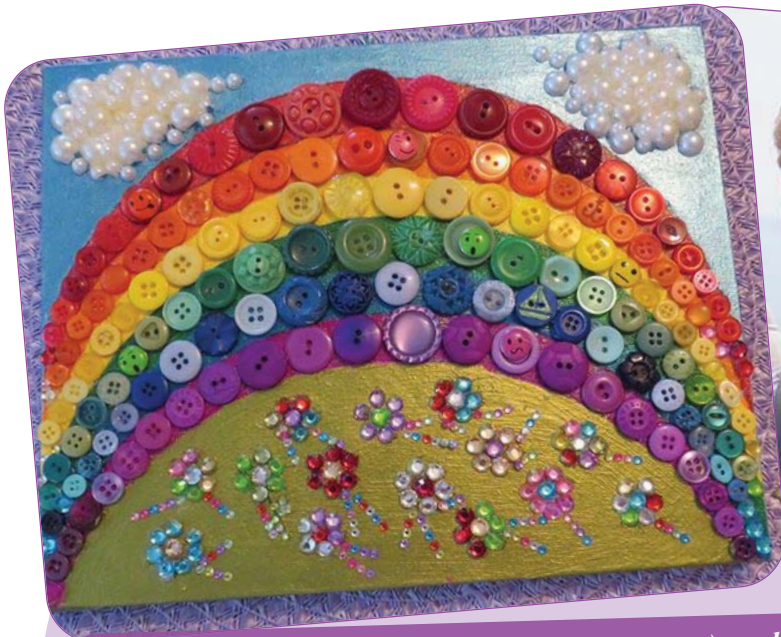


What are you doing while social distancing?



Annie Day, 75, a native of Fauvel (Bonaventure) made this Rainbow of Hope with her button collection. She used pearls for the clouds and the flowers on the bottom remind us that summer is coming and we will be okay.
- courtesy of Thelma Day



Bouncing through the quarantine! My son-in-law just came home with a giant box (curb-side pickup) so now this 9 foot tall bouncy castle is blown up in the living room twice a day for loads of active fun for my grandchildren, Indiana and Maverick.
-Diane Skinner



Arianna Flowers of New Carlisle turned 12 on March 28. Prior to her birthday she was in good spirits and accepted that this year would be a little different because of COVID-19. No friends, no party, just a quiet get-together at home. As her birthday crept closer, reality set in. However, the night before her birthday she went to her mother in tears. Her mother went on facebook and asked a few friends to please drive by and honk. Friends and family did not disappoint. They made Arianna's day extra special. Tammy Lapointe, Freddy Boudreau and their boys Conner and Jacob snuck close to the house the morning of Arianna's birthday and decorated the outside of the house. Then other friends came over, staying six feet apart of course. They had signs and balloons, they beeped their horns, and then got out and sang happy birthday to Arianna. "It was so nice to see our small community care so much," says Shannon Marsh, Arianna's mother. Arianna ended her birthday by roasting marshmallows outside.

Gaspé wharf now belongs to Quebec

Nelson **Sergerie**

GASPÉ – Quebec now has ownership of the Gaspé wharf, located in the Sandy Beach district. The government made the announcement on March 29. The transfer was the subject of an agreement “in principle” made in August 2018.

It is one of four eastern Quebec wharves transferred from Ottawa to Quebec. The others are located in Matane, Rimouski, and Gros-Cacouna, near Rivière-du-Loup.

Management has been entrusted to the Lower Saint Lawrence and Gaspé Port Authority, a subsidiary of the Bé-

cancour Industrial Park and Port Authority, under the responsibility of the Ministry of Economy and Innovation.

Ottawa is contributing \$148.8 million for maintenance and operations and a commitment of \$14.2 million to carry out pre-transfer work, for a total of \$163 million, the amount provided for in the agreement.

The management of the Sandy Beach wharf will be done from Rimouski. The mayor of Gaspé, Daniel Côté, is not offended.

“This is not bad news. I would have preferred to have a board of directors specific to

the Port of Sandy Beach, but a board of directors for four ports is still better than a department that manages hundreds of them,” states Mr. Côté.

The Port of Gaspé receives some cruise ships, as well as fuel and de-icing salt. There are also plans to ship wind turbine blades of 80 metres or more that can't be shipped other than by vessel due to their length.

The wharf is in good condition, according to the mayor, but access to the wharf including Rue du Quai will be redone in the near future. To develop the industrial-port area, the

mayor wants to connect the wharf to the Augustine's Industrial Park.

"Knowing that there is no land or little land available in Sandy Beach, if you want to do industrial development, it must be done in the Augustine's Park. The road project will also be able to continue," says the mayor.

An ambitious vision

Mayor Côté has repeatedly mentioned his interest in seeing the Port of Gaspé take its place on the network of maritime ports. The intermodal between container ships and the proximity to rail are, in his view, development assets in a

context where ships are getting larger and in the wake of the shortage of truckers which favours cabotage.

Historically, the Port of Gaspé was an important terminal in the 1860s, but had lost this status in favour of Halifax, Nova Scotia, during negotiations surrounding the entry of the Atlantic province into the Canadian Confederation.

The Couillard government's former Minister responsible for the Maritime Strategy, Jean D'Amour, announced the cession of the Gaspé wharf, a federal facility until then, to Quebec in August 2018.

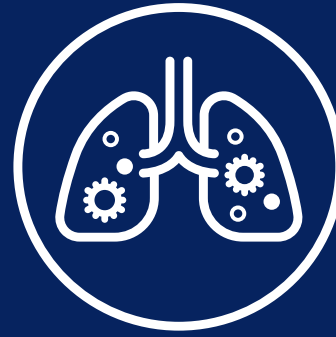
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



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

Resumption of Cegep classes

Nelson **Sergerie**

GASPÉ - Classes resumed gradually on April 6 at the *Cégep de la Gaspésie et des Îles*. A measure that is being disputed in the college network.

Courses had been suspended by the Government of Quebec on March 13 and were to resume on March 30, however, the educational institution extended the deadline by a few days in order to better prepare for virtual classes, since educational institutions are closed until May 1.

"Distance learning can involve many methods. The one we have in mind is online courses, but we are thinking of practical work done at home, research given to teachers. Everything has been analyzed on a case-by-case basis," says Élise Cayouette, Senior Advisor for International Recruitment and Communications.

ment and Communications.

Internships

The administration is still analyzing the situation for students who must complete a practicum as part of their training, as well as the cases where specific exams were to be taken to obtain their diploma.

"The line of the ministry is to continue with a principle of flexibility. We are in an exceptional context and it takes an exceptional response," specifies Ms. Cayouette.

It has already been established that in the event that the campuses do not open after May 1, the requirement to pass the uniform language of instruction exam in order to obtain diplomas will be waived for graduates of the 2019-2020 school year.

The winter 2020 session will be extended until June 3,

including the final evaluation period. This date is set for June 5 in Carleton. Classes were originally scheduled to end around May 22.

Registration for summer courses has been postponed until May 1 and the decision to hold the courses will be announced later this spring.

A challenge

Students across the province fear these viral classrooms will create anxiety. Over 115,000 college and university students have signed a petition calling for course cancellation and credit recognition without a mark. Opinion letters are circulating regarding the improvisation surrounding the continuation of courses.

Professors are also calling for the session to be suspended due to the magnitude of the difficulties.

Town of Percé is worried about the upcoming tourist season

Nelson **Sergerie**

PERCÉ - The tourist capital of the region is worried about the repercussions of COVID-19. Percé's mayor, Cathy Poirier, notes that as time passes, there are fewer responses to the extent that the pandemic could have.

"We are certainly worried. Let's plan our season. We can see that the situation is there. It is still early to say, but let's plan. How will people react? We are starting to ask questions but we'll see," says the mayor.

The 2020 season was looking very good. Despite the current context, we are far from slaughtering the coming season. "There are a few (cancellations), but it doesn't matter. People are waiting. It maintains hope. We'll see as we go," says the mayor, careful in her remarks.

fire station in the Barachois sector will cost much less than expected. Municipal authorities had an estimated \$1.1 million, Construction Scandinave located in Carleton submitted a proposal of \$987,000 including taxes.

Percé adopted a loan by-law of \$1.5 million in order to move forward.

"The money will also be used to buy certain equipment, furniture. The water supply and sanitation facilities are in the borrowing by-law which is not in the \$987,000. This is why we arrived at higher amounts," says Ms. Poirier. Respirators are also included for an amount of \$209,000.

Before launching the site, an archaeological inventory must be carried out on the ground as soon as the snow melts. The mayor hopes the fire station will be ready next fall.

has been elected to the board of directors for the UMQ (Union of Quebec Municipalities). She will fill the position of administrator, representing the Gaspésie-Îles-de-la-Madeleine on the board.

The position was previously held by the mayor of Bonaventure, Roch Audet, who asked for a reappointment. His colleague from Chandler, Louise Langlois, was also in the race.

Ms. Poirier wants to have the voice of the region heard on the board. The Union of Quebec Municipalities' mandate is to democratize regional representation.

"I often hear the regions, the regions. We must think about the realities of each of the regions. From one region to another, it's different. From one MRC to another, it's different. From one municipality to another, it's different. This is something I want to make clear when it comes to political regulations," says the newly elected administrator.

McInnis Cement is in slow motion

Nelson **Sergerie**

PORT-DANIEL-GASCONS: - Certain layoffs were carried out with subcontractors of Ciment McInnis. The cement plant, however, is continuing its operations despite coronavirus circumstances.

The Steelworkers Union, which represents 150 workers at the cement plant, indicates that 36 Aluma systems employees who support operations were laid off. According to the union, operations are being carried out in slow motion, without being able to quantify it.

Some members expressed concern about possible COVID-19 contamination due to the proximity of workers. The employer is respecting social distancing plans. "The employer is proactive and preventive measures have been put in place and everything is respected by all. There is goodwill on behalf of all the parties to pay attention to others," emphasizes Dany Maltais, representative of the Steelworkers Union.

McInnis Cement did not return Spec's attempts to reach the company.

Côte-de-Gaspé: Supporting small businesses

Nelson **Sergerie**

GASPÉ - The Côte-de-Gaspé MRC and the Gaspé SADC are providing \$300,000 to help mitigate the effects of COVID-19.

The MRC is offering businesses and those who are self-employed an envelope of \$150,000. The amount, up to \$5000, comes in the form of a grant that can total 15% of income losses in March and April.

"We want to support small businesses that fall between the provincial and federal nets. We also want to support our self-employed workers. In short, we do not want to duplicate what governments are doing, but it is important for us that our small businesses can get through this liquidity crisis," says Prefect Daniel Côté.

The application form is available online on the MRC website at www.cotedegaspe.ca. The MRC ensures that requests will be processed quickly and will support entrepreneurs in their dealings with governments.

The Gaspé SADC is also setting up a temporary emergency fund of \$150,000. Entrepreneurs will be able to obtain a loan between \$5,000 and \$20,000 with a break in capital and interest for the first three months. The SADC has a non-repayable assistance program of \$15,000 to obtain support from accounting firms to carry out certain documents or diagnoses enabling the emergency financial assistance offered by the various donors to be obtained.

The PATEO-C program will be able to pay 50% of the costs up to a maximum of \$750. The forms are available on the SADC de Gaspé website at www.sadcgaspe.ca

No screening clinic in Avignon-Ouest

Nelson **Sergerie**

POINTE-À-LA-CROIX - Residents in the western part of the MRC of Avignon will not have a COVID-19 screening clinic for the moment.

The request, which was made a few days ago, received a dismissal from the authorities of the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS).

Elected officials received the news during a morning conference call on April 2. The management of the health network does not feel the urgency of installing such a clinic in this sector. "The Pointe-à-la-Croix area and the western part of the MRC are considered a cold region, so they are not at risk at the moment," says Pointe-à-la-Croix mayor Pascal Bujold.

Elected officials justified the request by stating the distance to be travelled to Maria (the closest testing facility). Bujold adds, however, that people in the west of the MRC can fall back on the Campbellton hospital.

The CISSS confirms that the service agreements between Quebec and New Brunswick for health care are still valid until further notice, despite the border being closed, except for essential services, by New Brunswick authorities.

Surprise for the Barachois fire station

The reconstruction of the

Union of Quebec Municipalities

Percé mayor Cathy Poirier



Dr. Pascal Cyr
Optometrist



Dr. Stacey Starrak
Optometrist

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



Seniors' residence employee infects 24 people

Gilles Gagné

MARIA – An employee of the Manoir du Havre, seniors' residence, in Maria, infected 24 people after contracting COVID-19, bringing the regional number of cases to 37. A total of 104 individuals are in quarantine in connection with the incident.

On April 2, the Public Health Board released additional information about the total number of people in quarantine, doubling the previously known number.

At the Manoir du Havre, 10 of the 28 residents, and 10 of the 20 employees are infected. They are all included in the 104 people in isolation. Eight of the 10 infected residents were or are hospitalized in Maria. As of April 3, two residents had been released and none were in intensive care.

The epidemiological investigation by the Public Health Board identified 56 additional people who were in contact with the infected persons. They are also in quarantine.

With all the Manoir du

Havre employees in quarantine, the Integrated Health and Social Services Centre (CISSS) filled the vacated positions with staff from Maria hospital and the Residence Saint Joseph. A government decree now allows for that sort of manoeuvre. Employees of Entre-tiens d'Avignon and Entre-tiens Chaleurs were also asked to assist.

The Manoir du Havre staff will only return to work 14 days after their last contact with the infected colleague and a negative test result.

That initial employee began having respiratory problems on March 20 and was diagnosed with pneumonia on March 24, after arriving by ambulance at the hospital. She was hospitalized on March 27 after a second hospital visit, by ambulance once again. A COVID-19 test was carried out that day and it was declared positive two days later.

"The only risk factor in this case was that the person had travelled outside the region," states Dr. Iv Bonnier-Viger, director of the Public Health Board, to illustrate the impor-

ance of not travelling between regions.

That case coupled with the increasing capacity of the Quebec laboratories to conduct analyses led to a change by the Public Health Board. "We are entering a much more intense phase of screening," says Dr. Bonnier-Viger. "We will test a lot more people, especially people presenting symptoms of pneumonia, fever, cough without having travelled outside the country."

The situation was different on March 24 and before that because the tests were essentially reserved for people who had travelled outside Canada and who had coronavirus symptoms.

Those who are in quarantine and exhibit symptoms after being in direct contact with an infected person are now considered infected. "There is no need to carry out a test. (...) The (epidemiological) investigation will be carried out with the same seriousness and the same rigor as for a laboratory confirmed case," adds Dr. Bonnier-Viger.

Background information

The Manoir du Havre em-

ployee travelled to Quebec City on March 12 with five friends to see a show that was later cancelled. It was on that day that Premier François Legault started giving daily briefings about the situation in Quebec. The employee spent the weekend in Quebec City before returning to Maria. She returned to work on March 18 and started feeling sick two days later.

Chantal Duguay, director general of the Gaspé Peninsula CISSS explains that when the Manoir du Havre employee went to Quebec City, people travelling within Quebec were not targeted as potential candidates to run COVID-19 tests.

She also says that, despite the instructions issued from March 12 and on, restricting people's movements between regions, "it was only a rule, not a ban."

Local initiative could help care units

Meanwhile, Michelle Secours, owner of Caplan-based Frett Design, is working on a project to fabricate two types of face masks for health care professionals and the public.

"The first model is a surgical mask. It is not the M-95 model, which is too complicated to make. It is the type of mask used as a preventive measure in all seniors' residences and in the hospital units where there are no COVID-19 patients. We have started the fabrication even if our model has not yet been approved by Health Canada. We will be ready to sell them once approved. As for the public, we are making a cotton mask," explains Ms. Secours.

She has sent a message to all potential seamstresses on the Gaspé and has received 30 replies. "Most people are already at work, with my pattern. I am also in contact with a Beauce manufacturer that could make between 25,000 and 50,000 surgical masks weekly, once my model is approved by Health Canada."

Latest information

By April 3, the number of infected people in the Gaspé Peninsula and Magdalen Islands had reached 41. After the March 31st Manoir du Havre affair, four additional case was reported in three days.

Commentary

Gilles Gagné

Behind the scenes of a crisis

Since the beginning of the COVID-19 crisis, the popularity of Premier François Legault has reached record levels, not only by today's standards but arguably for any Quebec premier elected over the last century. A crisis does wonders to solidify solidarity behind a valuable leader, and Mr. Legault has shown strong leadership qualities since March 12 when he began giving live daily updates. He has been a credible statesman so far.

The presence of Dr. Horacio Arruda, National Director of Public Health, has also helped François Legault tremendously. Dr. Arruda knows what he is talking about. He is a good communicator and uses a touch of humour to get his messages across. He could be a formidable politician one day.

In Ottawa, Justin Trudeau's situation is very different. He just came off a heavily contested electoral campaign, he runs a minority government, and his role as leader of the emergency funds manager is very difficult, considering that the picture changes about twice a day, as health authorities across the country modify the sanitary measures regularly, and given that Canada has ten provinces and three territories acting singlehandedly.

Justin Trudeau is also handicapped by a lack of talent as a communicator, especially in French and in crisis management, and by a poor choice of communication strategy by his team, especially at the beginning of the pandemic. He has been better lately, but as the saying goes "you don't get a second chance to make a good first impression."

In a crisis triggered by a pandemic, similar to wartime, or when battling recession situations, showing solidarity with the government is positive. This is somewhat normal and it usually represents a way to make progress. It is particularly true in a pandemic situation because discipline is the name of the game.

In Quebec that solidarity comes from the opposition parties, but it is a different reality at the federal level, and from the public.

In crisis management; rules, decrees and sometimes laws are changed to deal with the problems at hand. Currently, the National Assembly and House of Commons debates have been postponed and the governments have more freedom than usual, at the expense of our liberties.

In this type of situation, journalists play a different role. Many of them are getting on people's nerves during the daily updates with Justin Trudeau and François Legault because they ask questions and scrutinize the aspects of governmental interventions.

Politicians would rather have journalists relay the government's messages. It is not that simple. In the absence of real debates between political parties, journalists are currently the only individuals directly receiving input from the public and who have access to the premier and the prime minister. Without calling journalists the opposition by default, they play an important role in protecting what is left of democracy in the current context. Journalists don't want to become the opposition. For a while though, they will play that part.

History teaches us that there is a concentration of power during crises. Once those crises are finished, the governments don't always give the liberties back.

Even when there is no pandemic or crisis, a newly-elected government, after criticizing the previous one about its abuse of power, will rarely abolish the abusive laws that were denounced over a whole term. For example, most of the environmental deregulations adopted by Stephen Harper's Conservative Party are still in force, despite having been heavily criticized by Justin Trudeau's Liberal Party more than four years after the October 2015 election.

So, imagine what it is like in crisis conditions. It will be easy for most of our governments, despite our relatively strong democratic tradition, to wave another possible pandemic at us and therefore limit the surrender of our liberties which were taken away during the pandemic.

Popularity-wise, François Legault has reached a peak since mid-March. Already high since the October 2018 election, his degree of support is above 90% now.

However, the pandemic will end at one point, weeks or months down the road. The aftermath will also be a tough period. Hundreds of thousands of people will not regain their jobs. Thousands of businesses will not re-

open. Some of the flaws of the emergency measures will appear. It might be a much tougher period for Mr. Legault and for Mr. Trudeau.

Journalists will be less involved next year and the opposition leaders will resume their roles.

In January 1998, amidst the worst period of the ice storm crisis, then premier, Lucien Bouchard was by far the most popular politician in Quebec, mainly because of his daily public interventions with Hydro-Québec's then president André Caillé.

Ten short months later, he won the November 30 election and received a majority in the National Assembly, however, his Parti Québécois gathered fewer votes than the Liberal Party of Jean Charest, because there was a backlash associated to the ice storm crisis.

François Legault is lucky because there isn't an election until the fall of 2022, however, the effects of the coronavirus pandemic will last much longer than the ice storm's and they will be much stronger. It will be a good test for Mr. Legault.

The Gaspé Spec

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

208-B Gérard D. Levesque
New Carlisle, Que.
G0C 1Z0

Tel: 418-752-5400
specs@globetrotter.net

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

(Taxes included)
1-year (paper or digital): \$46
6-months (paper or digital): \$25
Outside Canada:
1-year paper \$165 digital: \$46

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

Member of:
QCNA, CARD

News Media Canada
Médias d'Info Canada

C.M.C.
AUDIT

Canadian Coast Guard hovercraft reaches Restigouche River on April 1, 15 days earlier than last year

Gilles Gagné

MATAPEDIA: – The Sipu Muin, the Canadian Coast Guard hovercraft, reached the Restigouche River on April 1, which is 15 days earlier than in 2019. It started its ice-breaking operations the following day to prevent floods in the Village of Matapedia and the surrounding area. The Village of Matapedia sustained a significant flood on April 20 and 21 in 2019 due to an ice jam located just below the railway and road bridges.

The flood caused significant damage to many properties. It happened on Saturday and Sunday of Easter weekend. At that time, the hovercraft had just been sent to the Acadian Peninsula to de-ice the Shippegan fishing harbour after briefly being in the area between Pointe-à-la-Croix and Matapedia on two occasions.

That Canadian Coast Guard's decision to leave Matapedia for the second time in two days raised controversy in Matapedia for many reasons, including the middle-of-the-night evacuation of the seniors' residence situated in the same building as the CLSC.

Business people such as Pete Dubé, the owner of Hôtel Restigouche, and Richard Mill, who owns Garage Restigouche, also heavily criti-



The Sipu Muin arrived on April 1, in Pointe-à-la-Croix and started its de-icing activities the following day.

Photo: G. Gagné

cized the Canadian Coast Guard's choice. Mr. Dubé accused the Coast Guard of deciding to help the Acadian Peninsula crab fishermen at the expense of the Matapedia people. His property, which was for sale at the time, was heavily damaged.

Richard Mill's business also sustained major damage, amounting to hundreds of thousands of dollars. He is glad to see the hovercraft arrive 15 days earlier this year. It is the earliest arrival of this machine since the first intervention of the Canadian Coast Guard in Matapedia in 1995.

"This year, the Coast Guard people kept us informed. They recently came here and they contacted Bernard (Mill, his brother). They looked at the map. They went along the river to check where there is ice to

break. Unlike last year, they consulted the local people who know the river," explains Richard Mill.

The Mill brothers followed the geographical progression of the Sipu Muin prior to its April 1 arrival in Pointe-à-la-Croix and Matapedia. The hovercraft made stops in Gaspé and in the Acadian Peninsula, where the crew helped the work of a private firm charged by the federal government to de-ice the fishing ports in order to start crab fishing as early as possible this year. An early start will lower the interactions between the fishermen and the right whales, which usually arrive in the Gulf of Saint Lawrence around mid-May.

Over the winter, Richard and Bernard Mill observed various phenomena, including

an end of the December debacle on the lower half of the Restigouche River, which raised worry because the same thing had happened in December 2018 and during all the winters that preceded major spring damage in Matapedia over the last 50 years.

"At one point during the winter, we also went by snowmobile to a place along the river called Chain of Rocks, slightly up the river from Brandy Brook. Over a stretch of two kilometres, the ice was piled up about 12 feet high. We had very rarely seen anything like that. It happened after De-

cember but we don't know when. It means that the river ice went down a second time, later in the winter," explains Richard Mill.

Even if he is reassured by the early arrival of the Sipu Muin, Richard Mill slowly started emptying his basement at the end of March. "We take no chances. We fill boxes. Because of the coronavirus, we can't have everyone's help this spring. So we begin early," he says.

The water level was low on April 1 when the hovercraft arrived "but with the high tides, if the hovercraft can clear the lower part of the river, there will be some room for the upper river ice, when it will come down," points out Richard Mill.

At the end of April 2019, the Member of Parliament for the riding of Gaspésie and Magdalen Islands and Minister of National Revenue, Diane Lebouthillier, admitted that the Canadian Coast Guard was under-equipped to deal with its spring responsibilities in the Gaspé Peninsula and northern New Brunswick.

Hovercraft arrives early because of better weather conditions

Gilles Gagné

MATAPEDIA: – The winter conditions that prevailed since the beginning of the year have facilitated the early arrival of the Sipu Muin hovercraft, says Guylaine Beaudoin, spokes-person for the Canadian Coast Guard.

"The fact that the hovercraft arrives these days is ex-

plained by the conditions experienced during the winter and the current conditions. Moreover, the favourable ice conditions in the estuary and the gulf also allowed a safe transit of the hovercraft between Trois-Rivières, its operational base, and the Bay of Chaleur," explained Ms. Beaudoin on April 2.

The Sipu Muin started its de-icing duties around mid-

morning on April 2, starting in the Pointe-à-la-Croix area.

"The operation will take place according to a time frame that will depend on the meteorological conditions of the next days. No date has been set yet for the end of the work (...) It will end after the debacle of the Restigouche and Matapedia Rivers," concludes Guylaine Beaudoin.





VILLAGE
Real Estate Agency

Suzanne Landry
CERTIFIED REAL ESTATE BROKER AEO
418-752-0792
suzannelandry@royallepage.ca
www.suzannelandry.ca

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

Jennifer Blais
Owner / Optician
Propriétaire / Opticienne



Optique
Comeau Optical

Enter to win
Glasses for
LIFE!
See staff for details
Participez et courrez
la chance de gagner
des lunettes pour
LA VIE!
Voir notre équipe pour détails

21 pour / for



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

2 Prince William, Campbellton

506-759-9828



ASSET-BASED 3PL

Powered by Integrity. Driven to be Different.

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



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



Liberal

DIANE LEBOUTHILLIER

MP • Gaspésie–Les Îles-de-la-Madeleine
Serving the English-speaking community of our beautiful region!

Email: diane.lebouthillier@parl.gc.ca

Grande-Rivière office
418 385-4264

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

Magdalen Islands office
418 986-1489

New Richmond office
581 355-0060

Don't forget about mental health while at home!



Do you need to deal with the new reality of staying at home? The following advice and tips will help make the experience of this time of isolation due to the COVID-19 epidemic in Québec more pleasant.

The current coronavirus (COVID-19) pandemic and related unprecedented preventive measures have created a different reality, one that can be particularly difficult to adjust to. For some, the measures can make an already difficult situation more fragile for family, financial and/or social reasons. Adjusting and adapting to the new situation requires great resilience.

Many people feel compelled by the situation to experience a period of isolation, while others need to be creative when reconciling telework and family life.

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

Take care of your psychological health

- ✓ **INDULGE YOURSELF.** Give yourself the time you need to adapt. By relying on your personal strengths and the strategies you used in the past to lower your stress or overcome an ordeal, you can get through this difficult time in better ways.
- ✓ **VERBALIZE WHAT YOU FEEL.** Are you experiencing loneliness or worry? Share your inner thoughts with someone you trust while abiding by recommended physical distancing measures.
- ✓ **ASK FOR HELP WHEN YOU FEEL OVERWHELMED.** It's not weakness but rather a sign of strength.
- ✓ **SUPPORT OTHERS** while abiding by physical distancing. Helping others in difficult times is as beneficial to the giver as to the receiver.
- ✓ **AVOID ADAPTATION STRATEGIES THAT DON'T WORK** such as tobacco, alcohol or drugs. In the end, they will only impair your mental and physical state of health.
- ✓ **Staying well informed is important, but TRY TO LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ON COVID-19.** Information overload can raise your stress level and increase your anxiety and/or depression. Always use on reliable resources of information such as the official Government of Québec website: [Quebec.ca/coronavirus](https://quebec.ca/coronavirus)



Letting yourself feel joy is so important

During your period of isolation, it is important to follow a healthy diet, drink lots of water, stay active and get enough rest and sleep. Use this time to discover new passions and focus on yourself and your family.

There are so many activities that can fill up at-home days and entertain you. Make them part of your daily routine by writing a list that you can refer to for ideas on how to stay active at home. Consider posting the list in the house in a place where you can easily consult it. Here are a few ideas to feed your thoughts and help you to remain active:

Indoor physical activities: Ride an exercise bicycle; practice yoga or Pilates; dance; do aerobics and/or weight training, etc.

Creative leisure activities: Draw, colour, paint, write, sing, take photos, do origami, knit, etc.

Games: Play board games, cards, do jigsaw puzzles, crosswords, Sudoku and hidden word games, etc.

Entertainment: Listen to music, podcasts, TV series, movies, concerts, etc.

Relaxation: Take a warm bath, meditate, read a book, etc.

Educational activities: Learn a new language, visit virtual museums, etc.

Other: Cook, sew, tidy up, do housework, sort photos, etc.



Are you teleworking?

- ✓ **SET UP A COMFORTABLE WORK SPACE.** Make sure that the space is only used for your professional activity. This will ensure boundaries between your work and your private life. As much as possible, keep your home office comfortable, clean, nicely set up and airy.
- ✓ **LET YOUR FAMILY CIRCLE MEMBERS KNOW YOUR WORK SCHEDULE.** Explain your expectations to them and listen to what they expect from you. Ensure that they know your work schedule (times when you do not want to be disturbed) and also the times when you are available for them.
- ✓ **SHARE RESPONSIBILITY FOR YOUR CHILDREN.** If both parents are self-isolating at home, divide responsibility for the daily schedule. For example, one parent can be fully in charge of the children's needs in the morning and the other one can take over in the afternoon.
- ✓ **PLAN WORK TIME EFFICIENTLY.** Take advantage of nap time to speak with your workmates by phone. Invite the children to "work play" by drawing, reading or doing educational activities. Ask the older kids to supervise the younger ones when they play.



Staying in contact with your family circle virtually is a great way to overcome isolation

Communicating regularly with your friends and family while practising physical distancing can help improve your well-being during your period of isolation.

Nowadays there are so many ways for you to communicate with your family and friends, workmates and acquaintances: telephone, email, chat, video calls, the Web, etc.

Resources

Stress, anxiety and depression can affect people physically, psychologically, emotionally and behaviourally during times of home isolation. While most succeed in adapting to the situation, it remains important to pay attention to your needs. Never feel ashamed at doing what is needed and take care of yourself.

The following telephone hotlines are always available when you feel stress, anxiety or depression related to the current epidemic in Québec: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 and 1 877 644-4545 (toll-free elsewhere in Québec). You will receive information and be directed to psychosocial health professionals who can provide support and advice that meet your needs.

Deaf and hard-of-hearing persons should dial 1 800 361-9596 (toll-free).

Resources on how to incorporate healthy living habits into your daily life:

- defisante.ca (French)
- force4.tv (French)

Resources for better management of family time:

- ecoleouverte.ca
- alloprof.qc.ca (French)
- teteamodeler.com (French)
- viedeparents.ca (French)
- naitreetgrandir.com (French)
- vifamagazine.ca (French)

Telephone hotlines for people in psychological distress:

- Regroupement des services d'intervention de crise du Québec
24/7 services for distressed people (French): centredecrise.ca/listecentres
- Tel-Aide
Listening centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen: 514 935-1101
- Écoute Entraide
Community organization that supports people who are emotionally suffering: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- Telephone assistance service
1 866 APPELLE (277-3553)

It Never Rains Forever

- Diane Skinner

Hope is such a powerful thing. Hope can keep us going. Hope can stop us from giving up. Hope can even bring us happiness. These are dark days and we are told that there will be more challenges ahead. Not knowing exactly for how long and the extent of the challenges ahead can be a difficult thing to wrap our heads around. From speaking to friends and family, we are all managing to different degrees and in diverse ways.

Hope is a feeling that something will happen in the future. It is what we want and a belief that it will happen. In this case what we are hoping for is in most ways out of our control. What is happening during this virus is real and we are constantly reminded about its reach beyond our borders and now within. Quebec has been hit particularly hard compared to the rest of Canada. We know because the numbers are updated daily and the numbers are growing. Stay home people, as this is the best way that we can save lives, starting with our own.

Having hope helps us to get up and do as much as we can. Some people are going to work and they are the heroes. They are the helpers that make certain that we have food, medication, fuel and medical care.

How can we be hopeful?

Watch the negative thoughts and words. Try not to say “never” or the “worst”. Positive thoughts and words are important.

Maintain a sense of humour. Chat with a friend who makes you laugh. Watch a comedy on tv. Watch a YouTube video that tickles your fancy. Practice “smiling therapy.” This is putting a smile on your face whether you feel it or not; an example of fake it until you make it.

Believe that you will get through this. Things may not be perfect, but don't let the desire for perfect bring you down. Do not let the search for perfect be the enemy of good enough, for now.

Do not watch news constantly. Your every waking hour cannot be COVID-19. It is important to keep up with the latest advice and to the announcements by Prime Minister Trudeau and Premier Legault. This will make you feel that things are being done and steps are being made.

Stay busy. Sitting on the couch all day is such a downer. Try to make a list every day of things you want to accomplish, big and small. Getting things done gives you a positive feeling.

If you are going to work daily, know that you are one of the heroes of our time. The history books will say just that. Stay safe. Keep well.

Reach out to others. Maintain contact with people outside your home. Facebook, FaceTime or call on the phone. Talk to others and share stories. In particular, call people who live alone and the elderly. Check in daily.

Keep a gratitude journal or just a written record of these times. Put it away at the other end of this and one day you will take it out, reread it and be amazed at your strength. Make sure to write down at least one positive thing each day. This will remind you that one day this will be over.

Perform an act of kindness. This can have a dramatic and positive effect on your mood and outlook. Kindness triggers the release of serotonin which is a brain chemical that makes you happy and thereby hopeful.

It also calms stress and helps reduce pain.

Keep this in the back of your mind all through these days:

Be strong, because things will get better.

It may be stormy now, but it never rains forever.

Save Lives. Stay Home.

“We’ve got to stay home and the sooner we do it and lock it down – the sooner we can get back to living a better existence.”

Depending on your age, you might recall your parents or grandparents talking about the sacrifices everyone made in wartime. Goods and food were expensive and in short supply. They had to make do with what they had. They wasted nothing. They ate plain, but nutritious food. Factories were converted from making household items to making bombs. During war, difficult choices and sacrifices are made.

This is a war of a different sort, and there are some similarities. We will have trouble getting things that we want and even things we need. Prices are definitely sneaking upwards. Many people are preparing plain meals. Before COVID-19, as a society, we were eating 20% of our meals at restaurants and take-out. Now that is down close to zero. Factories are converting to making masks and respirators. Things have changed and quickly.

In wartime people prided themselves on “doing their part.” Now we need to do our part. The one thing that can flatten the curve and cut down on the number of infections and deaths is this: **Save lives by staying home.** The pandemic and its course depend in a big way on what we do. How long can we keep this up? The answer is clear. As long as we need to.

For the most part people are listening. Trips outside the house are for those working essential jobs – such as pharmacy staff, food workers, health care professionals, truck drivers, the military, cleaning personnel and government workers. Thank you to you. We appreciate you. I know I have forgotten some who still go out every day to keep the systems going, but thank you.

If you are over 70 years old, do not go out in public. Just do not. It is not only yourself that you are putting at risk. It is everyone in your home and should you become ill with the virus, you are putting the lives of health care workers at risk as well.

Save lives by staying home.

Otherwise make as few trips out to stores and pharmacies as possible. When you do go, make a list and keep the outings brief. Protect yourself. Use a mask or even a scarf. Wear disposable gloves. Take Purell or sanitizing wipes. Keep your distance from others - 6 feet or 2 metres. Chew a zinc lozenge as this helps keep the virus from sticking to your throat. Spray your throat with Betadine spray when you get home. Wash your hands thoroughly. Many people wash their clothing when they return home and clean their shoes. The virus can live on surfaces.

Just yesterday, Hillary Clinton reminded us that, “The next several weeks may be some of the hardest we have faced. From those on the front lines to those saving lives by staying home, let’s remember to be kind to each other, be patient and remember the power of our collective humanity, even when we’re apart.”

Save lives by staying home.

- Diane Skinner

Stocking a Pantry: The Essentials

“Plan for tomorrow and today will take care of itself.”

If you have the opportunity, means and space, plan to stock your pantry, fridge and freezer. Now is the time to do so. Hope for the best but planning for tomorrow is always a good thing. Here are a few suggestions to guide you when making your shopping list. I have found that you will likely not get all the items you want at one time, but that is a matter of supply and demand. Right now, getting flour is a challenge. Over time you will hopefully get most, if not all of what you need.



Let's pause for a moment to thank all the people who keep us fed and well in these difficult times; truck drivers, grocery workers, gas station staff, pharmacy employees, health care workers and others. You are all our heroes. We should not stop being grateful for those who keep us going.

- Diane Skinner

The List

Dry and can goods: Canned beans (black beans, kidney beans, chickpeas); dried beans (last up to a year); rice and other grains (barley and quinoa); garlic and onions; hardy vegetables (potatoes, carrots, turnips, parsnips); stock and broth; canned fish and meat; canned vegetables; canned soup; pasta sauce, tomato paste, and pasta; oil/vinegar; nuts/peanut butter; oats and cereal; powdered milk; bread and crackers; sugar, molasses, maple syrup and honey; and coffee/tea.

Baking/cooking supplies: flour; yeast; shortening; vanilla; raisins / chocolate chips; dates and figs; salt and pepper; baking powder; baking soda; cocoa powder; evaporated milk; bay leaves; cinnamon; and chili powder.

Fridge: milk/juice; yogurt; butter; eggs; cheese; fresh produce, jam, ketchup/mayonnaise/mustard/hot sauce; and pickles.

Freezer: ground beef and turkey; sausages/ham; chicken; turkey; bacon; bread; frozen veggies and fruit; and vanilla ice cream.

If you cannot find an item that you need, swap with a friend. If you have a large bottle of cinnamon and the friend has none you could trade for half a bottle of nutmeg! Help each other. Be resourceful. Yesterday I made a sweet treat out of mini tacos brushed with melted butter and sprinkled with cinnamon and brown sugar. Roll them into tubes and brush with leftover melted butter. Bake at 350°F for about 12 minutes. It was a delicious sweet treat. When we can find some flour, the cookies will be a little more traditional.

Announcements...



Obituaries



CONOLEY: Bertha (nee Smith)

On the evening of Thursday, March 26, 2020, Bertha passed peacefully, loved and supported by her husband and children, and in the presence of her dear sister-in-law. Beloved wife of Rodney. Proud mother of Craig and Kayla (Brent Halverson). Proud grandmother, "Mama Buba," to Conan Conoley. Dear daughter of Lila and the late Allen Smith. Loved sister of Ellen Smith (Pat Shannon), Gloria Smith, Gail-Ann Smith (Jean Daoust), Caroline Smith (Louis Dubois) and Tara-Ann Smith (Sylvain Martineau). Loved by her in-laws, the late Brian and June Conoley, as well as their children Tony Conoley (Ellen), Anne Ford (Randy), Doris Conoley and the late Brian "Coco" Conoley. Bertha is also remembered by many nieces and nephews. She will be missed by the many people whose lives were touched by her. We will always remember her bold spirit, unbridled laughter and smile. The care, compassion and insightfulness that she extended to those in her life will be cherished always.

A celebration of Bertha's life will be held at the Garden Chapel of Tubman Funeral Home and in Gaspé, Quebec at a later date.

In lieu of flowers, donations can be made to Hospice Care Ottawa.

Condolences, tributes and donations may be made at www.tubmanfuneralhomes.com

thegaspespec.com



WILLETT-KERR: Lorraine

In memory of our beautiful, caring and loving mother Lorraine Willett-Kerr who went home to be with Jesus on March 26, 2020, after a long 18-month battle with cancer.

Our mom was born on December 10, 1939 in Foam Lake, Saskatchewan, but had spent the majority of her life on the Gaspé Coast.

She leaves behind her husband John Kerr; children: Cindy (Gord), Lenny (Robert), Dana (Susan), Lori (Harvey) and Layton (Deb); the grandchildren whom she loved so dearly: Tanis, Theresa (Kyle), Jim (Helen), Josh (Laura), Nick (Katie), Miranda, Shawn (Charissa), Samantha, Stephen, Shannon, Colby, Caleb, LJ and Addie Kay; five great-grandchildren: Ben, William, Jakob, Samuel and Sofia; brother Warner (Alice); sister Carol (Grant); and many nieces and nephews friends and family.

We were the fortunate ones to have her in our

lives. She loved, cared and prayed for everyone daily. She never complained, never asked for anything, she did so much for everyone. She loved to volunteer her time cooking at the Fair Haven Bible Camp every summer. She faithfully went there to cook just up until she got sick, she would also go to the Village of Hope and cook sometimes to help out also baking and just enjoying going to the Sunday Service they would have. She loved to share her love for God.

Happy is our mother now as she feels no more pain. She is in her beautiful home. "Heaven is a wonderful place." Revelations 21:27.

We love you, we will miss you but we find peace in knowing you are gone home. At this time we are unable to have a funeral service, however, there will be one scheduled later in the summer. Details will be provided once they are available.

Solitude

*I needed the quiet, so He drew me aside
into the shadows where we could confide.
Away from the hustle where all the day long
I hurried and worried when active and strong.
I needed the quiet, though at first I rebelled,
But gently, so gently, my cross He upheld,
and whispered so sweetly of spiritual things.
Though weakened in body, my spirit took wings
To my heights never dreamed of when active and gay.
He loved me so gently, He drew me away.
I need the quiet, no prison my bed
But a beautiful valley of blessing instead;
A place to grow richer, in Jesus to hide
I needed the quiet, so He drew me aside.*



In Memory

WARD: Wilma Beatrice Huntington

In loving memory of our mother, mother-in-law, grandmother and great-grandmother, who passed away on April 8, 1990.

*Deep in our hearts you will always be,
In every way no tears, no verse can ever say
How much we miss you every day.
No longer in our lives to share,
But in our hearts you are always there.*

Always loved, always remembered, never forgotten by your loving daughter Frances (Bernie); grandson Mark (Erin), and great-grandsons Reid, Cole and Benn; grandson Kevin (Courtney), great-granddaughters Avery and Carys; sons Ken (Chris); Everette and Wayne (Monique); grandson Dave (Josiane), great-granddaughter Julia; and great-grandson Elliott; and grandson Brian (Catherine).



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

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.

Since 1846
Tingley Monument Limited
A Division of MGI

Nelson MONUMENTS
SINCE 1909
A Division of MGI


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



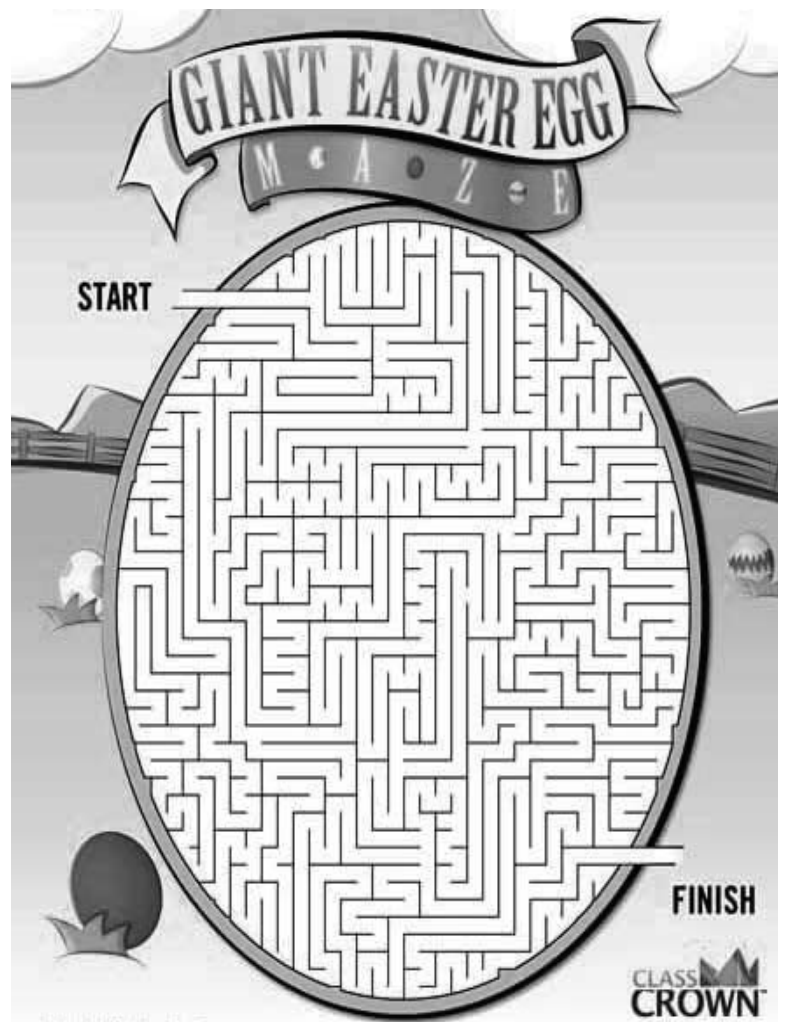
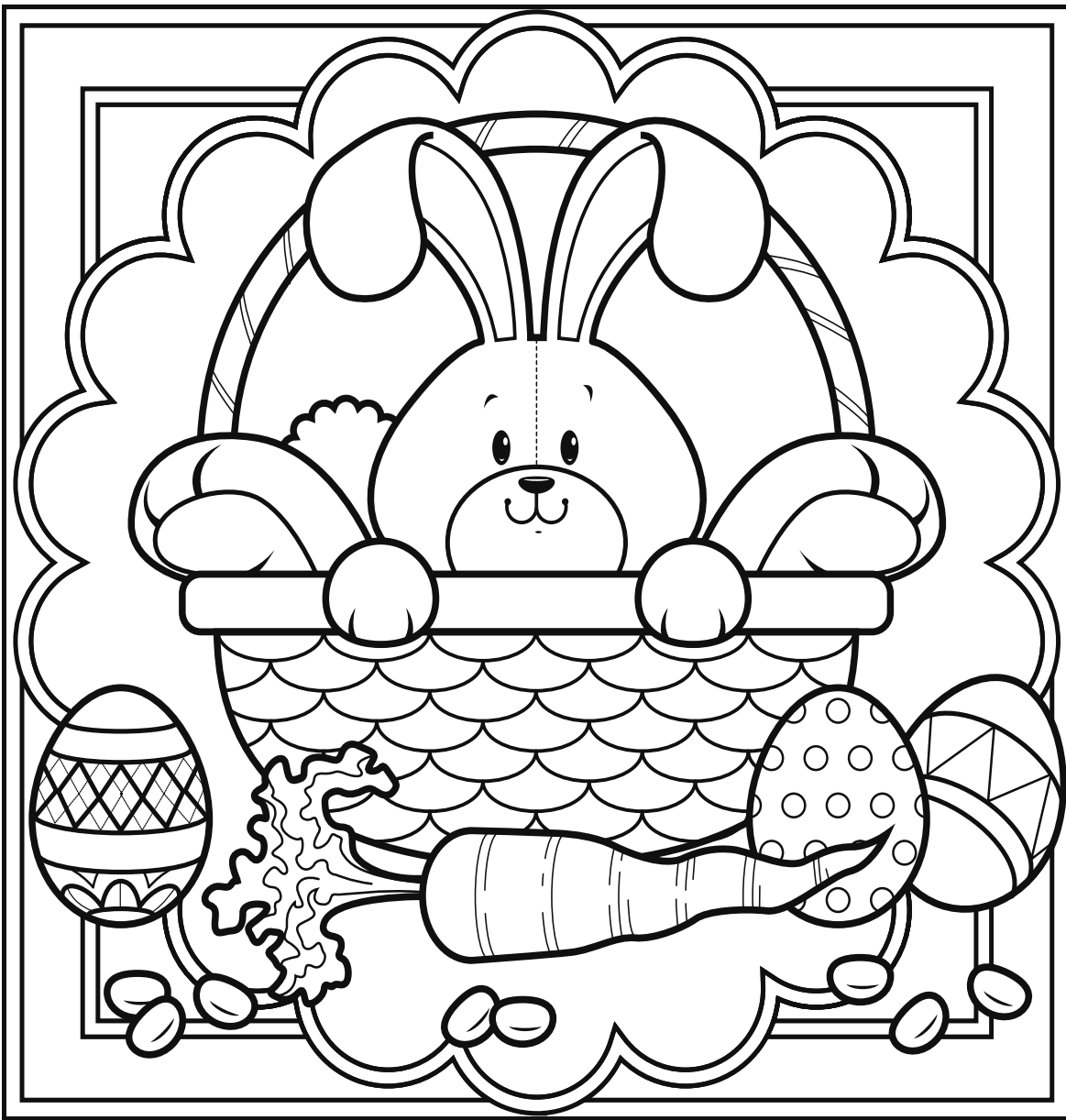
The Ohmega Group Inc.

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

On the lighter side...



EASTER WORD SEARCH

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

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

WORDS

APOSTLES
BASKET
BONNET
BUNNY
CANDY
CARROT
CELEBRATE
CHICK
CHOCOLATE
CHRISTIAN
CHURCH
CROSS
DAFFODILS
DUCKLINGS
EASTER
EGGS
FAITH
FAMILY
HIDDEN
JELLYBEANS
JESUS
LAMB
LENT
MARSHMALLOW
MIRACLE
PEEP
PRAYER
RABBIT
RESURRECTION
RISEN
SAVIOR
SPRING
SUNDAY
TOMB
TREATS
WORSHIP

Easter Sudoku

Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S			T
	O	S	
T	R	P	
P			U
			O

SPRING

	N		
I		R	
			S
	R	G	I
	I	N	
			G

BASKET

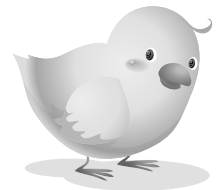
	B	T		S
	A		B	
			T	K
K	A			
	T	E		

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U	N					I	
						K	C
L				K	I		
K	U					S	
				C	L	I	
C	U	I	K	L	S		
		G	N		U		

TULIPS

			U	T
	T	I	S	
	L			
		T	L	
	I		L	S



HOROSCOPES

ARIES – Mar 21/Apr 20

This is the week to take charge of your overall health, Aries. If you haven't been feeling so well, now is the time to visit a doctor and get back on track.

TAURUS – Apr 21/May 21

Taurus, if you have your heart set on an art project but can't find the time, figure out a way to make it happen. If you commit to finding the time, your efforts will pay off.

GEMINI – May 22/June 21

Gemini, now is the perfect time to get up and get outside. Fresh air, sun-

shine and physical activity are long overdue, and they can infuse you with positive energy.

CANCER – Jun 22/Jul 22

Cancer, do not get frustrated with a close friend if he or she seems less ambitious than you. Everyone works at his or her own pace and may not have the same focus as you. Be patient.

LEO – Jul 23/Aug 23

Use good relationships with loved ones and friends to organize group activities. Such outings will strengthen your already strong bonds with the people you love most, Leo.

VIRGO – Aug 24/Sept 22

Virgo, if you have not been exercising regularly of late, now is the ideal time

to get back in the action. Embrace the physical and mental benefits of being active.

LIBRA – Sept 23/Oct 23

Let your ambition guide you this week, Libra. Spend the week mapping out strategies. Once you have a plan on paper, you can work towards executing it to perfection.

SCORPIO – Oct 24/Nov 22

Do not have a moment's hesitation when taking on a project or spearheading plans this week, Scorpio. Your organizational skills are right for the job.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, this week should go well for you. Expect to feel a renewed energy and harbour a more positive out-

look. Use this to your advantage in your career.

CAPRICORN – Dec 22/Jan 20

Ambition is creeping up on you and it cannot be ignored, Capricorn. You have the time now to devote to any plan of action, so don't be afraid to go all-in.

AQUARIUS – Jan 21/Feb 18

Aquarius, do not be surprised if you wake up feeling super this week. Chances are this renewed strength and energy has something to do with better lifestyle habits.

PISCES – Feb 19/Mar 20

Pisces, the cosmos puts an end to any lethargy you have been feeling. Use this opportunity to be active and pursue new goals.

FAMOUS BIRTHDAYS

APRIL 5

Pharrell Williams, Singer (47)

APRIL 6

Candace Bure, Actress (44)

APRIL 7

Russell Crowe, Actor (56)

APRIL 8

Matthew Healy, Singer (31)

APRIL 9

Kristen Stewart, Actress (30)

APRIL 10

Sofia Carson, Actress (27)

APRIL 11

Alessandra Ambrosio, Model (39)

Despite the reality we are all living in right now, make an effort to mark the special days with your children. Easter is coming (April 12) so look around the house for items that you can use to make Easter fun for your children. If you have a stash of construction paper, paper glue, kid scissors, markers and crayons you can make loads of Easter crafts. If you have other items such as pom poms, glitter, tempera paint and googly eyes, go Easter crafting crazy!

Easter cards: white paper or construction paper and markers/crayons. Have child design an Easter card. If it is for somebody not in your house, take a picture/ video and send virtually to grandparents etc.

Rabbits: Two paper plates, pink paint, yarn, googly eyes or buttons. Use one plate for face, paint it pink or leave it white. Add eyes, mouth, whiskers (out of yarn) and eyes (googly eyes if you have them or buttons).

Cut other plate in half and trim a little smaller. Paint. Glue on back of whole plate. These are the ears. Add a bow (ribbon or crayon) at the neck

Eggshells: Eggshells, seeds and ground. Save half egg shells. Put in some earth and plant a seed or two. You don't have your seeds yet? Use an overripe cherry tomato. Hope that it will sprout! Put egg shells in an egg carton and place in the sun.

Handprint bunnies: White or pink paint, construction paper and markers. Paint your child's hand white or pink. Have them press it onto a piece of construction paper, with fingers at top – the two fingers are the ears. (No thumb) When dry, the child can draw on a bunny face with markers, glue on pom pom nose.

Bunnies: plastic spoons, glue, white paper, marker and magazine. Cut

a picture from a magazine of a dress or shirt. Glue onto spoon handle, cut out bunny ears from white paper and glue on the top of the spoon. Use markers to draw a bunny face on the round part of the spoon.

Chicks: Cut apart a cardboard egg carton. Use two glued together (glue two open tops) to make a chick. Add a 3-D construction paper beak (cut a construction paper diamond shape, fold in half), eyes and a little feather for the top of chick's head.

Easter bunny paper bag puppet: Take a small paper bag, add ears, nose, cheeks and whiskers. Your child will have a puppet!

Fingerprint animals: Have your child dip one finger (Peter Pointer) in a bit of paint. Use pink for bunnies and yellow for chicks. Have them press the finger on white paper. When dry they can add with skinny marker to bunny: ears, tail, eyes, mouth, nose and whiskers. Add to chick: beak, wings, mouth and eyes. Messy, but fun.

Chicks: Keep wine bottle corks and dip into yellow paint. This is chick's body. When dry add with skinny marker beak, wings, eyes and legs.

Easter bouquet: put out shallow paper plates with colourful tempera paint, such as yellow, pink and purple. Have your child put their hand flat in paint and then onto a large piece of white paper, fingers facing up. Repeat two or three times with different colours. When dry add stems and leaves with paint, markers or crayons.



Don't forget to have fun!

EASTER SERVICES *at Home*

- Diane Skinner

In an effort to flatten the curve of COVID-19, churches will be adhering to social distancing and self quarantining guidelines. Worshippers will not be attending Easter and other Holy Week services this year. Everyone will be staying home. Pat Hayes, retired Deacon comments, "One need not totally abandon celebrating these very important Christian traditions. Might I suggest that time be set aside for a simple but meaningful observance of Holy Week and Easter Sunday worship within the home."

There is a variety of ways that individuals and families can observe Easter. Suggestions include: Have a simple meal or give up technology on Holy Saturday. This will remind us that Jesus gave up his life for us, the ultimate sacrifice. A simple blessing before a meal could be "God, we remember today how Jesus served his friends by washing their feet. Help us to serve others, too."

For adults, and children who are old enough, read some appropriate Bible passages. Pat Hayes suggests this Bible Reading: The Gospel of John: Chapter 20—The Resurrection of Jesus." Pat adds, "For Easter

Sunday I will set up a worship space near a table where a candle can be placed, to be lit before worship begins. You may also wish to place some flowers on the table or some coloured eggs."

Plant some seeds which is also a reminder about the circle of life. Practice an act of kindness on Easter. Help out a neighbour by delivering some food, flowers or call a friend. This is a reminder to be thoughtful and kind to others which is appropriate in these challenging times.

This prayer, from a New Zealand Prayer Book, could be used as it is particularly meaningful in today's world.

*God of the present moment,
God who in Jesus stills the storm
and soothes the frantic heart;
bring us hope and courage
as we wait in uncertainty.*

*Bring us hope that you will make us
the equal of whatever lies ahead.*

*Bring us courage to endure what cannot be avoided,
for your will is health and wholeness;
you are God, and we need you.*



It's Easter and children need to celebrate and have positive, fun things in their lives. You do, too. This Easter you may not be able to celebrate traditions in the usual way, however, modify and children will be grateful. That will fill your heart with gladness and we need that right now.

Easter Traditions

Easter Egg Hunt: Explain to your young children that this year the Easter Bunny may not be available because he is self-isolating which is a good thing (and socially conscious) to do! This year Mom and /or Dad will hide the treats! Next year the Easter Bunny will be back on duty.

Easter Treats: If you can get to the store to purchase treats such as tiny chocolate eggs or jelly beans, that's great. If not, make some treats! Cookies! Mini Rice Krispie squares! Fudge! Mini chocolate chip muffins! Pears and peaches! Children can still fill their baskets with treats.

Easter Bonnets: Play the song by Judy Garland, *Easter Parade* (aka as the Easter Bonnet song). Yes, it's old and slightly cheesy but it can lead to a discussion about old time traditions and how the world has changed... and is still changing. An Easter bonnet was a new or fancy hat worn at Easter when attending Christian church services. Make a new tradition by making hats out of paper, ribbon and other materials or everybody wears a hat, any hat, while watching an old time Easter movie. "In your Easter bonnet, with all the frills upon it, You'll be the grandest lady in the Easter parade."

Easter church services: Easter Sunday is a very well attended church service. (Please locate article called Easter Services at Home, above this article.)

Easter Supper: Easter supper is traditionally a big hearty meal and the star is often a ham or a turkey. If you can rustle up the ingredients, enjoy all the trimmings including mashed potatoes, gravy, stuffing, carrots and turnips mashed together, and buns. If not make a family favourite.

Eggs: Eggs are an Easter tradition. Why not continue that this year? Have omelettes or scrambled eggs for breakfast. Eggs are a symbol of new life and came to represent the Resurrection. Easter 2020 you may not want to dye eggs because then you may not be able to use them for food. Children can understand the need for conserving food.

Easter Lilies: The Lily is the unofficial flower of Easter. Instead of buying an Easter Lily this year, make some with the children. Take white paper and trace your hand with a pencil. Then cut it out and roll it. Fingers are the petals. Curl the petals by rolling them around a pencil. Add a stem made from a pipe cleaner or a coffee stir stick. Make lots of them. Everybody in the house has a different hand size. Put the lilies in a vase or jar.

Shine Your Light

Women's Day 2020 - Shine Your Light was a very special event, bringing together 150 amazing women for an afternoon of entertainment, inspiration and celebration.

The Shine Your Light Award was given to June Main for her many dedicated years of volunteering with the Linda LeMore-Brown Foundation.

The day served as a reminder that celebrating and encouraging each other's achievements will allow us to build a strong community of women.

In 2020, we hope that you will reach out and shine YOUR light, so that we can support each other in these changing times.

See you at Women's Day 2021!

