

Dream trip to Africa turns into anxious adventure

Cynthia Dow

“We had been saving for this family trip for years and planning the details for months,” Alice Dell told SPEC. “It’s just a heartache that it came to an end so soon.”

At the end of February, Alice Dell and her husband Gordon left the Gaspé, flying from Moncton on March 2; first to Vienna, where they stayed until March 7, and then on to Cape Town, South Africa; where they landed on March 8. In Vienna, they met with their daughters Rachel and Jessica. A family friend from Fort Smith Northwest Territories, Ray Currie, joined the group later in Cape Town.

One of the reasons for the trip was Rachel’s presentation at the Commonwealth Museum Conference on “*Museum Practice for Post-Colonial Futures*.” Most of the participants were from Africa, but many other nations were also represented: New Zealand, Australia, India, Canada and England. Rachel, curator at the Northern Life Museum in Fort Smith, spoke about a project she has been engaged in protecting and preserving the history of Indigenous peoples by collecting and documenting stories from remote northern communities. Her presentation was well received.

The original plan was to return March 24, but due to the COVID-19 pandemic, the dream trip turned into a nightmare of anxiety.

“South Africa was stunning; we will certainly go back. Cape Town, with its Tabletop Mountain, is amazing. You can take a gondola ride to the top. The entire city is beautiful, with all kinds of waterfront. The people are warm and wonderful. I particularly enjoyed the African market, with artisans from different African cultures and nations. I would love to have had more time to shop there!” says Alice Dell.

Rachel Dell faced health challenges even before the



From the left: Family friend Ray Currie, Jessica, Gordon and Rachel Dell at Cape Point.

Photo: Courtesy of the Dell family

pandemic became a factor in their trip. She suffers from asthma and started having severe attacks. Luckily, the host of their lovely Air B&B rental house had contacts with a doctor, who was able to ensure Rachel got the medications she needed.

Meanwhile, Jessica, Gordon and Ray enjoyed an African safari in the nearby bushland and got to check out the famous penguin colony at the Cape of Good Hope. Alice was at the B&B monitoring Rachel’s asthma.

After only a few days, unsettling news started to seep through from Canada. Alice’s siblings in Toronto were sending her frantic emails begging her to return home. Then on Sunday, March 15, a text from her brother, Dan, in Halifax advised that the Canadian government was telling citizens travelling abroad to return home. The group immediately started trying to organize the return trip. Within hours of the advisory from the Canadian government, segments from all their original return flights were being cancelled.

“It was a stressful and anxious scramble to get tickets but we were supported by Daniel

Fequet, a former student and son of Cheryl Kouri and Lavergne Fequet. Daniel, a travel agent in Montreal, was working to get some of his clients out of South Africa and was able to give reassuring and helpful advice, calming our anxieties with the email motto “No Gaspesian Left Behind.” On the return trip the family had to split up because we couldn’t all get seats on the same flights. Jessica and Ray had to fly out a day later,” Alice explained.

It had been impossible to reach the airlines by phone, and the costs of tickets had sky-rocketed: “We paid more for our one-way return tickets than we had for the original round trip.” She, Gordon and a very asthmatic Rachel finally flew out on March 18.

Alice will never forget passing through the Townships outside Cape Town on the way to the airport. “The people there live in unbelievable poverty, and it’s very dangerous as well. God bless them now with this virus. They have no running water, no space for social distancing.”

Protecting themselves while travelling was not too much of a dilemma. “I’m al-

ways prepared for the Apocalypse,” Alice quipped. “I had been saving handwipes, hand-sanitizers, etc, and got Jess to get us N-95 masks. She got six of them. We still have a few left as, in the end, we used the usual surgical masks for travel.”

Rachel’s condition certainly added to the family’s worries, as her coughing made other airline passengers and crew extremely anxious. She even had to be given oxygen in flight. Alice had to keep reassuring people the symptoms were not related to the virus.

Arriving at the Paris airport was surreal: “We spent eight hours at the Paris airport, but it was empty: spooky and eerie. It felt as if we were extras in a science fiction movie. By that time, I had been anxious for such a long time I felt physically ill. So many flights were being cancelled and I dreaded getting stuck half-way home but we were fortunate to get seats on a plane full of diplomats being repatriated by the government.”

While at Orly Airport, Alice needed to get cough syrup for Rachel. The only pharmacy open was within sight but on the other side of the security

barrier, and customs. “I was told I couldn’t go across the barrier; travellers were not being allowed into Europe, but when they saw the state Rachel was in, I was granted a police escort. They held my passport as they took me to the pharmacy and back.”

It was then the family began to realize how sharply the world had changed since they had left Canada in early March.

The Dells landed in Montreal but their car was in Moncton, so they had to rent a vehicle, and then drive home. They had already been travelling 31 hours from Cape Town to Montreal. They arrived home, exhausted, on Friday, March 20, but had to take a quick trip to Moncton the next day to return the rental and retrieve their car.

The following Monday, Rachel was notified by the Cape Town Commonwealth Conference organizers that some delegates at the conference had tested positive for COVID-19. “We called the local pandemic hotline and I was so impressed by their organization and support: They gave Rachel an appointment for testing that afternoon and we were directed to the drive-through testing centre at Maria Hospital. We did not have to get out of the car. The results took an anxious week of waiting because of the backlog, but ultimately we were relieved to hear that she had tested negative. All the same, we were advised to complete our 14-day quarantine.”

Now the family is trying to recoup some of their financial losses. The airlines, for example, are offering nothing but credits for future flights, so the Dells have made claims through travel insurance.

“It was only after we got home that we came to understand the dramatic changes in the world. It continues to be very surreal and unsettling adjusting to this new way of living.” Alice concluded.

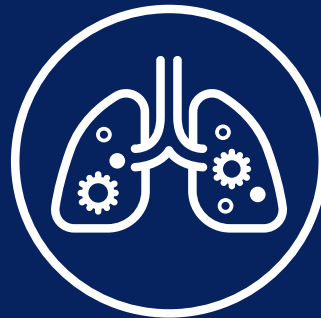
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



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Cough



Trouble Breathing

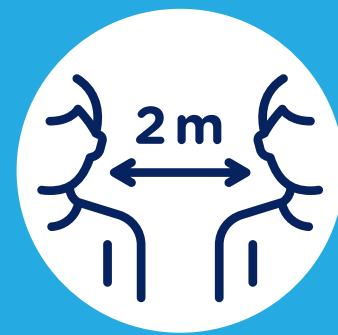
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NB and PEI decision to keep borders closed could impact the Port of Gaspé

Gilles Gagné

GASPÉ – The recent decision by the New Brunswick and Prince Edward Island governments to keep their borders closed until at least the middle of the summer due to the COVID-19 pandemic could spell trouble for the Magdalen Islands and maybe turn the Port of Gaspé into a pinch-hit solution.

The Member of the National Assembly for the Magdalen Islands, Joël Arseneau, is asking Quebec Premier François Legault to start discussions in order to guarantee the establishment of a “transport bubble” through New Brunswick and Prince Edward Island to ensure that supplies and people can reach the islands.

The Magdalen Islands receive the majority of their freight supplies from the ferry service linking Souris, Prince Edward Island, and Cap-aux-Meules, Magdalen Island. Tourists also use mainly that ferry service to reach and leave the island.

If that service is partly blocked because New Brunswick and Prince Edward Island won't open to Quebecers, Joël Arseneau expects Quebec Minister of Transport François Bonnardel to consider using a port in the Gaspé Peninsula as a pinch-hit solution.

In a letter sent to Premier Legault, MNA Arseneau asked him to “formally and without delay undertake talks with the New Brunswick and Prince Edward Island governments in order to secure a passage corridor towards the Islands that will assure over the next months the transport of basic supplies but also the circulation to and from the island for the residents (permanent and seasonal), their families and eventually the tourists. The Magdalen Islands simply cannot be compartmentalized because of a decision coming from neighbouring provinces,” he wrote.

“In parallel, I am of the view that the Minister of Transport must, on his part, consider a summer maritime

link with the Gaspé Peninsula. The CTMA owns a ship, the CTMA Vacancier, that is currently available, as the cruise service has been suspended for the summer. Can a temporary emergency link be considered with a frequency of two to three weekly return trips?” asked Joël Arseneau.

The Quebec government had not replied to Mr. Arseneau when the SPEC reached its deadline.

Mr. Arseneau says Premier Legault committed to launching a major promotional campaign asking Quebecers to travel in Quebec this coming summer. He wants the Magdalen Islands to be part of that campaign if the COVID-19 epidemic in Montreal is under control.

“We will not benefit from the \$94 million spinoffs that we usually get. However, can we make sure that the seasonal workers active in that (tourism) field can get enough earnings to qualify (for employment insurance) and contribute to the survival of the enterprises? Access is the key to reach those conditions. People are not coming here by plane. It is by ship for 80% (of the needs),” explains Joël Arseneau.

At least 70,000 people visit the Magdalen Islands in the summer. About 1,600 people work in 360 tourism enterprises.

Chandler could have offered a pinch-hit solution

In Chandler, Joël Arseneau's plea for a Gaspesian port resonated with Mayor Louisette Langlois.

Until September 2016, the Chandler wharf was a regular port of call for the CTMA Vacancier, a ship sufficiently versatile to be a standard ferry. In fact, during the winter, the CTMA Vacancier is used as the ferry linking Souris, Prince Edward Island, and the Magdalen Islands.

“Chandler is the closest Quebec port to the Magdalen Islands,” states Ms. Langlois

regarding the 130 nautical miles separating her town and the island. That distance can be covered in nine to ten hours.

Equipped with a roll-on roll-off ramp, the Chandler wharf was so neglected by its owner, Transport Canada, that despite 30 yearly calls by the CTMA Vacancier and a couple de-icing salt deliveries, the wharf was closed at the conclusion of the September 2016 cruise ship season, with a three-week notice.

“Between the closure of the Gaspesia mill in 1999 and 2016, Transport Canada spent \$300,000 on the wharf maintenance. That is 17 years. It is like putting \$30 on a house every year. I am not blaming the Transport Canada civil servants. It was more difficult at the political level over the years,” she says.

The Town of Chandler is currently spearheading a wharf reconstruction project worth tens of millions of dollars, considering that a major user would be willing to take deliveries of significant input volumes for a regional company, however, the wharf cannot quickly be put back in working order to facilitate the summer operation of Groupe CTMA.

“It is not fit for use. It would be dangerous. Some of the (concrete) caissons are busted,” points out Louisette Langlois.

Groupe CTMA redeployed the CTMA Vacancier in Gaspé in 2017 but through a reduced service compared to Chandler. There was only one weekly stop instead of two and the schedule was often completely shut down due to right whale protection measures, including speed reductions in the Gulf of Saint Lawrence.

There is no roll-on roll-off ramp in Gaspé. There is one in Matane but the distance between that port and the Magdalen Islands is at least twice as far as the distance between Chandler and the island.

Police report

Michel Perron, 53, from Campbellton, will return to the New Carlisle Courthouse on September 10, at which time a trial date will be set. He faces charges of theft, break and enter, forcible confinement and having worn a disguise in order to commit a criminal act. He allegedly committed those acts on the night of March 19, 2019, in a Nouvelle house inhabited by an elderly couple.

The two men allegedly stole items from the victims' home. The elderly couple was tied up during the crime. They were able to free themselves after the departure of the criminals and called the Sûreté du Québec. An abandoned car was found near Dalhousie the following day.

Michel Perron was arrested eight days after the crime by the Royal Canadian Mounted Police at his place of residence in Campbellton. His alleged accomplice, Jimmy Lévesque, was also arrested that same day in Dalhousie. He died at the New Carlisle prison in October 2019.

Michel Perron isn't imprisoned, but he must respect a set of conditions.

Ten people died on the roads of the Gaspé Peninsula and the Magdalen Islands in 2019, which is exactly the same number as in 2018. The *Société de l'assurance automobile du Québec* (SAAQ) released its yearly statistics on May 8 and they also reveal a 24% reduction in the number of accidents causing major injuries to the driver or the car occupants at 29 and a 9.5% decrease in the number of accidents causing minor injuries at 446. Over the last five years though, some statistics are more problematic. The SAAQ statistics reveal that the number of fatal accidents rose by 13.6% while the number of accidents causing major injuries augmented by 4.3%. The number of accidents causing minor injuries decreased by 10%. Overall in Quebec, the number of fatal accidents killed 333 people, a 6.2% reduction compared to 2018.

Gaspé reopens the bike path

Nelson Sergerie

GASPÉ – The Town of Gaspé takes full blame for the closure of the cycling path and rectifies the situation so that the path is once again open to bikes, scooters and skateboards.

Comments questioning the decision to close the bike path posted on social media on the weekend of May 9 and 10, led the Town to analyze the situation.

Mayor Daniel Côté admits that he received incorrect information leading to the decision of closing the bike path. Since then he personally measured the cycling path and with the exception of the Haldimand Bridge, its width is approximately three metres, which allows for wider use.

“If you're passing or meeting someone, the two people should get as close to the shoulder as possible. If you are both more or less 15 centimetres from the edge of the asphalt, you will respect the two metres,” calculates Mayor Côté.

However, the basic rules remain in force. “If you stop to chat, you form a group and groups are still prohibited. I'm just following the Public Health guidelines,” says the mayor.

Remember that the Birthplace of Canada site will be open, but the buildings will be closed. In addition, the parks, playgrounds, skatepark, pump track, sports fields and their chalets remain closed.

The beaches will be open but with distancing measures. The service buildings will be closed.



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Director of Public Health Board still advocating for slower reopening

Gilles Gagné

CARLETON – Dr. Yv Bonnier-Viger, director of the Public Health Board of the Gaspé Peninsula and Magdalen Islands, was still advocating for a slower reopening of all the regions, on May 15, three days before the lifting of the checkpoints in most parts of Quebec.

That checkpoint lifting opens the door and grants access to the Gaspé Peninsula without any specific follow-up with those who have entered. Visitors only have to respect general instructions, including limiting travel to essential needs and a suggesting that they follow a quarantine upon reaching regions with low levels of COVID-19.

“We could have adopted an approach ensuring that the “far regions,” which have a different epidemiological profile, gradually receive people from regions where there is a higher occur-

rence of the coronavirus,” explained Dr. Bonnier-Viger to the SPEC on May 14.

“The valve was not closed. We must keep in mind that people having to move around for humane reasons, for work purposes and to get back to their main residence were allowed in,” he points out, referring to the March 23 to May 18 closure of certain regions.

Dr. Bonnier-Viger and his colleague for the Lower Saint Lawrence region, Sylvain Leduc, requested that the national Public Health Board provide a model of the potential impact, transmission-wise, of the reopening of their regions, given the wide conditions determined by that national authority. Both of them, along with other colleagues were still trying to change those reopening conditions as of May 15.

“It is not clear that we will have that model on Monday (May 18). We could have

opened up to the owners of summer houses and cottages. Then, we could have allowed in the tourists from other “closed” regions. Finally, we could have welcomed the tourists from every region but limiting them to campgrounds, for example,” he said.

In that hypothetical step-by-step, people from the Quebec City area could have been greeted as part of the gradual process.

“Quebec City can be considered an intermediate region,” adds Dr. Yv Bonnier-Viger, considering the much lower infection rate of the capital compared to Montreal.

Would it not have been easier to close Montreal, Laval and the belt around those cities and open up the rest of Quebec, considering that Montreal and Laval are located on islands?

“It would have been logistically very difficult. Montreal is an island for sure (easy to mon-

itor) but it would have been unrealistic logistically to block the belt around it. It would have required a mobilization of the army, with all the roads,” he analyzes.

Things are still uncertain in Avignon West

A week after being in contact with the office of New Brunswick Premier Blaine Higgs, Pointe-à-la-Croix Mayor Pascal Bujold still has not noticed any substantial change in the way the Campbellton checkpoint is managed. Many Gaspe-

sians must pass that checkpoint to New Brunswick to shop for their essential needs.

In an interview with CBC on May 13, Premier Higgs pointed out that “we have done that” in regards to correcting the situation for Gaspésians.

Reached an hour later Mayor Bujold assured that the way Gaspésians are treated at the Campbellton checkpoint “is still incoherent.” He was expecting to discuss the situation with New Brunswick authorities once again in order to settle the matter.

THE WEEK IN NUMBERS:

Number of COVID-19 infection cases on May 8: 172
Number of COVID-19 infection cases on May 15: 174
Number of COVID-19 related deaths on May 8: 8
Number of COVID-19 related deaths on May 15: 8
Number of people still in the hospital on May 8: 2
Number of people still in the hospital on May 15: 1
Number of people still in an intensive care unit on May 8: 0
Number of people still in an intensive care unit on May 15: 1

Gilles Gagné Commentary

Time to review our habits

On April 20, the Cargill cattle slaughterhouse in Alberta was temporarily closed because the COVID-19 outbreak in the plant affected more than 1,000 of its employees. One employee died as a result of the virus. Operations resumed on a reduced scale on May 4.

Another huge cattle slaughterhouse in Canada, owned by JBS in Brooks, Alberta, had to significantly slow down operations due to a significant coronavirus outbreak. The situation was so bad that McDonald's Canada, an important buyer of the Cargill and JBS beef, opted to get its supplies from American slaughterhouses, where the pandemic had an even bigger impact.

In Quebec, Olymel closed at the end of March its Yamachiche pork slaughterhouse for a 14-day period, again because of an important COVID-19 outbreak. Three other plants, also owned by the company were affected as well. When operations resumed, it was at a slower pace.

A lot of Canadians discovered over the last month-and-a-half that the production of beef and pork is extraordinarily concentrated in the country.

Last year, 3.3 million heads of cattle were slaughtered in plants inspected by the federal and provincial authorities. About 80% of those animals were processed in Western Canada, mainly in Alberta. Pork processing is essentially concentrated in Quebec since more than half of the 22 million animals slaughtered in Canada were transformed in the eastern part of the country, predominantly in Quebec.

Canadians did not run out of meat over the past few weeks, however, a lot of farmers were nervous, especially pig farmers, about the possibility of wasting thousands of animals because of the closed processing plants. Pigs are kept inside barns on farms and there was a problem as to where they would be raised in order to avoid overpopulated barns.

The price of meat increased a little since March and it might increase again soon given the protection measures that had to be put in place by the administrators of slaughterhouses. That cost will likely be transferred to the consumers, despite the availability of government funding in that regard.

Many Canadians also discovered the relevance of considering options other than buying beef and pork coming from so far. Is it possible to buy local meat, and at what cost? Is the taste better?

Historically, over the last century, the production of

food has become increasingly dominated by industrial giants. Saving time and saving money through the adoption of specialized production was adopted by a majority of consumers. The quality factor was gradually overlooked as time passed.

Crises like the one triggered by COVID-19 are often forcing people to question that industrialized model. It is particularly relevant in a region like the Gaspé Peninsula where we have some available space and where the number of farms used to be much higher. The growing interest towards the protection of the environment represents another value that has gained importance over the years.

The cost factor remains a big hurdle blocking a higher degree of self-sufficiency in local food production.

Again, the way people calculate the cost of food varies. Most of the time, local food costs more on a per-kilo or per-pound basis but there are other ways to calculate. Anyone who has bought locally grown chicken knows that it is not full of water, that it is leaner and that at the end of the day, consumers will get more portions for the same sum of money. There is no ammonia smell in it and the taste is undoubtedly better.

The quality of local hormone-free beef provides a big edge to it. It is better for our health and the taste is incomparable.

Why don't we find more local products, including local meat then? People's tendency to opt for a price is a factor. People's shyness is another factor. A grocery store owner who is asked repeatedly to offer a product will make the necessary effort to make it available.

Environmentally, it might also be better for the planet to reduce our overall consumption of meat. Moreover, if that meat comes from closer, the transportation cost will likely result in a lower meat price and a more favourable environmental record.

It is time to opt for a local food consumption increase. It is consequently the time to put pressure on our governments to support that model. The pandemic context might have opened some politicians' eyes, not only to find N-95 masks, but also to improve our food autonomy. That must include regional food production and processing.

LETTERS TO THE EDITOR

Still No Comprehensive Government Plan to Communicate in English During an Emergency

During public-health emergencies, timely communication is crucial. This is essential for rapid risk reduction and never more essential than during a pandemic.

During the coronavirus crisis, the Quebec government has mishandled these fundamentals. It started on the proper foot, by producing – in both French and English – a well-done and vital public-health tool, the COVID-19 Self-care Guide. What ensued were avoidable, week-long delays in placing the English-language Guide where it is most needed, in the hands of vulnerable English-speaking Quebecers.

English is the main language spoken by 13 per cent of Quebec's population. Following public protest, the government announced on April 30 that it would mail out 800,000 English copies, using Revenue Quebec's list of taxpayers who receive tax documents in English. On April 29, the government had less than 50,000 copies of the guide available in English and was still placing orders to print more. No reports have surfaced to date of anyone receiving a copy by mail. At best they will arrive six weeks or more after the French version, as de-confinement begins.

Before copies of the Guide arrived on our doorsteps, a second French-only publication appeared. This time it's the “Together, let's protect our children” flyer issued by youth-protection authorities warning that isolation can increase the risk of abuse and neglect of children and weaken the safety net of daycare workers, teachers and other adults who are in a position to detect signs of problems. Youth Protection authorities have observed a substantial reduction in reports.

The French version of this document began arriving

Continued on page 5

The Gaspé Spec

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JOURNALISTS: Nelson Sergerie, Diane Skinner
CONTRIBUTORS: Cynthia Dow, Jeanie LeLacheur

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

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Gesgapegiag's Diane Rowe appointed to the Supreme Court of Nova Scotia

Gilles Gagné

GESGAPEGIAG – Canada's Minister of Justice, David Lametti, announced on May 14 the appointment of Gesgapegiag jurist Diane Rowe as a Judge of the Supreme Court of Nova Scotia. Justice Rowe was until recently Senior Solicitor at the Nova Scotia Department of Justice in Halifax.

According to the information made available by Canada's Ministry of Justice, "Justice Diane Rowe graduated from the University of New Brunswick's Faculty of Law in 1997. She was admitted to the Nova Scotia Bar in 1998 and the Newfoundland and Labrador Bar in 2001. She has a deep commitment to public service, justice, and equality."

It is also mentioned that "Justice Rowe was a Senior Solicitor with the Nova Scotia Department of Justice, where she advised the Office of Aboriginal Affairs and the Made-in-Nova Scotia Process. Her areas of practice included Aboriginal, administrative, corporate commercial, natural resources, bankruptcy and in-



Photo: courtesy of the Nova Scotia Judiciary

solveny, and construction law. She has advised several government departments and Crown corporations on significant public initiatives. Before joining the Nova Scotia Department of Justice in 2002, Justice Rowe practiced general civil litigation and acted on behalf of Indian Residential School claimants in several provinces in mass tort litigation."

Moreover, Justice Rowe

has engaged in volunteer advocacy work on behalf of Indigenous peoples, equality rights, refugee claimants, and the LGBTQ community. She is Anishinaabe Two-Spirit. As a Sixties Scoop child, she was sent to Newfoundland.

Justice Rowe was formally welcomed into her spouse's family and the Gesgapegiag community. Justice Rowe and her spouse, Jessica Jerome, a visual artist, have two children.

COVID-19: Fishermen finally get support six weeks later

Gilles Gagné

NEW RICHMOND – After six weeks of requests from various fishermen's groups from Quebec and Atlantic Canada, the federal government announced on May 14 a set of programs totalling \$469.4 million to reduce the impact of the COVID-19 pandemic. The amount builds on a previous sum of \$62.5 million, called the Canadian Seafood Stabilization Fund, announced in April, which targeted seafood processing companies.

The Government of Canada will administer three main programs to help the fishermen. The details about each of the programs provided in their press release are as follows:

Fish Harvester Benefit will support self-employed fish harvesters and crew who are usually paid by a percentage of the catches and who don't qualify for the Canada Emergency Wage Subsidy. "Support will be provided to those who experience fishing income declines of greater than 25

percent in the 2020 tax year, compared to a reference period to be identified. This measure covers 75 percent of fishing income losses beyond a 25 percent income decline threshold, up to a maximum individual entitlement equivalent to what is provided under the Canada Emergency Wage Subsidy," mentions the press release. The Canada Emergency Wage Subsidy is \$847 per week for up to 12 weeks. The Fish Harvester Benefit program is worth up to \$267.6 million,

Fish Harvester Grant will provide grants to cover fixed costs for self-employed commercial fish harvesters impacted by the COVID-19 pandemic and who are ineligible for the Canada Emergency Business Account or equivalent measures. This will give them more liquidity to address non-deferrable business costs. The program would provide non-repayable support of up to \$10,000 to self-employed fish harvesters with a valid fishing licence. The amount of the nonrepayable support will vary

depending on the level of fish harvesters' historic revenue. The Fish Harvester Grant Program is worth up to \$201.8 million,

Updated EI Fishing Benefits proposes measures or changes to Employment Insurance (EI) that would allow self-employed fish harvesters and sharepersons (crew members receiving a percentage of the landing revenues) to access EI benefits on the basis of insurable earnings from previous seasons (winter and summer claims).

Prime Minister Justin Trudeau has stated that additional details on the measures will be made available soon.

The Southern Gaspé Professional Fishermen Group was one of the main advocates for measures to help its members, essentially lobster fishermen, coping with the pandemic. The expectations of the group were higher than what was announced. Its director general, O'Neil Cloutier, had not reacted officially when the SPEC reached its deadline.

Caregivers welcomed back

Nelson Sergerie

GASPÉ - Some 70 caregivers were able to resume services on May 11 at the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS) but under strict conditions.

Quebec has relaxed the measures and requires the CISSS to justify any refusals to let caregivers in CHSLDs.

Initially, the regional network had put a stop to this practice because of outbreaks in seniors' residences.

Now their presence will be authorized even at the CHSLD Résidence Saint-Joseph de Maria; the CISSS does not intend to request an exception there, because the situation is now under control.

"We intend to apply the directives with all the measures and conditions required in the context of this recovery," says Jean Saint-Pierre, director of the program to support the independence of the elderly.

Caregivers will have to undergo a screening test, sign a commitment to respect the instructions and will have very specific functions in the establishments.

Important mental health help

While interventions have tripled since the start of the pandemic, Quebec's assistance with mental health will permit the CISSS to add resources to meet needs.

The regional network cannot say what its share of the \$31 million announced on May 6 will be. Sylvain Nadeau, director of mental health programs, welcomes the money that is coming.

"It will allow us to do some hiring. With the end of the school year, high school graduates and technicians will be available. Retirees are also interested," explains Mr. Nadeau.

Clinical workers were moved to meet the demand. Meetings are by phone and teleconsultation is underway. The post-crisis is also being prepared for.

"We have to take care of people who are more vulnerable and support them well. There are people who are very isolated. The principle for us is to compensate via stakeholders," says Mr. Nadeau.

Community resources will be asked to prepare activities to help occupy the minds of their clientele.

Letter to the editor - continued from page 4

May 4. As this is written, no official announcement has been made whether the English version will be mailed. If not, English-speaking Quebecers will be inexcusably left out. If yes, again more delays.

The government's approach reflects almost a carbon copy of an earlier health-sector experience. During the 2009 H1N1 alarm, the government mailed essential health information solely in French. The ensuing clamour resulted in distribution in English-language newspapers but several weeks later.

Under Art. 22 of the Charter of the French Language, the language of the Quebec government is French, except when health or public safety require the use of another language. Clearly, this confers the legal latitude to use English to achieve equal health and safety objectives.

The impulse to translate such vital material into English appears to have taken hold. Distribution remains an entirely different matter. Whether the obstacle is ministerial linguistic policy or something else, the result during this pandemic has been a combination of confusion, improvisation, public reaction and, above all, delay. Be it COVID-19 infection or child maltreatment, such delays compromise the health and well-being of those affected. The effects can bounce back on the general population in the form of increased infection or societal consequences of child maltreatment.

Nobody should be permitted to slough this off as a dispute about language. These government choices increase perils to the population when a more considered approach would reduce risk.

We believe the appropriate solution is to print and mail the English version at the same time. The tools are already in place. However, an additional ingredient is needed: the political will to adopt the required policy and procedure and to make it public.

Premier François Legault and his team have provided no clear indication of having drawn the obvious lesson – that a comprehensive Quebec government plan to communicate in English during an emergency is both essential and long overdue. At a very minimum for important public health and safety issues, this government must immediately commit to implement an overarching policy and guidelines guaranteeing English-speaking Quebecers are provided – in English – with the same governmental messages as the majority population receives in French. And at the same time.

Geoffrey Chambers,

President of the Quebec Community Groups Network

Be active but stay safe!



As part of the progressive return to normal life, the Québec government has authorized Quebecers to gradually resume certain outdoor recreational, sports and leisure activities, provided that physical distancing rules are followed.

As of May 20, you will once again be able to partake in a number of your favourite individual activities.

For details on all the activities that will be permitted, visit:

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

No matter how active you are, regular physical activity is essential to both your physical and mental health. It has many important and beneficial effects, so all Quebecers should be active, but stay safe!

Because being active feels good!

Regularly practising sports, leisure, physical and outdoor activities that are adapted to a person's ability benefits everyone, regardless of their physical fitness. Physical activity helps young children improve their motor skills and overall development, students improve their attention span and concentration, adults improve their ability to manage stress and increase their energy level, and seniors improve their quality of life and maintain their autonomy.

Being active enables you to maintain your cardiovascular health and boosts your metabolism in addition to strengthening your immune system. Regular physical activity also enables you to:

- increase your life expectancy
- improve your physical fitness (aerobic fitness, muscle tone, flexibility)
- adopt healthy lifestyle habits that will have a positive effect on your quality of life

Being active also contributes to better, longer-lasting sleep, especially deep sleep, the most restorative sleep stage.

Be active to better manage stress!

Practising physical activity means allowing yourself the opportunity to have a healthy mind and body. Being regularly on the move releases hormones that help you manage stress and helps to strengthen your mental health and improve your self-confidence and self-esteem.

Breathing fresh air and interacting with nature also help counteract the psychological effects of stress and anxiety, thus supporting good mental health.

Be active just for fun!

The formula is simple and proven: practising the physical activity of your choice (while respecting the guidelines issued by the public health authorities) is fun, and once you try it, you'll want to keep doing it.

So get active, whether at home or outdoors. You can walk, run, dance, play and pedal away and still respect hygiene and physical distancing measures.

Physical activity is possible for everyone. Move a little, move a lot, but get moving!

Because being active... feels REALLY good!

Follow health guidelines at all times!



When engaging in any sports or physical activity, it is essential to always follow health guidelines in order to limit the risks associated with the spread of the virus.

Handwashing

- Wash your hands often with soap and warm running water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if you do not have access to soap and water.

Respiratory etiquette

- Observe hygiene rules when you cough or sneeze:
 - Cover your mouth and nose with your arm to reduce the spread of germs.
 - If you use a paper tissue, dispose of it as soon as possible and then wash your hands.

Physical distancing at all times

- As much as possible, stay at least 2 metres (approximately 6 feet) away from people who do not live under the same roof as you.

Follow recommendations to self-isolate

- If you experience symptoms of COVID-19, follow the recommendation to self-isolate at home to avoid passing the disease on to other people.

Hygiene measures regarding frequently touched objects and equipment

- Use your own equipment (use your own golf balls, have each tennis player use a different ball, etc.).
- If the equipment is shared, make sure it is disinfected after each use.

Resources

If you are worried about COVID-19 or you are experiencing symptoms such as cough, fever, breathing difficulties or a sudden loss of smell and taste without nasal congestion, call 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 or 1-877-644-4545 (toll-free outside of Québec) to be directed to the proper resource. People with hearing impairments can call toll free at 1-800-361-9596 (TTY).

Fisheries and Oceans Canada closes 18 additional grids to fishing

Gilles Gagné

NEW RICHMOND – The federal department of Fisheries and Oceans (DFO) has closed, to commercial fishing, 18 additional grids representing a surface of approximately 4,000 square kilometres after two right whales were sighted between the Gaspé Peninsula and Newfoundland on May 8. The closure of the 18 grids came into effect on May 16.

The two whales from May 8 were spotted by a surveillance aircraft flying as part of the Fisheries and Oceans Canada North American right whale monitoring program. They were located east of the first two sightings made on May 3.

Most mature right whales have a name, based on certain body characteristics. The New England Aquarium, the authority in that regard, has not identified the right whales sighted in the Gulf of Saint

Lawrence and does not rule out the possibility that the two May 8 whales could be the same as the ones sighted on May 3, or that one whale could have been seen twice.

The May 3 sightings led to the May 8 closure of nine grids totalling a surface of 2,000 square kilometres. The two closures consequently total 6,000 square kilometres. The May 3 sightings were made about halfway between the Gaspé Peninsula and the Magdalen Islands. The two whales were relatively close to one another. It was not the case for the May 8 sightings as one whale was about 100 kilometres to the east of the first sighting toward Newfoundland, and the second one was seen about 60 kilometres to the southeast.

The crab fishermen are most affected by the closures at this time of the year. The closures are to prevent the right whales from getting entangled in the ropes connecting the crab traps

and the buoys at the surface. The crab fishermen must remove their traps from the closed grids.

It is also the case for the Greenland halibut fishermen using gill nets. However, their season is only starting and some of the closed grids are quite far from the shore and probably don't affect the coastal fishermen.

The May 16 closure was supposed to be enforced earlier but the windy conditions following the May 8 surveillance flights postponed it. A closure of that type is supposed to last 15 days but Fisheries and Oceans Canada's warning states that it will be valid until further notice.

There are between 400 and 415 right whales left in the world, all living in the northwest part of the Atlantic Ocean. Nine right whales died in 2019. However, nine calves were born during the past months.

Ottawa supports seniors

Nelson Sergerie

GRANDE-RIVIÈRE - Eagerly awaited, Ottawa is finally extending financial assistance to seniors. A one-time \$300, non-taxable amount will be paid to Old Age Security recipients. Those receiving the Guaranteed Income Supplement will receive an additional \$200.

The Member of Parliament for the Gaspé Peninsula and Magdalen Islands, Diane Lebouthillier, indicates that beyond this announcement, other programs have also been improved to support seniors, via United Way or volunteer organizations supported by Ottawa. The programs implemented are temporary.

"We are always listening. We hear and we will adapt as COVID-19 progresses. We are following its evolution," says Ms. Lebouthillier, hinting that other specific measures could follow.

However, election promises to improve benefits for seniors will be included in the budget.

"There would have been an increase in the guaranteed income supplement. We also talked about widows and widowers. It will be done when the budget is tabled," assures Ms. Lebouthillier.

The Bloc Québécois has



Diane Lebouthillier

been calling for measures for seniors for several weeks. This announcement is welcomed by the party.

With the resumption of economic activity, people receiving the Canadian Economic Response Benefit of \$2,000 per month will have to return to work if their employer calls them back.

The minister gave the example of the fishing industry: "When we set up the CERB, it was really to help people. The employers worked in collaboration with Public Health and the CNESST and ensured that everything was in place for the safety of employees. When the employer has done everything

he can to protect employees and calls them back to work, the employees must go back to work," says Ms. Lebouthillier.

Otherwise this person risks losing his job. The Revenue Agency will verify and the overpayments will have to be refunded.

"Unless the employee is really able to say that the employer has done nothing to keep him safe, I encourage that person to return to work," says Ms. Lebouthillier.

She also added that the CERB does not permit a person to qualify for employment insurance. Exceptions for medical or humanitarian reasons are provided.

Reflections

by

Diane Skinner Flowers



Sailor take warning!

It is past the middle of May, but someone forgot to tell the weather. Wind, rain and even snow in May might mean that the growing season will be shorter this year. Bad timing. Weather is such an important factor for so many activities. Years ago, our ancestors watched the weather and made note of how it affected the animals and crops. It was critically important for a little thing called survival. Many of their old sayings and rhymes about weather are true! This is because they are based on many, many years of observation. Have you heard any of these? Do you say any of these?

Red Sky at night, sailors' delight
Red sky in the morning, sailor take warning!

Rain before seven,
Clear before eleven.

If March comes in like a lion, it will go out like a lamb.
If it comes in like a lamb, it will go out like a lion.

A long frost before Christmas brings an early spring.

When the wind is from the south
It has rain in its mouth.

When clouds look like rocks and towers,
The earth will be refreshed by showers.

Ring around the sun or moon
Means some rain or snow real soon.

When the sun sets bright and clear,
An easterly wind you need not fear.

Clear moon, frost soon.

Mares tails and mackerel scales

Make tall ships take in their sails.

A sunny shower won't last an hour.

When a cow tries to scratch her ear
It means that rain is very near.
If she thumps her ribs with an angry tail
Watch for lightning, thunder and hail.

Horses run fast before a big storm or windy weather.

When the cows lie down, expect rain.

The louder the frog, the more the rain.

Birds flying low, expect rain and a blow.

Rainbow in the morning
Gives you fair warning.

The most repeated of these might be the very first one and many of us can recall our grandparents saying it. This saying is much older than our grandparents! It comes from the bible, Matthew 16:2-3. The original is "When it is evening, ye say, fair weather: for the heaven is red. And in the morning, foul weather today for the heaven is red and lowering."

Humans have been watching the weather carefully for centuries

Photo: N. Sergerie

Announcements...



Obituaries



CAHILL: Mona

It is with great sadness we announce the passing of Mona Cahill, age 85, of New Richmond Manor, on April 9, 2020.

She was born to the late Walter and Martha Willett in Grand Cascapedia, January 6, 1935.

She leaves behind her children: Jim (Linda), Sue (Mark), Ron (Karen), Darlene (John), and Karen (Ricky); grandchildren who adored her: Shaun, Brittany (Matt), Craig, Anthony, Katrina, and Michelle; and great-granddaughter, Emma (the little one). Also sisters Betty and Rita (her road-running partner) and brothers Kenneth, Norman and Gerry. She was predeceased by her husband Lorne Cahill in 2003, as well as sister Margaret and brothers George, Jackie and Harold.

Mom moved to Montreal after high school where she met and married Lorne Cahill. They moved to Grand Cascapedia several years later where they raised their five children. Known and loved by all, Mom served her little community for many years as owner and operator of Depanneur Cahill, and later working at the town post office.

Mom enjoyed many activities and hobbies; was always willing to try new things, and never backed away from hard work. Hours spent picking wild berries and working large vegetable gardens meant delicious pickles, jams and jellies for everyone. She was a fabulous cook, and liked to make us our favourite things when we visited. She could crochet with her eyes closed, leaving us with many lasting treasures of her craft. She loved doing jigsaw puzzles, word puzzles, playing bingo and cards. Mostly she loved her family, friends and church.

Her final years were spent at New Richmond Manor looking out for her many friends and lending a hand any time they needed help. The family has designated New Richmond Manor for memorial contributions.

Funeral details will be announced at a later date.



PHOTOS

When submitting a photo for this page, please send in a digital photo (.jpg) to specs@globetrotter.net You can also send your photo by mail or drop it off at the office.

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



STE CROIX: Lydwin Lemieux

It is with great sadness that we announce the passing of our mother, Mrs. Lydwin Lemieux Ste Croix, of Barachois, Quebec, on Saturday, April 18, 2020, at the age of 99 years.

She was the cherished mother of 12 children: Arthur deceased (Theresa), Sharon, Ronald (Joan), Brian (Marjorie, deceased), Bertha (Colin, deceased), Jacinta deceased (Bernard), Douglas deceased, Angela (Kenny), Vivian (Tammy), Kathleen (Basil), Myrna (Ernie), Margie (Robert). She will be truly missed by her children, 25 grandchildren, 35 great-grandchildren, many nieces, nephews, and friends.

Lydwin, along with her husband Lewis Ste Croix, raised their family on a farm in Barachois, Quebec. Besides the hard work that was involved in this lifestyle, they always found time for love, laughter, and song.

Lydwin was a member of the Quebec Women's Institute, the Ladies of Ste Anne, a member and president of the Ladies Auxiliary of the Royal Canadian Legion, a member and president of the Mountain View Golden Age Club, and for 35 years a co-member of the Sisters of the Holy Rosary.

We would like to thank all the personnel of the CHSLD Monseigneur Ross, unit 300, for all the kindness and care that they provided our mother for the past two years.

A celebration of her life will be announced at a later date.

In lieu of flowers, donations may be made in her memory to St. Peter's Parish Church, Barachois, Quebec.

Happy 60th Birthday!



Best wishes to a special daughter and sister on her 60th birthday! We will celebrate your birthday at a later date.

*All the best, love & prayers,
Bessy, Lonnie, Sharron & family.*



In Memory



FLOWERS: Beatrice Gallon

April 28, 1926 - May 28, 2019

In loving memory of Mom and mother-in-law - Beatrice Gallon.

We are sending a dove to heaven

With a parcel on its wings.

Be careful when you open it.

It's full of beautiful things.

Inside are a million kisses

To say how much we miss you

And to send you all our love.

Mom, we hold you close within our hearts

And there you will remain

To walk with us throughout our lives

Until we meet again.

Forever loved and remembered by daughter Olivia and son-in-law Ken.

MACWHIRTER: Kendrick

July 31, 1950 to May 16, 2005

You are missed so much.

I often sit and think about

The years that have passed by

And of the happiness and joy

That was share by you and I.

I think of all the laughter,

The smiles and all the fun

And before I even know it

My tears have once again begun.

For although it brings me comfort

To walk down memory lane,

It reminds me how without you,

Life has never been the same.

I was your princess and you were my prince. Marjorie: love you and miss you. Until we meet again. xoxo

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



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COAST ROUNDUP

YORK:

Cancellation

We are sorry to have to announce that due to the current situation with COVID-19 and the Government of Quebec's ban on cultural activities the York ACW's Summer Sale and Afternoon Tea scheduled for Saturday, July 18 is cancelled. We hope to be able to see you at our Christmas sale in November. Until then keep safe.

GASPE:

Cancellation

The Gaspé County Women's Institute Annual Fair planned for September 12, 2020 has

been cancelled until next year. We plan to use the same 2020 fair program next year, so keep your already-finished handicrafts, photos, literature, artwork, etc. until then. We will let you know later on about the plants you have already started. We are disappointed to have to cancel, but we know that the COVID-19 situation we are in, calls for safety first. Thanks for your understanding.

Rotary Calendar Winners

The winners for the week of March 15: Marc Arsenault, Gaspésie Diesel, Nicole Beauchemin, Mariette Arbour, Rhéal Pitre, Junlian Leblanc and Pierre Blais.

The winners for the week

of March 22: Lucille Casey Campbell, Annie Normandeau, Velda Snow, Jacynthe Desjardins, René Durette, Chantal Ball and Diane Smith.

The winners for the week

of March 29: Jean-Paul Arsenault, Sylvain Loubert, Lise Champagne, Gisèle Boudreau, Isabelle Cormier, Maxime Boulette and Doris Cyr.

The winners for the week

of April 5: Serge Pinette, Renaud Poirier, Fortunat Bourque, Henri Nadeau, Pneus New Richmond, Gérald Ross and Claude Nadeau.

The winners for the week

of April 12: Raynald Paulin, Yannick Cormier, Don Fallow,

Georgette Samson, Christine Diotte, Clark Jones and Réjean Gosselin.

The winners for the week

of 19: Marie-Claude Thibodeau, Sylvie Gallien, Michel Cyr, Pascale Poirier, Carole Leblanc, Luc Gravel and Roger Marsh.

The winners for the week

of April 26: Nellie Budd-Charron, Gisèle Leblanc, Daniel Leblanc, Raynald Murphy, Lisette Leblanc, Lauraine Babin-Goulet and Nathalie Pichette.

The winners for the week

of May 3: John Leblanc, Alyster Campbell, Rémi Boudreau, Nadia Pratte, Berne Gilker, Christiane McNeil and Patrice Deslauriers.

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Nathan Hayes: Music in the blood

Diane Skinner

Local musician Nathan Hayes is performing on facebook during COVID-19. To enjoy his most current music, go to Gaspesian English Heritage and Cultural Entertainment page (CASA). The concept, appropriate for these times, is for each musician in the band, The Narrows, to record remotely. The Narrows members are presently Nathan on guitar and vocals, Kevin Jones on bass, and Dave Felker on drums, vocals and keyboards. Nathan records his music first and sends it to bandmate Kevin Jones who adds his part. Next, bandmate Dave Felker records his part and then Dave completes the final editing. This provides a band like atmosphere during this pandemic. This music is then streamed on the facebook page.



Photo: courtesy of Nathan Hayes

Nathan Hayes performing at Fallfest 2019 in Cascapedia-St-Jules.

George Hayes, plays guitar and mandolin and they have performed together on many occasions. Nathan's younger sister Shaina is an incredibly talented professional jazz vocalist. They have performed as a duet together in Montreal. He mentions his brother-in-law, Andrew Barr, (married to his elder sister Meghan) who is the drummer for the group The Barr Brothers.

Performing

Nathan's main instrument is the guitar, electric or acoustic. He dabbles with other instruments like bass, mandolin, banjo and piano. He says that he "tends to stay as far from behind a drum kit as possible for everyone else's sake." He has been writing music through the years but is far from prolific. He is hoping to find a market and develop a following for his own songs one day.

His musical influences are many. He cites Stevie Ray Vaughan, Jimi Hendrix, The Eagles, Allman Brother's,

Steely Dan, The Beatles, Chet Atkins, Alan Jackson, Brad Paisley, Corb Lund, Colter Wall, Ian Thornley, and David Francey. He adds that this is just a partial list! When asked about his style of music, he replies "Lately I've been more into country. I play rock, rockabilly, blues, folk and traditional Irish music. Again, the list goes on. I can't limit myself to just one genre when there are so many options to choose from."

Over the years he has played in many groups. In high school he fronted a band with a few good friends from the New Carlisle area. Since they have all moved into adulthood and parted ways, Nathan has been gradually trying different ensembles, however, one of his high school bandmates and good friend Tyler Gilker has sat in for many performances over the past 15 years. They continue to make music together to this day. Every year Tyler, Dave Felker and Nathan get together to form the band "Cropduster" for their annual

performance at the Shigawake Music Festival.

Currently, he plays with two bands: The Narrows, who perform on facebook and feature Country/Rock/Blues covers and some interesting original stuff and the second band is Guns n' Voltage - a Guns n' Roses / AC/DC tribute. They also organized a special Irish Saint Patrick's Day show called "The Irish Narrows" featuring Dominick Briand (Clemville Outlaws, Route 66) Guns n' Voltage consists of Pierre Yergeau and Dave Felker sharing rhythm guitar and lead vocals, Kevin Jones on bass, Trevor Buttle on drums and Nathan on lead guitar. He has also been doing a solo act all along under his own name. "A lot of the work I do outside of music is often a "solo act," such as farming, so I prefer practicing and performing as a group activity."

Shigawake Music Festival

The Shigawake Music Festival was a vision that his sister Meghan brought to fruition in 2009. It began as an add-on to the Agricultural Fair in celebration of its 100th anniversary. The event was such a success that it has continued annually alongside the fair until 2019. Meghan's close connections to the folk music scene in Montreal and passionate drive made it possible to have something so incredible happen in a small town on the Gaspé Peninsula. Since the early years, "the festival has drawn many volunteers, community leaders, musicians, music lovers, tourists and people from all walks of life together for one beautiful weekend of harmony each August."

With each year that passes Nathan has enjoyed performing at the festival more than the last time. Some of my fondest memories of performing have been of the intimate after hour jams in The Trough during the early years

with local musicians and some of the professional talent from away. "This," says Nathan, "is an excellent example of people who seemingly don't have much in common coming together to enjoy the one thing they do share with each other - music. Egos aside. Magical moments like those are rare in nature to say the least. The emotions those memories can bring out are testament to the importance of this festival in my heart."

The festival will not be happening this year due to the COVID-19 pandemic. When this is all over the festival will hopefully get back to business as usual for the coming years. As a farmer, Nathan is hoping this could revive the fading interest in the agricultural side of the fair in the coming years. Nathan vows, "I'll be sure to have a calf ready to claim first prize for the summer of 2021 and hope to see some tough competition!"

The Pandemic

Nathan concludes, "Things are certainly going to be different for the foreseeable future. Many industries are going to have to "reinvent the wheel" with how they access consumers and produce their products. Musicians included. The magic of festivals will have to wait, but the magic of music doesn't have to. Also, provincial regulations on the sale of local products such as meat need to be relaxed to accommodate our new reality. The outbreaks at the Olymel and Cargill meat processing plants are blatant examples of this. A wise friend of mine told me recently it's as if we've hit the "reset" button. We have a golden opportunity to fix the cracks in the system and trim off some of the excess fat (figuratively speaking). Let's not waste it nor forget the lessons we've learned!"

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diane

Bees Knees

Diane Skinner

Can bees ever get a break? Their numbers have been declining significantly mainly due to pesticides and now scientists are warning that “murder hornets” have arrived on Canada’s west coast. Referred to as “death on wings,” they are the largest hornet in the world, about the size of an AA battery. They can quickly wipe out an entire colony of bees. Is it just a matter of time until they arrive in eastern Canada? It is a possibility.

Soon the warmer weather will arrive and with it the blooming of flowers. These are an invitation for bees to go out and gather the pollen which will eventually supply us with honey. The role that the honeybee plays in pollination is essential – without honeybees we would not have very much to eat. One third of plants and crops are

pollinated by bees! Wasps and fruit flies do pollinate as well, but the honeybee is the major player.

It is not hopeless. The decline of the honeybee is a symptom of a much larger issue that we can address. The main way to save the bees is to eliminate chemical pesticides. Farmers can do this in a big way, but individuals can make an impact too. A ban on pesticides would be a move by the government which would make the biggest impact of all.

Other changes we can make on our properties can begin today. Not using pesticides is the first and most obvious one. So, what if your lawn sprouts a few dandelions? Forage them – they have many uses as food. When you buy plants at a garden centre ask questions. Do they use chemical pesticides? Introducing a plant sprayed with pesticides con-

taminates your organic garden.

Leave some leaves. When you rake in the fall, leave some leaves on your property. This is where the queen bee spends her winter, nestled in a pile of leaves. No queen, no productive hive.

Leave a bit of water for the bees. You might have a bird bath where you can add a few stones and allow water to accumulate. Do not add sugar. The bees do not need it. Flowers provide the nectar they need.

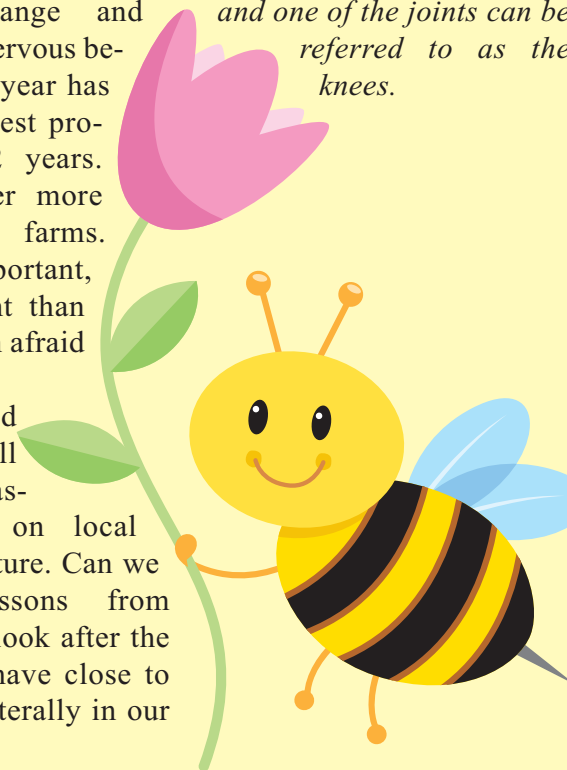
Fight climate change. Climate change upsets the whole balance of nature. Drive less. Fly less. These are both easy to follow right now during COVID-19. Try to follow this rule after COVID-19 as well. Promote alternate energy sources, such as windmill and solar energy. Consider installing solar panels in your home. Changes we make as individ-

uals can collectively start a movement. Be part of it.

John Forest, owner/operator of *Le Petit Jardin de l’Abeille* in Maria which produces honey and other related products says, “Asian hornets have arrived on the Pacific coast of Canada, but that can change and quickly. I am nervous because this last year has been the smallest production in 42 years. There are ever more pesticides on farms. Bees are important, more important than pesticides. I am afraid for the future.”

We should and likely will become increasingly reliant on local foods in the future. Can we take the lessons from COVID-19 to look after the resources we have close to us? Bees are literally in our backyard.

The expression “Bees Knees” means something that is sweet and good, because the knees of a bee are where all the sweet, good stuff gathers. Do bees actually have knees? They do! Their legs are in segments and one of the joints can be referred to as the knees.



HOROSCOPES

ARIES – Mar 21/Apr 20

After a misunderstanding with someone close, you may be licking your wounds, Aries. Don’t let one or two arguments derail your friendship. Find a way to remedy things.

TAURUS – Apr 21/May 21

If you are tired of taking one for the team, you may need to be more assertive in your work and social circles, Taurus. Set your limits and then stick with them.

GEMINI – May 22/June 21

Try not to commit to anything out of a sense of guilt, Gemini. Rather, commit to things for the right reasons, which might make you more likely to see them through to completion.

CANCER – June 22/July 22

Cancer, as you step out of your comfort zone, think about figuring out some thrill-seeking ideas. Now is the time to push the envelope and really see the wild side.

LEO – July 23/Aug 23

You are often a force to be reckoned with, Leo. This week will be no different. You can direct your focus in any direction. So think clearly on what you want to do.

VIRGO – Aug 24/Sept 22

Virgo, are your aspirations in tune with your actions? Long-term goals come into focus, and you now have to set the course to realize all of your goals.

LIBRA – Sept 23/Oct 23

Honest and diplomatic communication may be needed at the office or your place of employment, Libra. Others may turn to you to be a mediator. Put those skills to use.

SCORPIO – Oct 24/Nov 22

Scorpio, are you spreading your-

self too thin? You probably have too many irons in the fire and will have to prioritize and pull back; otherwise, you may feel overwhelmed.

SAGITTARIUS – Nov 23/Dec 21

Check all of the balances in your accounts, Sagittarius. You may have to make very important financial decisions as they pertain to your family’s future.

CAPRICORN – Dec 22/Jan 20

Capricorn, family dynamics may be a little strained lately. It may be time for family members to redefine their roles and boundaries. Things may be sorted soon.

AQUARIUS – Jan 21/Feb 18

Aquarius, you will support the people you feel closest to and be their ultimate champion. However, sometimes you need to step back and let others fight their own battles.

PISCES – Feb 19/Mar 20

Pisces, normally you are a relatively friendly, easygoing person who is apt to reconcile quickly. But this week you could be out of sorts.

FAMOUS BIRTHDAYS

MAY 17

Derek Hough, Dancer (35)

MAY 18

Tina Fey, Actress (50)

MAY 19

Marshmello, DJ (28)

MAY 20

Cher, Singer/Actress (74)

MAY 21

Gotye, Singer (40)

MAY 22

Daniel Bryan, Wrestler (39)

MAY 23

Melissa McBride, Actress (55)

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