

Caregiver course started on June 17 at the Anchor

Gilles Gagné

NEW CARLISLE – Thirty-two people initially expressed interest in taking the caregiver training in English out of the 500 Gaspésians who completed the form stating their interest in the newly announced courses that will be offered between mid-June and mid-September.

At the Anchor, the Eastern Shores School Board adult education centre in New Carlisle, the courses started two days later than in the other centres in the region.

“We just took a bit more time to make sure that we would be ready. That’s why we started on June 17 instead of June 15 like elsewhere,” says Christine Grenier, director of the Anchor.

The initial list of 32 candidates was eventually reduced a bit. “It was just of matter of choosing people who had the administrative requirements to take the training,” says Ms. Grenier. Three candidates were too young to be accepted as people must be 18 years of age to take the training.

Twenty-nine people had the needed requirements to obtain



The group at the Anchor consists of 11 women and one man. Their teacher is Shelley Lepoidvin.

Photo: Courtesy of Christine Grenier

the training at the Anchor. Christine Grenier gave that list of potential students to the Integrated Health and Social Services Centre (CISSS) and that organization selected the 12 candidates who would start the course on June 17.

“Normally, a person receiving the full training of 870 hours can be hired in a CHSLD (Quebec government long term care centres), a private resi-

dence or a hospital. In the case of the 375-hour-training, the graduates will only be permitted to work in a CHSLD,” explains Christine Grenier.

The teaching conditions must respect the criteria defined by the Public Health Board. The new social distancing norm is 1.5 metres between individuals. “In the laboratory, everybody must wear a mask, a visor and a jacket,” specifies Chris-

tine Grenier.

The trainees will receive an AEP degree (*attestation d’études professionnelles*) instead of a DEP (*diplôme d’études professionnelles*) which is earned with the 870-hour-training.

The new training is the result of a Quebec government decree recently adopted in order to have 10,000 caregivers in the province available by September, considering the

thorough lack of employees in seniors’ residences, a problem identified during the worst stretch of the COVID-19 pandemic in April and May.

“Some students will eventually return and take the full training, we think,” states Ms. Grenier.

The Anchor was already offering the Institutional home care assistance program (870 hours).

64 candidates embark on the CHSLD caregiver course

Nelson Sergerie

GASPÉ - 64 Gaspésians have been training to be CHSLD attendants since June 15, including 12 in English at The Anchor Adult Professional Training Centre of the Eastern Shores School Board in New Carlisle.

Initially, 186 people had expressed an interest in this 375-hour assistive health care professional education certificate, and after an initial selection process, 110 obtained an interview.

In addition to the 12 who will be trained in New Carlisle, 17 will be trained in Carleton-sur-Mer, 16 in Rocher-Percé, 10 in Côte-de-Gaspé and 8 in Haute-Gaspésie.

“Starting from a program

that was tabled last Thursday (June 11) and making sure that all of the students can be trained in the new program, I tip my hats off to the whole team,” underlines the Director General of the René-Lévesque School Service Centre, Louis Bujold.

“The English-speaking sector is very happy to put its shoulder to the wheel to participate in this colossal provincial project,” added the coordinator of The Anchor, Christine Grenier.

The candidates will meet the needs of the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS). “We are getting closer to a number that becomes interesting to meet the needs. We must also plan with the requirements that could come from



64 candidates were selected for the accelerated training of CHSLD attendants.

the department in terms of ratio for CHSLDs,” says the interim director of human resources of the CISSS, Martin Brosseau.

The training will be done in two stages: the first 120 hours will be theoretical courses followed by alternating between theory and practice at the rate

of three days in internship supervised by a *préposé aux bénéficiaires* in a CHSLD and two others in distance training.

During the training, a scholarship of \$760 per week is paid and Quebec promises a salary of \$49,000 for a full-time worker after graduation.

The 375-hour training is aimed at eight skills which boil down to supporting people in CHSLDs, preventing infections and ensuring the safe movement of beneficiaries.

“We went after the portion of the skills most useful in CHSLDs. Students who complete this training will be able to work in a CHSLD while students who do regular *préposé aux bénéficiaires* training will have access to all possible workplaces,” summarizes Mr. Bujold.

To stand up to the virus, wear a mask:

at the grocery store,
in shops, on public transit.



Let's keep at it.
Let's continue to protect ourselves.

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

 1 877 644-4545

Lobster season lengthened in zone 20

Gilles Gagné

PASPEBIAC – The Federal Department of Fisheries and Oceans (DFO) has decided to add two weeks to the lobster season in zone 20 which covers about three-quarters of the Gaspé Peninsula's southern shore. The 136 lobster fishermen in that zone will leave their traps in the water until July 16, instead of taking them out on July 2.

It was a favourable response to the request made by the Southern Gaspé Professional Fishermen Group, which represents the 149 lobster fishing permit holders of the region.

The lobster fishermen of the neighbouring areas, zones 19 and 21, were already allowed to fish over ten weeks, respectively until July 18 and July 16, says Martin Bourget, spokesperson of Fisheries and Oceans Canada.

“The season started on May 9 instead of April 25 and (at that time) the request to finish later had not been made to Fisheries and Oceans Canada,” points out Mr. Bourget.

Lobster fishing in zone 20, which covers the coast between Bonaventure East and Cape Gaspé, usually starts earlier than in zone 21, located between Bonaventure and Miguasha, and zone 19, which spans over the north shore of the Gaspé Peninsula.

Lobster buyer and processor Roch Lelièvre of Lelièvre, Lelièvre et Lemoignan mentions that the season's extension is justified, business-wise, even if he doesn't rule out obstacles here and there between now and the end of



The lobster fishermen of zone 20 will keep delivering their catches until July 16.

Photo: G. Gagné

the season.

“China just decided to stop buying live lobster because of the pandemic's second wave. We have signed deals to sell frozen lobster to China and we are not worried. We know that they will honour those contracts. It might slow down the market though, that decision to stop buying live products, but it won't stop transactions. The market is still good. The restaurants are opening again. This week (the third week of June), the Montreal market is good, prior to Fathers' Day,” explains Mr. Lelièvre, whose company is based in Sainte-Thérèse-de-Gaspé.

So far in 2020, the price curve of lobster has been way better than what was expected prior to the start of the season in April, despite that price

being sharply lower than the average of 2019, which was \$6.78 per pound for the fisherman.

The fishermen received \$6.40 per pound during the first week, then \$5.01 over the second week and \$4.50 for the three following weeks.

Like Roch Lelièvre, Bill Sheehan, vice-president of E. Gagnon et Fils, also based in Sainte-Thérèse-de-Gaspé, envisions a possible rise of the lobster price for the last five weeks of the season.

“We still don't have the buyers' price for the sixth week but we will likely have to pay more at one point soon. The businesses are reopening, like the casinos in Las Vegas and some important holidays are coming, July 1 in Canada and July 4 in the United States,” he states.

Surplus of \$1 million at CISSS

Nelson Sergerie

GASPÉ - The Gaspé Peninsula Integrated Health and Social Services Centre (CISSS) ended its 2019-2020 fiscal year on March 31 with a surplus of \$1 million on a budget of \$350 million. In October, the organization was forecasting a deficit of \$3 million, but the provincial government made adjustments. For example, CISSS met the target set by the department for work absences: set at 8.27%, the rate was 8.25%. “If we met the target, we had a certain budget,” says President and CEO Chantal Duguay. Adjustments for home care, client services and drug costs also helped the CISSS achieve a balanced budget.

“All of this helped to end up in surplus. We didn't cut services. We continued to expand, particularly in the area of chronic diseases. We are also trying to develop other services. It is the help of the department in certain more problematic files that allows us to end up with a million dollars in surplus,” explains Ms. Duguay.

She adds that the outcome is the result of teamwork with administrators and staff. Initially, the absence target was 6%. The rate was 4.6% when the CISSS was created in April 2015. The various committees are continuing their work to reduce the absenteeism rate. The financial statement does not take into account the coronavirus crisis on the institution's finances since it occurred at the very end of the fiscal year. According to initial indications, Quebec should absorb the bill for the crisis.

Police report

The *Bureau des enquêtes indépendantes* (BEI), is investigating a *Sûreté du Québec* intervention that took place at approximately 10:55 p.m. on June 16 in an abandoned house near the Penouille sector of Gaspé. A 42-year-old woman suffered a serious head injury in what appears to be an indirect result of the police intervention.

The police officers received a noise complaint from neighbours and showed up at the house located at 1174 Forillon Road. According to the press release issued by the BEI, the police officers saw a man and a woman on the second floor gallery. The police called the individuals. The man left the premises and the woman came in the house. The police officers also went inside the house.

They found her on the second floor. She was looking for something in her purse. When she saw the cops, she went back outside and jumped from the second floor gallery. She most likely sustained the head injuries when she landed on the ground. She was sent to the hospital. The BEI did not provide additional details about her state in its press release.

The BEI sent six investigators to Gaspé. They arrived around 4 p.m. on June 17. They left late the same night. There are no additional details available as of now. It is unknown whether the man who was with the injured woman was found and questioned. It is not known if shots were fired but the BEI typically mentions it if that is the case.

The BEI is asking witnesses or anyone who knows something about the case to contact its team through its website: www.bei.gouv.qc.ca.

The BEI was created to investigate incidents during which a person dies or is seriously injured as a result of a police intervention, when shots are fired or during an intervention where someone is confined or detained. It usually takes weeks or months before the final report on a case is issued.

Isaac Moffat Swasson, 29, from Listuguj, is charged with mischief exceeding \$5,000. He will return to court on August 14 at the New Carlisle courthouse for his pro forma trial regarding charges laid on November 13, 2019. The case is linked to damage caused at the New Carlisle prison on April 30, 2019.

Isaac Moffat-Swasson last appeared in court on June 15 in front of Quebec Court Judge Janick Poirier for an attempt at his pro forma trial. However, he still has not found a lawyer to represent him. It was also the cause of the procedure postponement during his previous court appearance, on April 8.

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

Isaac Moffat Swasson also faces charges of intimidation, damage to a prison and assault against prison guards. He is remanded in custody at the Rivière-des-Prairies penitentiary, following a stint at the Orsainville prison, where he allegedly caused damage as well.

He was in prison in April 2019 because he was facing criminal charges in another case; a February 21, 2019 alleged armed robbery. He is also charged with forcible confinement and having uttered three death threats in Listuguj. Crown Prosecutor Maxime Rocheville-Paradis points out that Isaac Moffat-Swasson will be remanded in custody for the duration of the court procedure.

In the case of his alleged crimes committed in Listuguj, Isaac Moffat-Swasson will return to court for his pro forma trial on September 10, also in New Carlisle. If he finds a lawyer, the date of his trial could then be set.

On the morning of June 17 in Gesgapegiag, *Sûreté du Québec* officers who are members of the major crime squad and Gesgapegiag police officers arrested a man living on Gasgusi Lane, Edward-Travis-Paul Bernard, aged 22, for possession and distribution of juvenile pornographic material. A computer was also seized. The suspect appeared at the New Carlisle courthouse in the afternoon and he was charged with distribution of juvenile pornographic material between November 7, 2019 and January 15, 2020, and possession of pornographic material on June 17, 2020. He was released following that first court appearance and will have to respect conditions until his next presence in court, scheduled for August 11, also in New Carlisle.



Commentary

Gilles Gagné

Less police and more crisis management

The recent deaths of George Floyd in Minneapolis, Minnesota; Chantel Moore in Edmundston, New Brunswick; Rodney Levi in Miramichi, New Brunswick; and of many more in the United States could all have been avoided, had the services provided by the “authorities” been adapted to the situations at hand.

On May 25, George Floyd, an African-American, attempted to purchase a pack of cigarettes, but the store employee believed the bill he used was counterfeit and reported it to the police. Floyd was suffocated in the police intervention that ensued. That intervention should have been dealt with by a responder trained in that sort of situation.

The case of Chantel Moore is probably just as disturbing, although less heralded, because on June 4, the 26-year-old woman, originally from the Tla-o-qui-aht First Nation in British Columbia, was shot by an officer with the Edmundston Police Department who was doing a “wellness check.” She was carrying a knife. The Royal Canadian Mounted Police officer fired five times in her direction, apparently because she threat-

ened him.

The June 12 case of Rodney Levi is also quite appalling. The RCMP said in a June 13 press release that it received a call about an “unwanted person” at a home on Boom Road, near Metepenagiag First Nation. The RCMP states that officers were met with a man carrying knives once they reached the scene, and that several attempts to subdue him with a stun gun failed. So, the officers shot Mr. Levi, who was declared dead later that night. He was a member of that Metepenagiag community, where he was perceived as a troubled man who was seeking mental health help. He was not violent, according to Chief Bill Ward.

A Minneapolis police officer spends eight minutes and 46 seconds on the neck of a man experiencing drug problems and in need of therapy assistance more than anything else.

A woman carries a knife in front of police officers. It is not known for sure that she threatened one of them. She is shot five times.

A man with mental health issues is also shot to death after police officers initiate their subtle intervention with a stun gun.

There is one certain thing in those three cases. The police interventions were ill-adapted to the situation. One could argue that it is easy to say this after, but a lot of people specialized in crisis management, behavioural and mental health issues, psychological distress and trauma intervention would defuse those situations in minutes or an hour.

Everybody would either go back home after the intervention or find a place in a centre able to listen and

deal with crises matters. Television, radio and newspapers’ headlines would consist of other big titles. The society in general would fare way better and we would not waste valuable lives.

Some European cities and towns have tried new approaches for years. Some American cities have also modified their interventions. Crisis centres are called systematically when an emergency occurs. Some of them are integrated with police detachments.

There are forms of systemic racism in the three interventions that led to the deaths of George Floyd, Chantel Moore and Rodney Levi. We can assume that if those three interventions had been carried out by African-American cops and Native police officers, the victims would still be alive and dealing with solutions to solve their problems.

For various reasons, the interventions by Aboriginal police officers in Native communities are sometimes difficult to handle. Those reserves were initially not made to have people thrive on them. They were created to destroy and/or assimilate them. So, yes, Native police officers deal with many social issues. If this is the case, how come we hear about so few tragedies stemming from their interventions?

Because they have learned to deal with most issues as emergency responders, not as wild cowboys.

It is time in North America to address the way we constitute our police forces. We need more crisis and emergency responders than guys anxious to play with their guns. That is public safety, not the Far West conditions prevailing in too many parts of our country and in the United States.



Guest Commentary

Emma Buckley

The art of solitude

A few weeks into the confinement, a friend from the city called to ask how I was doing.

“We live in semi-isolation up here,” I joked. “We’re used to it!”

It’s a slight exaggeration perhaps, but it could be argued that living in a remote region with long winters is a half-decent preparation for enforced confinement.

Back in Australia, my brother spoke of mates “forgetting” to buy some necessity at the store, thereby justifying yet another “essential outing” up the street. (This seemingly precarious behaviour is explained somewhat by Australia’s relatively few cases of COVID-19, however, I can imagine that some Aussies, being used to alfresco living, got a bit restless staying indoors during the confinement).

On the odd occasion I saw people during the confinement, I was struck by the similar tone of their comments. They were grateful for the beauty and tranquillity of the Gaspésie. They appreciated the fresh air. They were okay with staying home and not seeing people.

It echoes an article I read recently by British author, Sara Maitland. She lives in an isolated part of Scotland and expressed her relief in being away from the city and having access to nature during the confinement. She also says that she suspects she coped well with the confinement because she is so practised in being alone. As a writer, she requires solitude. As a human being, she relishes it.

Solitude is defined as the state or situation of being alone. It is not the same as loneliness, emphasizes Maitland. Rather, it is learning to be okay with – and even enjoy – your own company. For some people, this is a cinch. Some people seem happiest pottering around by themselves. For others, being alone is a horrible prospect.

One can stumble into solitude more easily here than in the city. It’s common to go out walking in nature and not see another soul. A violent snowstorm means a cou-

ple of days housebound. People often work in solitary environments, such as the carpenter, potter, and illustrator who live near me. I’ve encountered more than one local fellow whose idea of paradise is passing some time alone in the woods.

Many creative pursuits require solitude - think painting, writing, woodworking, or cooking. Often these activities need focus and awareness, where we feel “in the flow,” and where time passes quickly. Religious or spiritual practice demands solitude. Through solitude, we come to know ourselves more deeply, developing confidence in ourselves and in our ability to face life’s challenges.

It’s necessary to point out that not everyone has the luxury of time in which they can indulge their creativity or just ruminate. Working parents, full-time careers - these are some groups that probably feel they rarely, if ever, have time to themselves.

Perhaps it also seems strange to talk about the benefits of solitude at a time when the confinement has centred focus on “staying connected.” Meaningful contact with our friends and family is indeed crucial to our health and happiness – we are social creatures, after all. Loneliness is a grave problem in our society, especially among the elderly, who may be more physically and socially isolated. Surprisingly, and sadly, young people report high levels of loneliness, despite being constantly “plugged in.” This reveals that loneliness is actually the state of feeling, rather than being alone. Could encouraging young people to spend time on their own; hiking in nature; doing a favourite activity or reflecting on their dreams be - ironically – a way to combat loneliness?

As Sara Maitland says, “Solitude is an art that requires practise.” Certainly I’ve found more opportunities to practise it here than when I lived in Australia! Though I have practised all my life, I realise that being an avid reader since childhood, scribbling in my journal in cafés, always walking and reflecting are experiences that taught me to enjoy my own company and trust in myself. In hindsight, I can see that they helped me to navigate the sometimes-rocky paths of life in a new country.

So, as well as “staying connected” with our loved ones, let’s put some time aside for our own company, if possible. The rewards may be surprising and substantial. And one of the best things about solitude? It is always accessible; you don’t need anything. Just yourself.

Victory for French minority community in British Columbia

The Quebec English School Boards Association (QESBA) is delighted with and encouraged by the Supreme Court of Canada’s majority ruling in favour of the *Conseil scolaire francophone de la Colombie-Britannique* (CSF) and francophone parents in their case on funding of French public education in British Columbia.

“Section 23 rights are the cornerstones to any linguistic minority community in Canada and cannot be dealt with lightly. Although education is a provincial jurisdiction, the Parliament of Canada deemed it important to enshrine Section 23 rights in the Canadian Charter of Rights and Freedoms to protect minority language education throughout the country,” said QESBA President Dan Lamoureux.

“Today’s decision is an historic ruling. The QESBA is delighted with the decision of the Supreme Court for its measured deliberations and in continuing to enforce the protection of minority education and communities in Canada,” concluded the President.

QESBA is the voice of English public education in Quebec and represents 100,000 students in 340 elementary, high schools, and adult and vocational centres across Quebec.

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LETTERS TO THE EDITOR

I am directing this letter to Phil Doddridge via Letter to the Editor as I do not have his home address.

Dear Phil,

Last year while my husband Allison and I were staying with my dear cousin Ethel Cleary and her partner Conrad in New Richmond, she was kind enough to show me the layout of the land of most of the many farm fields and other scenic routes driving through the beautiful areas of New Richmond. While driving on one of them I saw your sign reading Phil Doddridge.

We drove in but no one was home so we returned the next day to no avail. Busy man! I had wanted to meet you for so many years.

My cousin Phil Lawlis and you were POWs in Hong Kong. I visited with Phil for many years when he and his wife were living in London, Ontario, and listened to many horror stories. He and Lorraine talked a lot about the many reunions held when the Hong Kong men and their wives got together annually. Phil looked forward to each year and the different locations where the reunions were held. He spoke so highly of you, Phil.

A few years ago a friend of mine who knew I was from the Coast asked me if I happened to know a Phil Doddridge. I got in touch with SPEC who got the info for me which I passed along to Terry Meagher. Terry was gathering information to write a book on the Hong Kong POW 1941 and needed to reach you. You were kind enough to give him an interview and then became great friends during the course of time.

Terry, along with many people who shared information as well, compiled a beautiful book of facts called "Betrayal Canadian Soldiers Hong Kong 1941." This book was sold by SPEC as well by the New Carlisle Legion.

What a pleasure it would have been to meet you in person. I saw your birthday announcement in SPEC. Many belated good wishes. I hope that you and your family are coping well during the covid virus and that we will all be soon returning to better days.

It would be great to have you visit Kemptville so that we could have a gathering of some of the other men who also contributed to the H.K. book and to get to meet each other face to face.

We would be honoured to have you as our guest as well as members of your family once the welcome doors are opened again, Nestle Down B&B, www.bb-canada.com/nestledown

Thank you, Spec, for allowing me to send my message to Phil. To all readers: God Bless you all and stay safe.

Ellen Vibert-Miller

I'm wondering when all those in favour of destroying anything related to slavery will get to the pyramids. Unfortunately, the history of evolution, competition and survival is not always a pretty story with a happy ending.

At the same time, the destruction of heritage pieces by angry people, whose perspective is tainted by emotion, negates the perspective of historical context.

I'm not in favour of removing the statue of McGill. I'd prefer a rational approach. Censoring images of the past is what the Taliban did in the Bamiyan Valley

with Buddhist statues. The next step would then be what - burn all novels by authors such as Agatha Christie, Arthur Conan Doyle and anyone else who exposed the historical context of reality?

I'm heading to the Gaspésie soon for my summer escape; I can visit the statue of René Lévesque to be reminded how difficult it is to satisfy the human. Ironically, the bronze statue we have in New Carlisle replicates his stature, but people found he looked too small. Hence, in Quebec City it was replaced with a huge statue to make people happy, and his wife gave the original to his hometown.

Have a wonderful week.

*Vivian Beebe,
Montreal, Quebec*

WHY I DON'T WEAR A MASK Some Surprising Reasons

1. I planned to buy one. I even went and had a look in the stores, but they only had them in two colors, in black and white. Can you believe that? It was made of polyester, too—ugh! The sad truth is that I've never looked good in black and white—it's simply too harsh with my fair complexion, makes all my wrinkles stand out and my face look puffy. It'd be bad enough having COVID-19 without looking like that, right? I asked the saleslady, but you can't try one on. What if you get home and find that it doesn't fit, or you just don't like it and want to take it back and get a refund? I've thought long and hard about it, and it simply doesn't match a single thing in my wardrobe. Well, you sure can't say I didn't try...

2. Look, I bought one. Then, I bought another one. But they don't fit well, now do they? They're either too loose or too tight, too thick or too thin, and they positively, absolutely, one-hundred percent ruin your make-up, just ruin it! And another thing—what if you need to scratch your nose with that thing on? It's simply out of the question, wearing a mask's just far too much trouble. No way am I putting myself through all that misery.

3. Oh, I didn't know! Is everyone wearing them? No? Oh, well, then it must be alright not to. I'm not going to be the first, that's for sure, wouldn't want to stand out in any way. I'd feel just ridiculous acting like there was a real danger if nobody thought so. Yeah, I'm sure it's alright. I'm sure I don't need it, but thanks all the same for asking.

4. Yeah, sure, I wore a mask once. You look like a criminal, a bank robber, and feel as if you should say, Hands in the air! to everyone you meet. Worse, it seems as if everybody's looking at you out of the corners of their eyes, looking at you like you're sick, germy, and infected. It got so that I just wanted to go hide, couldn't wait to get back home and get the darn thing off. Not going through that again. No way. If the truth be told, I'd rather have the coronavirus—I mean, how bad can it be?

5. Actually, I don't own a mask. I've heard that some people make them, but I'm not handy with that sort of thing. I can't see what difference a piece of cloth could possibly make anyway, can you? Anyway, it's probably not worth the time, effort, or money—I'm sure it's not. It's probably costly, too, and even if I wanted to, I wouldn't know where to buy one, so... Anyway, this whole virus business will probably be all over before I get around to it, you know.

6. Everyone's overreacting, panicking. Wearing a mask's a bit much, don't you think? Just can't see myself doing that. Besides, it's not a law or anything. No one's going to arrest me for not wearing one. I'm sure it's fine. This'll all blow over soon, and everyone'll be smacking their heads and feeling embarrassed at how paranoid they were.

7. I'm young, healthy, fit, and I don't believe I'll get it, and if I do, I'll recover. I'd bet my life on it. Actually, uh...

8. I'm young, healthy, fit, and all of the above, and if it kills me, so be it. You got to bite the bullet, right? Life's not for wimps. Live hard, die young. I've seen lots of dying—okay, it was just on T.V. but that's the way it is, right? First you're here, and then you fall down, turn your head to the side (kind of romantic actually), and then you're gone—poof! I can live with that—uh, you know what I mean...

9. I'm not young, not healthy, not fit, so why bother? Something's going to get me sometime, why go to all that trouble trying to avoid life, uh death, I mean? Might just as well own up to the facts. We all only got so long, then, kaput, it's all over. Yeah... Wearing a mask could save my life, you say? Hmph. Fancy that! You don't happen to have an extra one, by any chance?

10. All this coronavirus stuff, it's all made up. Fake news. They bring out all those fancy words—epidemic, pandemic, trying to sound like they know something, trying to impress us, but it's just a tactic to scare the public, that's what! Might even be some sort of conspiracy. Wouldn't surprise me none. And what evidence is there of anything at all, huh? I don't see squat, do you? I thought so. Proves I'm right.

Let's take a closer look at the reasons given by the aforementioned, a look embodying compassion for others, as well as our own, very human foibles:

1. vanity and confusion of priorities
2. inconvenience (comfort-seeking)
3. following the crowd (needing acceptance)
4. fear of social censure (fear of rejection)
5. stinginess (need for security)
6. willfulness (distrust of authority)
7. false optimism (sense of invulnerability of youth)
8. indifference (sense of invulnerability of youth and naivete)
9. fatalistic and depressed (side effects of illness and loss)
10. belief based on an assumption of ill will in others (fear of others)

There are countless possible reasons for not wearing a mask (some quite valid), but what about the reasons for wearing one? Those are simple enough. Masks are a barrier to an airborne illness such as the coronavirus; an extra way for us to stay safe and keep others safe.

In our area, the reported numbers of infected are relatively low (compared, for instance, with Montreal), but those statistics are an underestimation of actual cases. Why? The total population isn't reflected, only those who were tested or exhibited symptoms, and not everyone with symptoms will recognize them as such or come forward to be tested. Also, people without symptoms can still carry the virus and make others sick.

Why not use whatever safeguards will help protect us? Let's stop the spread of the virus any way, every way, we're able. Deny this parasite the opportunity to infect others, and it'll die out.

*Contance Brochet,
New Richmond, Quebec*

Week free of new COVID-19 cases in the Gaspé Peninsula

Gilles Gagné

CARLETON - The Public Health Board of the Gaspé Peninsula and the Magdalen Islands reported no new cases of the COVID-19 virus during the week of June 12 to June 19. It is the first time since the beginning of March that there has been a week without any new cases. The number of cases is

stable at 186.

Considering that the number of people in the region recovered from the virus now stands at 176 and given that nine people from the region died as a result of the coronavirus, officially there was only one active case as of June 19.

The National Institute of Public Health was reporting 187 cases in the region that day

but it was a mistake that was supposed to be corrected quickly.

Since the start of the pandemic, 6,392 people have been tested in the Gaspé Peninsula and Magdalen Islands, which is 504 more tests more than the previous week.



Part of the crab quota will remain in the water due to right whales

Gilles Gagné

SAINTE-THÉRÈSE-DE-GASPÉ – A sizeable portion of the snow crab quota for zone 12, which covers most of the Southern Gulf of Saint Lawrence, will remain in the water this year, due to the measures implemented to protect right whales.

Bill Sheehan, vice-president of E. Gagnon et Fils, the largest buyer of snow crab in Quebec, points out that around 10% of the quota of 27,203 metric tonnes will likely stay in the water. This year's quota is quite high, without reaching record levels.

“The closed areas set up to protect the right whales now cover about 90% of the places where snow crab can be fished. It is almost as big as the Gaspé Peninsula,” he points out.

According to the latest statistics available on June 17, 82% of the quota had been caught by the fishermen of the Gaspé Peninsula, the Magdalen Islands and New

Brunswick.

“I think a minimum of 10% of the quota will stay in the water. It could be as much as 15%, even with almost two weeks left in the season. I'll be glad if only 5% of the quota goes uncaught. Many fishermen have not caught their individual quota but they are taking their traps out of the water because they think they won't reach it (the quota),” adds Mr. Sheehan.

The E. Gagnon et Fils plant in Sainte-Thérèse-de-Gaspé processes between 8 million and 9 million pounds of snow crab during a season when the overall quota is abundant, as is the case this year. The company buys most of the snow crab delivered by the boats of the Native communities of Listuguj, Gesgapegiag and Gespeg.

The right whale situation is quite preoccupying for the snow crab industry. This year, the protection measures on paper were more flexible than in 2018 and 2019 but a relatively limited number of right

whales led to the closure of tens of thousands of square kilometres in the Gulf of Saint Lawrence, either for two weeks or for the rest of the fishing season. The same whales were wandering.

“The only solution is to start the season early. This year, we started on April 24. It was better than over the previous years but the right whales are also arriving earlier, it seems,” says Bill Sheehan.

It is a bit early to assess the 2020 season, market-wise, he says. “The fishermen are receiving \$3,50 and \$4 for those who keep snow crab in water in their holds. It is a base price and it will be increased at the end of the season or the year, but it will not be \$5 per pound. As for the plant workers, they have already been employed for nine full weeks. We were thinking in terms of a disastrous season at the beginning of April because of the pandemic effects and it will have been relatively good, overall,” concludes Bill Sheehan.

Camping will not be prohibited on the beaches in Gaspé

Nelson Sergerie

GASPÉ - The Town of Gaspé is reconsidering its intentions and has finally decided not to ban camping on beaches. After unveiling its intentions on June 1, the municipal council was inundated with mostly negative reactions following the evocation of this idea in a draft regulation. An online petition added to the debate as nearly 3,500 people denounced the ban that the elected officials were about to adopt.

A legal opinion commissioned by the Town finally sealed the issue. “We weren't legally solid on this issue and there was a popular drive to drop the issue,” explains Mayor Daniel Côté. The Town does not have jurisdiction over the beaches because the shoreline belongs to the Government of Quebec. A monitoring of the beaches via the nuisance by-law will be done. “So that people respect this environment. We risk sending inspectors more often,” adds the mayor. The other aspects of the by-law on which there is a consensus will remain, such as the prohibition on municipal or public land. Shopping centres will be able to request its application. The amended by-law was finally passed on June 15.



Town of Gaspé issues

Nelson Sergerie

Gaspé is asking the Government of Quebec for compensation for the loss of revenue caused by COVID-19 at Michel-Pouliot Airport. The suspension of Air Canada flights from the end of March to September is causing a loss of some \$500,000, a sum that could reach \$1 million this fall, the mayor says. A request has been made to the Department of Transport.

“If I look at what I've seen in a lot of other areas, I'm assuming that a tailored financial assistance program will surely come out. We couldn't live... with such losses at the airport,” Côté says.

On June 15, Gaspé adopted a resolution deploring the centralization of the Ministry of Economy and Innovation in Rimouski to manage the Gaspésie-Îles-de-la-Madeleine, Bas-Saint-Laurent and Chaudière-Appalaches regions. Daniel Côté deplors the fact that the Regional Initiatives Fund - a program exclusive to Gaspésie-Îles-de-la-Madeleine - will be managed outside the Gaspé Peninsula. Even though it is one minute to midnight, the mayor remains hopeful. “This government is capable of admitting its mistakes. In every region of Quebec, people think it is a mistake. If there is an admission, I am convinced that the government will back down,” concludes the mayor of Gaspé.

REGIM travel will be free this summer

Nelson Sergerie

CARLETON-SUR-MER - The services of the Régie intermunicipale de transport Gaspésie-Îles-de-la-Madeleine (RÉGÎM) will be free this summer.

The RÉGÎM hopes that this free service from July 1 to August 31 - a practice that has already been in place for people under 18 for several years now - will allow citizens to discover or rediscover the service.

“We wanted to do our part in the economic recovery. For the moment, there is no return of Orléans Express services. It's harder for people to get around. It will allow people to come and rediscover or discover our service,” says Executive Director Marie-Andrée Pichette. “The measures put in place by the RÉGÎM help limit the spread of COVID-19 and we want to reassure the population. Public transit is safe and we are doing everything we can to protect our clients and our staff,” said Régim's President Daniel Côté.

No Via Rail shuttle

As Via Rail has suspended its trains until the fall, the money earmarked for the summer shuttle to Campbellton will be redirected to free service. With a much weaker tourist season, gas tax revenues, which had allowed the Régie to generate financial surpluses that were used to improve the network and the service offer, will be down. On the other hand, the REGIM's budget should not suffer too much. “We are making a very reasonable assessment based on an average over the past eight years. There shouldn't be too many surprises. We won't have a normal year,” says Pichette.

Fisheries: \$9.1 million for Quebec

Nelson Sergerie

GASPÉ - The Quebec Fishing Industry Association is surprised by the \$9.1 million set aside for Quebec from the Canadian Seafood Stabilization Fund. The overall envelope of \$62.5 million announced on April 25 by Prime Minister Justin Trudeau is intended to support fish, seafood and aquaculture product processors to adapt to the challenges posed by COVID-19, such as market instability and compliance with new safety directives, and to effectively manage stocks. “Our share was estimated to be lower than that because we represent about 10-11% of Canada's fishery. From that point on, it's not that bad,” comments AQIP Director General Jean-Paul Gagné.

Ottawa is accepting requests for health and safety measures to keep workers on the job, but also to increase plant capacity to process, store, package and distribute products and to adapt processes and marketing to meet changing consumer demands. The industry feared a disaster this year because of COVID-19, but it did not happen. “I always believed we would sell our products, whether it's crab, lobster or shrimp, which are recognized for their quality around the world,” says Mr. Gagné.

Closed pathway: looking for a solution

Nelson Sergerie

GASPÉ - The Club Moto Quad and the snowmobile club Les Bons Copains du Grand Gaspé are looking for a solution to repair the footbridge over the Saint John River.

The infrastructure has been closed since a recent inspection showed major weaknesses. The president of the Moto Quad Club, Jean-Yves Bernatchez, says significant sums - in the six figures - must be invested, but isn't stating the amount, in order to not influence the calls for tenders.

The Ministry of Transport has been questioned since January, but the response is late coming. “If the project is accepted, it will be financed up to 75% by the Quebec government. The snowmobile and ATV clubs will have to get the missing 25%,” says the president.

He admits that raising the money will not be easy with the pandemic. Clubs were expecting a response by the end of May, but the deadline has been pushed back to the end of June. Work is scheduled for late summer.

FAIR will have a regional flavour

Nelson Sergerie

GASPÉ - Recommendations for projects under the Regional Initiatives Fund (FAIR) and its \$6 million envelope exclusive to Gaspé Peninsula will finally take place in the region.

Although FAIR will be managed by the new merged territorial branch of the Department of the Economy and Innovation of the Gaspé Peninsula-Magdalen Islands, Lower Saint Lawrence and Chaudière-Appalaches from Rimouski, the committee responsible for analyzing the projects, will make its recommendations in the Gaspé and the conclusions will be sent to Rimouski.

“A big big win. It will be analysts from the Gaspé and the Islands who will study the files. People who have the territory at heart,” comments the former Minister of Regions under the Marois government and regional development advisor Gaétan Lelièvre.

Investissement Québec has completed the administrative process. The head office will be in Chandler for the region and the team will consist of six people.

Dear graduates of 2020,

It's time to look back and reflect on the important things that you have learned. Many of the most valuable lessons involve people and this includes your teachers and classmates. You have learned how to build relationships and work together with others. We truly need each other to succeed. During your school years you have worked alone, in partners and in groups. These experiences teach us who we are. You know if you like to take a leadership role in a group or perhaps you have discovered that you prefer to be the quiet observer. You might be the person that fits between these two and contribute to the group in your own way. Ultimately you have learned to work with others.



- Diane Skinner



Hannah Elizabeth Pointer
New Carlisle High School

Favourite school memory: Tournaments and trips with Ann and Guy.
Next phase: Bachelor of Science in Kinesiology at University of New Brunswick

Noah Burke
Grosse Ile School

Favourite school memory: Trip to Big Cape camping overnight, playing games and campfire with friends
Next phase: Noah is fishing with his father this summer but is also thinking about heavy equipment driving later on.

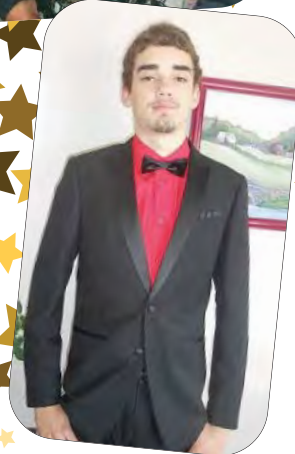
Jayden Todd C. Sweetman
New Carlisle High School

Favourite school memory: Hanging out with friends
Next phase: Building and working my own farm



Kent Langlois
Gaspé Polyvalent

Favourite school memory: All my trips to the Parc du la Gaspésie with my class and hiking up all the mountains. **Next phase:** Will be studying Diesel Mechanics on heavy machinery and trucks at Pavillon de l'Avenir in Riviere du Loup.



Chelsea LeQuerne
Gaspé Polyvalent School

Favourite school memory: Our class trips to the Parc de la Gaspésie and my Duke of Edinburgh Adventurous Journeys.
Next phase: Studying Natural Science at Cégep de la Gaspésie et les Îles.

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Email: diane.lebouthillier@parl.gc.ca

New Recommendations Starting June 22, 2020

KEEP YOUR DISTANCE



2 metres apart



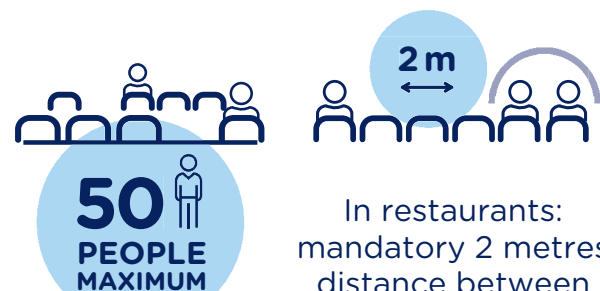
A maximum of 50 people for indoor gatherings in public spaces



IN PUBLIC SPACES

INDOOR GATHERINGS

RECOMMENDATION
2 M DISTANCE AT ALL TIMES



In restaurants: mandatory 2 metres distance between patrons.

People living in the same place can constitute a "bubble" where physical distancing may be less than 2 metres.

POSSIBLE EXEMPTIONS



The size of the venue makes the 2 metres distancing rule **impossible**

AND

Activities involve **limited movement**

- College and/or university classrooms
- Theatres
- Cinemas
- Public hearing and consultation halls

OUTDOOR GATHERINGS

RECOMMENDATION
2 M DISTANCE AT ALL TIMES



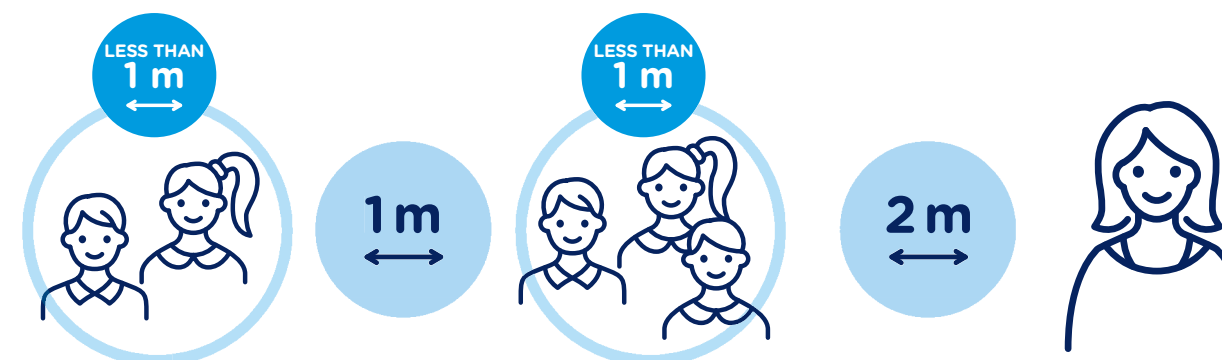
People living in the same place can constitute a "bubble" where physical distancing may be less than 2 metres.

However, the 2 metres rule must be maintained with people outside the bubble.

IN EDUCATIONAL SETTINGS

SCHOOLS*, DAYCARES AND DAY CAMPS

*Schools: **STARTING SEPTEMBER 2020**



A group of children can make up a "bubble" to allow them to stay at a distance of less than 1 metre from each other.

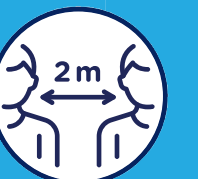
The recommended distance between bubbles indoors is 1 metre. In schools, bubbles can be made up of 4 to 6 students, and several bubbles can coexist in a single classroom.

Adults must, however, always remain 2 metres away from both children and other adults.

The success of the lockdown release relies on everyone's commitment to strictly implement health instructions at all times.



If you show symptoms akin to COVID-19, **remain at home, call 1 877 644-4545** and take care of yourself.



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

1 877 644-4545





Easy Canada Day crafts for kids

Canadian Flag

Materials: white paper, red finger paint, pie plate, paint brush.

Instructions:

Show your child a Canadian flag. Point out two red rectangles on each side and a red maple leaf with 11 points. Prepare the area (this can get messy) or work outside! Pour red paint into pie plate. Have your child dip a finger in paint and make enough dabs of paint to create two stripes (rectangles) on each side of the paper. Then they may place their whole hand in paint to make the maple leaf or paint the leaf freehand. Your child can take the flag, glued onto a stick, to wave at a parade or place proudly in the window on July 1!



Canada Can (Of course, we can!)

Materials: Tin can, with both ends removed, white spray paint, small paint brush, red paint, pie plate, ribbons, paper streamers, coloured string or yarn.

Instructions: Adult prepares can by spray painting the can white. Allow a day to dry. Your child can dip his/her hand in the paint in a pie plate to create a maple leaf OR paint a maple leaf. Helpful hint: paint the child's whole hand with the red paint and then they can press their hand onto the can. Rectangles can be added on the side to look like the Canadian flag.

When paint dries add streamers or ribbon using wide, clear tape or glue inside the can. Attach coloured string (using wide tape) at the top so that your wind catcher can be hung up proudly on Canada Day. You need to have the red and white blowing in the wind!



Canada (Day) Rocks!

(Yes, we do!)

Materials: Flat rocks in all sizes, white and red paint, small paint brushes, skinny black or red markers.

Instructions: Gather rock. Flat ones are a little easier to decorate. Wash rocks and allow them to dry. Cover rocks with paint. This will provide a base colour. Allow time to dry. Now, the fun part. Paint a flag, a maple leaf, the word "Canada", a bunch of maple leaves, or just red and white designs. Allow to dry completely.

Place in a bowl or in the garden.

IT'S GREAT TO BE CANADIAN!



Wild style: Foraging your Canada Day centrepiece

"Wildcrafting and discovering the beauty of Canada that's right outside your door."

Foraging for edibles is a fairly common pursuit on the Gaspé. If you have picked wild strawberries, you have foraged. There is a primal satisfaction when foraging and wildcrafting gives that same feeling. Wildcrafting and foraging are basically synonymous, as both involve gathering in the wild. The guidelines for both are the same. Do not gather on private property without permission. Be respectful. Be knowledgeable about what you are gathering because you do not want to gather a bouquet of poison ivy! Be safe and comfortable when you are gathering items for wildcrafting. Bring a basket to place your items in.

found outside in nature. Gather all your items and now have the fun of creating a real Canadian centrepiece. Children will enjoy hunting for items as well and they can craft their own mini centrepiece. There is no judgment here. If it pleases you, it is a success.

Just have fun with this. If you wish to send Spec a photo of your wildcrafted Canada Day centrepiece, we would love to see it (your child's creation as well) and we will try to put a few into our upcoming editions. When you have finished with your Canada Day centrepiece, disassemble it and the man-made items can be reused and the natural items can be recycled back to nature.

You can have a lot of enjoyment gathering and creating a wildcrafted Canada Day centrepiece. Aim to have most of the materials

(If sending a photo of a wildcrafted centrepiece, include name, age if it is a child's, and a photo to specs@globetrotter.net)



To maintain the natural character of a wildcrafted centrepiece, use vintage man-made materials such as: old mason jars or antique bottles, rope or jute, vintage cans, raffia, burlap, red and white checkered tablecloth

Items to gather can include:

branches and twigs, driftwood, wildflowers (such as daisies, lupines, buttercups), moss, lichen, straw, tall grasses, bulrushes, pine cones, rocks, shells, agates, bark and sweetgrass.



All-Canadian Sweet Treats

Did you know that Canadians have come up with many great inventions? These include: basketball, pabulum, fibreglass goalie masks, insulin, electric wheelchairs and the paint roller. We are a clever bunch. Canadians have also come up with some delicious and calorie-laden desserts. In honour of Canada Day, 2020, why not make a dessert that is uniquely Canadian!

BEAVER TAILS

If you have eaten one of these, delicious, crunchy and deep-fried, perhaps in Ottawa where they are a big deal, you will know that they are a cousin of doughnuts. They do require yeast, so put some aside if you want to make beaver tails one day.

- | | |
|-----------------------|----------------------------|
| ½ cup warm water | 1 tsp. salt |
| ½ cup sugar | 2 ¼ cups all-purpose flour |
| ½ cup warm milk | 2 packages instant yeast |
| 6 tbsp. melted butter | Cinnamon/sugar |
| 2 eggs | Oil (for frying) |

1. Place warm water, a big pinch of sugar and yeast into the bowl of a stand mixer. Allow to sit until frothy.
2. Add 1/2 cup sugar, warm milk, eggs, melted butter and salt. Whisk until combined.
3. Place a dough hook on the mixer and add the flour while the machine is on. Mix until a smooth but slightly sticky dough forms.
4. Place dough into a clean bowl, cover with plastic wrap, and allow to sit for about 1 ½ hours.
5. Cut dough into 12 pieces. Roll into long oval-like shapes about ¼ inch thick that resemble a beaver's tail.
6. Use a deep fryer and heat oil to 350 degrees. Gently place each beavertail dough into hot oil and cook for 30 to 45 seconds on each side until golden brown.
7. Drain on paper towels, and toss in lots of cinnamon sugar.

BUTTER TARTS

Butter tarts are considered a truly Canadian pastry. The filling is usually made with butter, sugar, and eggs and baked in a pastry shell. The filling is semi-solid and usually has a slightly crunchy top. There are many recipes and some bakers add raisins, chocolate chips, walnuts or pecans. You can buy the pre-made frozen pastry shells or make your own pastry, usually a pie pastry, for the tarts. (Makes twelve tarts.)

Butter Tart Filling

- | | |
|---|--------------------------------|
| ½ cup packed light brown sugar | 2 tablespoons very soft butter |
| ½ cup corn syrup | 1 teaspoon vanilla extract |
| 1 large, room-temperature egg (slightly beaten) | 1 teaspoon fresh lemon juice |
| | Pinch of salt |

1. Melt the butter. Allow to cool slightly. Add the beaten egg, vanilla, brown sugar, salt and corn syrup. Stir well.
2. Pour the filling into the prepared uncooked shells and bake at 400°F for 15 minutes. Then reduce heat to 350°F and continue to bake for approximately 10 - 15 minutes or until they start to brown. Allow to cool before serving.

TARTE AU SUCRE (SUGAR PIE)

There are many, many different recipes for sugar pie. It has a single crust and has similar ingredients to butter tarts.

(Thanks to Ruth Flowers-Goyette for this recipe)

- 1 ½ cups packed brown sugar
- 2 tbsp. flour
- 1 cup Carnation canned milk
- 1 egg (well-beaten)



1. Combine brown sugar, flour, and milk in a pot and cook over low heat until the sugar is dissolved. Stay close to the mixture. It is easy to overcook it.
2. Take pot off the heat and add egg gradually while stirring.
3. Pour into unbaked piecrust.
4. Bake at 400°F for 10 minutes.
5. Reduce to 300°F and bake for 30 minutes.
6. Allow to cool and set.

Beginning with Herbs

Diane Skinner

If you want to try a little gardening this season, whether indoors or out, herbs are a great way to begin. Many herbs grow quickly, so you can see the fruits of your labour in no time.

Chives

Chives are tasty in salads, baked potatoes, potato salad and on devilled eggs. If you use them in hot dishes add them near the end of cooking time.

Chives are easy to grow and once planted take very little work. They like the sun, but can handle partial shade. Water them only when the soil is dry. You can grow them inside and transplant them into the garden when it is warmer. They are perennials and will come back every year. You can also move the plant back inside in a pot and enjoy snipping chives indoors

all winter long.

Parsley

Parsley provides loads of vitamin C and is often used on meals as a garnish but brings out the flavour of whatever food it is paired with. People like its peppery flavour and enjoy it on a grilled steak or fish.

Parsley grows well indoors and if you choose to put it in your garden it is a hardy plant. It can grow quite tall (about 12 inches) and is an attractive plant. It can be started from seeds or buy small plants from a nursery and nurture them to full grown status! Keep the soil moist and choose a spot that is partially shady or full sunlight.

Basil

Basil has a very distinct taste and aroma. Commonly used in Italian foods like lasagna, spaghetti, on top of pizza and mixed salads, it can also be served on fresh straw-

berries or even in a glass of ice-cold lemonade.

You can buy basil in small pots at a garden centre or even at the grocery store. Starting from seeds takes much longer and can be a challenge. To start the basil from seeds, put them in moist soil about an inch deep and after a week or so when sprouts are above the soil, transplant into their own container or pot. You can transplant basil outdoors when the weather is warm. Basil plants love sunshine so place or plant them accordingly.

Thyme

Thyme can be a handy herb to grow because it can be used in so many foods. Its flavour is distinct – with a hint of pine and mint. It goes well with roasts, potatoes and in turkey stuffing.

Thyme can be grown inside or out in the garden. It is difficult to grow from seeds, so

pick up a small plant at the garden centre or get a clipping from a gardener friend. If you start thyme inside wait until it is warm, well past the last frost, before you transplant it outside. Once the plant has about five good sized leaves you can start to pick and use the thyme. Trim them if the plants look tall and straggly. It loves to be warm, so choose a sunny location. Thyme typically grows best in its own planter outdoors.

Dill

Dill goes well with many foods such as fish and egg dishes. It is a tasty addition to potato salad and of course is used to make dill pickles.

Dill can also be grown indoors or outside. It is easiest to buy a small plant at a garden centre and nurture it at home. Do not move dill around the garden because it likes to stay put once transplanted. It

should take about two weeks for the plant to show growth. You can pinch off leaves as you need them or pick the whole stalk. Dill loves sun, so place it accordingly.

If you are a novice gardener, herbs would be a good starting point. They tend to grow quickly and you can begin using them as soon as the leaves are sprouted.

If your plants grow well you can even dry the leaves, particularly basil, thyme, parsley and dill, to use in the winter. Preheat the oven to 180 degrees. Separate the leaves from the stems. Throw away stalks, except for dill stalks which can be dried. Place leaves on a baking sheet so that leaves are not touching. Bake for 90 minutes. Allow to cool and crumble into small pieces. Store in an airtight container such as a mason jar.

CISSS concerned about anglo angst

Cynthia Dow

GASPÉ PENINSULA: The regional health authority is concerned about anxiety in the English-speaking community due to the COVID-19 pandemic. The person responsible for prevention and promotion in mental health, Nancy Gédéon, wants people to know the *Centre intégré de santé et de services sociaux* (CISSS) is there for them.

“The message we want to send out is that there are people who can help, in particular in emergencies,” Ms. Gédéon told SPEC. If you are feeling anxious and can’t seem to deal with it effectively, call 811 for support and if the situation has you feeling suicidal, call the suicide hotline at 1-866-277-3553. For children and youth, there is always the Kids Help Phone at 1-800-668-6868.

The CISSS has interpreted the low number of English-speaking children attending school as a warning sign that English-speaking Gaspésians may be more anxious about the pandemic situation than their francophone counterparts. “The fact a lot of parents didn’t send their kids back to school indicates there seems to be a lot of fear. School nurses indicate that parents are afraid their kids



Photo: courtesy of Nancy Gédéon

Nancy Gédéon

will get sick,” Ms. Gédéon noted.

In fact, statistics indicate that children are unlikely to develop serious complications from the virus and only 2% of the population infected in the US, Italy and China have been children. The June 17 edition of *The National* on CBC-TV highlighted a study by Dr. Ronald Cohn and a group of pediatricians from Sick Kids Hospital in Toronto, indicating the doctors “are losing sleep” over the fact that so many children are remaining iso-

lated from their friends and school environments right now.

That echoes the approach of the Quebec government. “The provincial government decided to bring children back to school to reduce their isolation. We think the current physical isolation presents more risks for the youth than going back to school,” Ms. Gédéon explained.

The CISSS is not exactly sure why the anglophone community seems to have a different approach to the pan-

demic. Certainly, there is a higher proportion of elderly people in the English-speaking population who are more susceptible to developing complications from the virus. Perhaps it is also the sources of news to which anglophones are exposed. “The federal and provincial messages about the pandemic are not always alike, and perhaps that is one reason,” Ms. Gédéon said. “When we look at public health, the English-speaking community may be more vulnerable to the mental health aspects of the COVID-19 pandemic. They may be more socially isolated and face other challenges as well.”

The regional health authority is concerned in general about mental health difficulties brought about by the physical distancing required to control the spread of the virus: increased stress and anxiety, sleep disturbances, depression, post-traumatic stress disorder, and rising substance use are all on their radar.

“We are working on improving access to mental health services with a number of working groups. It’s important to better equip the communities to face these issues, and work with non-profit groups to improve support.” The CISSS has increased the number of mental health resources in the region -- for example, in Bonaventure MRC there is now the equivalent of a new position in mental health counselling.

Ms. Gédéon is a member of the Mental Health Task Force which brings together CASA, Vision Gaspé-Percé Now, the ESSB, Family Ties and the Gaspé Literacy Council to discuss mental health issues for the English-speaking community in the region.

“There is so much people can do to maintain their mental wellness and take care of each other. Statistics show us that social support is high here. So, we should look for

signs of distress in our friends and neighbours. Is anyone more irritable than usual? Is anyone more socially isolated than in the past? Find creative ways to keep in touch. We need to be united. We all need to work together. Everyone has a role to play,” Ms. Gédéon noted.

“We know for a fact that following this pandemic, there will be more people with mental health challenges. This has been observed in other situations such as the Lac Mégantic fire, so we know the pandemic will have a medium and long-term impact.”

She also indicated that self-care is a vital part of maintaining good mental wellness. “Be patient with yourself and others. Accept that we might have different reactions to stress. Give yourself the right to your feelings. And consider what you need to feel more secure. What has helped me deal with anxiety in the past? What strengths do I have?”

“Eat well, sleep well, move every day, create a routine. Laugh and have a good time! Give yourself little objectives every day: try to learn a new language, create and colour mandalas, learn to play a musical instrument. Give yourself moments of pleasure. Try to learn to tolerate uncertainty because we are all learning as we go along.”

It is particularly important, Ms. Gédéon noted, to control the amount and quality of information we take in about the pandemic situation. Limit your news intake and ensure the information comes from reputable sources, such as the Quebec government website at <https://www.quebec.ca/en/>. For more information about mental health support in our region, check out the mental health resource guide produced by the Task Force at https://casa-gaspe.com/wp-content/uploads/2019/10/Mental-health-Guide_May9.pdf or Google “Gaspé mental health resource guide.”

Mental health tips:

In general: Monitor your stress and anxiety level: headaches, neck and back aches, interrupted sleep, digestive upset or poor appetite. What you can do: Control your access to news updates from reliable sources. Avoid social media posts which may exaggerate the situation. Substance use, such as alcohol, medication or illegal drugs, may seem like a quick fix, but they present long term risks. Limit the use of caffeine and other stimulants. Take good care of yourself and follow healthy lifestyle habits: eat well, get enough sleep, get exercise, get fresh air, get out in nature. Keep up your social contacts through telephone, video chats, meeting outdoors at a safe distance.

Supporting children: Look for signs of stress such as changes in sleep patterns, lots of questions, wanting to be hugged, tummy aches, agitation, bedwetting, refusal to go out. What you can do: hug and cuddle as much as possible. Explain the situation in words suitable for their age level. Use play to help them express their feelings. Teach them to wash their hands properly and tell them that’s the best way to avoid the virus. Reassure your child by saying that sometimes you are afraid as well and it’s ok to have feelings of fear.

Supporting teenagers: Look for signs of stress such as worry or, on the other hand, nonchalance about the situation, lack of concentration, refusing usual activities or isolating from friends, increased substance use. What you can do: Be frank about the pandemic. Correct any wrong information. Admit it if you don’t have the answers to some questions and try to find the information. Encourage safe activities.

Maintaining a healthy couple: Take time together and for yourselves. Find things you can agree on, take care of each other and compromise when necessary. Seek agreement on what’s important right now. List together what is positive in the relationship. Share some goals and avoid negativity and criticism.

Working from home: Set up a comfortable workspace where you can focus. Keep in touch with your colleagues every day. Don’t expect too much from yourself or your workmates. Take breaks and schedule family time during the day. Be flexible about family commitments.

The detailed guides can be found at: <https://www.quebec.ca/en/health/health-issues/az/2019-coronavirus/protecting-your-well-being-in-the-covid-19-pandemic/>



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Impact of confinement on English-speaking families

Press release

MONTREAL, JUNE 15, 2020

– A survey conducted with over 2,100 Quebec parents released during the *Semaine Québécoise de la Paternité* reveals that English-speaking families have been hard hit by the impact of confinement. However, some have experienced positive changes in co-parenting. This conclusion is based on the analysis of results from 439 English-speaking respondents to a survey commissioned by the *Regroupement pour la Valorisation de la Paternité* (RVP) and supported by the Community Health and Social Services Network (CHSSN).

Impacts on parents' mental health

Nearly one quarter (23%) of English-speaking respondents experienced psychological distress according to a scientifically recognized index of psychological distress. In comparison to French-speaking families, they were more likely to have experienced fatigue (44% versus 38%) with parenthood being a source of stress for a considerable proportion among them (57% versus 43%), and they expressed a significant doubt regarding whether they are responding appropriately to their children (65% versus 34%).

According to CHSSN's Russell Kueber, these results demonstrate how the crisis has affected English-speaking parents. "English-speaking communities are scattered throughout Quebec and are ex-

periencing specific isolation and inclusion issues that could increase social inequalities in terms of health," says Kueber. In his opinion, this could help explain why English-speaking families have felt the effects of the crisis so strongly.

Positive changes in co-parenting

Although heavily affected, English-speaking parents seem to have nonetheless experienced positive outcomes on their co-parenting (working as a team to take care of their children). Almost two thirds (65%) of the English-speaking respondents indicated that confinement measures have changed some of their co-parenting practices, with the changes seen as positive in most cases. By comparison, this proportion was 50% among French-speaking respondents.

A high percentage reported a positive change in terms of: the time spent with the children (67%), the understanding of their needs (47%), the quality of the relationship between them (48%), their ability to empathize with the other parent (34%), task sharing (36%), their communication (36%), the perception of their role as a parent (39%) and that of the other parent (30%).

"Despite the difficulties, this near three-month confinement appears to have led to a realization of the benefits of co-parenting and an increased questioning of certain practices," Russell Kueber analyzed. "The good news is that many respondents identified

some positive co-parenting experiences," he added.

To view the full survey results (in French) <https://www.semainedelapaternite.org/fr/nouvelles20200615-sondage-communicative>

Methodology

The survey was conducted by the firm SOM on behalf of the *Regroupement pour la Valorisation de la Paternité* in partnership with the *Observatoire des tout-petits, Naître et grandir*, the *Institut national de santé publique du Québec*, and the Community Health and Social Services Network, with 2,115 Quebec parents, including 1,040 fathers and 1,075 mothers, between May 22 and June 2, 2020.

Among them were 439 parents that preferred to respond to the questionnaire in English.

About the Semaine

Québécoise de la Paternité
The *Semaine Québécoise de la Paternité* is being held this year from June 15 to 21, Father's Day. The event is intended for fathers, mothers, children, the general public, and organizations that support Quebec families. It aims to highlight paternal commitment in daily family living to the well-being of children and to a greater equality between mothers and fathers.

The *Semaine Québécoise de la Paternité* is an initiative of the *Regroupement pour la Valorisation de la Paternité* (RVP). The CHSSN is a partner of the event for its Anglophone component.

www.fierdetrepere.com



ARIES – Mar 21/Apr 20

Aries, news from loved ones may catch you off guard, but could nevertheless make you feel excited this week. This is a sign from the universe that some part of life will change.

TAURUS – Apr 21/May 21

This week you may feel like opening your heart to others, Taurus. Show a close friend that you care about him or her, or really further your connection with a romantic partner.

GEMINI – May 22/Jun 21

A busy work schedule may be making things seem more hectic than usual, Gemini. It's easy to become overwhelmed if you do not find strategies to calm your mind each day.

CANCER – Jun 22/Jul 22

Powerful feelings of affection may build up in you this week, Cancer. You may be taking inventory of how you feel about loved ones. Share grand gestures and loving words.

LEO – Jul 23/Aug 23

You may get encouragement from an unlikely source this week, Leo. This

can inspire you to conduct an in-depth exploration of long-term goals. Embark on a new journey.

VIRGO – Aug 24/Sept 22

It is alright to feel shy or inhibited this week, Virgo. Uncertainty over long-term plans could be driving these emotions. Once you get your thoughts on paper, you can proceed.

LIBRA – Sept 23/Oct 23

A desire to add life to your routine could motivate you to find new activities to explore this week, Libra. Infuse your daily schedule with doses of creativity.

SCORPIO – Oct 24/Nov 22

Scorpio, this week you may feel sentimental and nostalgic. Perhaps you will reminisce about your childhood by looking over old photographs or playing family movies.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, you feel content with yourself and life this week and that is great. An ability to look within with a practice like meditation may contribute to this serene state of mind.

CAPRICORN – Dec 22/Jan 20

Figuring out how to resolve issues in a relationship may leave you feeling somewhat unsettled, Capricorn. It

might be that you do not want to approach sensitive topics.

AQUARIUS – Jan 21/Feb 18

Excitement about business or work goals might make you feel like taking some dynamic action to promote your ideas to higher ups, Aquarius. You may find a receptive audience.

PISCES – Feb 19/Mar 20

Try collaborating on a fun project this week, Pisces. Check to see if anyone needs assistance if you don't have your own project in mind.

FAMOUS BIRTHDAYS

JUNE 21

Chris Pratt, Actor (41)

JUNE 22

Meryl Streep, Actress (71)

JUNE 23

Laneya Grace, Model (16)

JUNE 24

Lionel Messi, Athlete (33)

JUNE 25

Angela Kinsey, Actress (49)

JUNE 26

Aubrey Plaza, Actress (36)

JUNE 27

Tobey Maguire (45)

Reflections

by

Diane Skinner Flowers



Lilacs: Thank you, Mother Nature

*Now that the lilacs are in bloom
She has a bowl of lilacs in her room.*

T. S. Eliot

It is the lilac's scent that makes it a star of any garden. Add to that the gorgeous colours of lilacs, (the pinks, whites and shades of purple), and you have one of the most popular plants around. Memories of lilacs cut and lovingly placed in water and displayed on the kitchen table make a person wistful for the springs that have come and gone but, lo and behold, they bloom again in our yards each spring to bring us new joy. Mother Nature is so generous with her beauty. We should stop and give thanks for the incredible splendour she gives us.

Surprisingly, lilacs are related to olives, jasmine and ash trees. Lilacs start as small bushes and can reach from 5 to 15 feet high. (1.5 to 4.5 metres) high. Lilacs are easy to grow and are low maintenance. Depending on the type of lilac and the location, they bloom between mid spring and early summer. On the Gaspé, some trees have bloomed and are done and others are in their full glory and they can bloom for up to 6 weeks. Lilacs love a well-drained soil and actually produce more flowers if they are NOT pruned or thinned out. Lilac wood is very hard and has been used in the past for engraving, knife handles and even woodwind musical instruments, however, the compelling reason to plant lilac trees is that they attract bees and we know that without bees we are in big trouble.

If you are serious about planting a lilac bush here are a few guidelines:

1. Place in well-drained soil
2. Fertilize the soil by adding compost.
3. Plant where the lilacs will get full sun.
4. Plant in spring or fall.
5. If you buy a small bush from a garden centre, spread out the roots if they are tight in the pot, plant and put rich topsoil all around the roots. Add water. Fill the hole and tamp the soil tight.
6. If you plant multiple bushes, leave 5 – 15 feet (1.5 to 4.5 metres) of space between them.

Lilacs are said to symbolize love and we can understand why. They are beautiful and heavily perfumed – the perfect duet for a romantic setting. There are many areas of the world that hold lilac festivals. This demonstrates that lilacs are loved and appreciated by people everywhere. In Victorian times lilacs were a symbol of "old love" and widows would wear them. In Russia a sprig of lilac is held over a baby's head and is said to bring wisdom.

Lilacs are edible! They taste just like they smell. Rinse a few bunches of flowers and add to a jug of lemonade and place in the fridge for a couple of hours, or even overnight. Strain out the flowers and serve.

Lilacs are worth waiting for. When they bloom you will know that the cycle of seasonal rebirth has begun. This gives us hope and belief that the world will renew its beauty for us, over and over. We need that right now. Mother Nature is so generous.

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Announcements...



Obituaries



DOW: Olive Ida (Flowers)

1922 - 2020

Olive Ida (Flowers) Dow passed away peacefully at the Centre d'hebergement on June 7, 2020, at the age of 98.

She was predeceased by her husband, Grant Dow; two daughters, Doreen and Lila; two sons, Arnold and Barry; two grandchildren; one great-grandchild; six brothers and one sister.

She leaves behind one son, Wilson (Nellie); and one sister, Jean Walsh. She is beloved and greatly missed by 10 grandchildren, 14 great-grandchildren and three great-great-grandchildren as well as many relatives and friends.

Cremation has already taken place. A funeral service and burial of ashes will be arranged for August 1, 2020, at 11 a.m. at St. James Anglican Church, Port Daniel, Covid-19 permitting.

The family wishes to extend a sincere thank-you to the doctors and staff at the Centre d'hebergement for the care they gave her.

Also sincere thanks to the management and staff of the Gilker Residence, past and present, for the help and kindness extended to her during her eleven and a half year stay there.

Finally we extend a very special and sincere thanks to Margaret Flowers who served her so faithfully over the past four years. Not only for the work she did but the special little touches like shopping, attending to her personal needs, bringing treats and spending social time by sharing a cup of tea and cookies. Those moments were very special to her - she loved Margaret like one of her own.



In Memory

DRODY: Iona (Rail)

In loving memory of a special mom, grandmother and great-grandmother who left us ten years ago on June 21, 2010.

Dear Mom, this time of year always brings with it a feeling of sadness because it reminds us of how much you loved to see those first warm days of spring knowing that summer was just right around the corner. While we all go about our daily routines so many things we do or see will bring a smile to our lips but a tear to our eyes. You're always in our thoughts, Mom. Love and miss you every day.

Your husband Ernest; children: Gordon, Leigh Ann (Bob), Judy (Dave), and Shelly (John); grandchildren and great-grandchildren.

FAIRSERVICE: Meda Ross

Born July 6, 1908 - June 21, 1997. Greatly missed, always loved, Ferne and family.

Do Not Stand At My Grave And Weep

By Mary Elizabeth Frye

Do not stand at my grave and weep

I am not there; I do not sleep.

I am a thousand winds that blow,

I am the diamond glints on snow,

I am the sun on ripened grain,

I am the gentle autumn rain.

When you awaken in the morning's hush

I am the swift uplifting rush

Of quiet birds in circled flight.

I am the soft stars that shine at night.

Do not stand at my grave and cry,

I am not there; I did not die.

65th Wedding Anniversary



The daughters of Bert and Phyllis Holland of Douglastown would like everyone to know that their parents have reached another milestone in their lives - on June 29, they will be 65 years married!

Though the past year has had some challenges, life is filled with so many things that are good (including so much kindness shown to them after their accident and during this pandemic).

If you happen to be passing down the hill and see them sitting outside, please stop in for a chat - they'd love that!

Mom and Dad, though we're not there to celebrate, we will all be thinking of you on the day, and will celebrate with you when we visit over the next few months. We miss you, and wish we were there.

Love to you both from your daughters: Gwen (Jay), Laura (Tyran), Jeanine (Bob), and Barbara (Darko); and your grandsons, Evan, Ryan (Victoria), Dejan and Cormick.

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.

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Nadine and Sammy: Old time music

Diane Skinner

POINTE-A-LA-CROIX: Nadine Landry was born and raised in a musical family in Pointe-a-la-Croix, Quebec. Her partner in life and music Stephen “Sammy” Lind, born in Minnesota, also grew up in a musical family and the two met in 2003 in Whitehorse, Yukon. They currently live in Pointe-a-la-Croix where they bought a house in 2016.

Nadine’s grandma was a fiddle player and taught all her children to play guitar and piano to back her up. Singing and dancing was always the centre of their family gatherings. Nadine joined a singing group while in high school and took part in her first concert at 12 years old. Music has been in her life for as long as she can remember.

Sammy also grew up in a musical family. His mom plays piano and his dad plays guitar and mandolin and they both have sung in choirs since the 1960s. They actually met at choir practice in college!

Sammy started playing guitar around the age of eight or nine and soon after started his first rock band with buddies in the neighbourhood. Sammy got really interested in the more traditional side of music and started to play country blues and fiddle tunes on the guitar in the style of Doc Watson and Norman Blake. He started playing banjo, fiddle and mandolin at the age of 19. He quickly discovered a whole world of people with the same passion for the older styles of music!

Nadine moved to Whitehorse, Yukon in 2000 to visit



Sammy and Nadine felt a little weird at first playing in front of their computer or phone. They really miss the energy of the crowd.

her aunt for two weeks after college and it quickly turned into almost 17 years! She discovered an amazing musical community and a group of friends that are still dear to her. That’s where she and Sammy met, in 2003. It took until 2008 until Nadine joined his band and they started going out, all on the same night!

Nadine speaks English and French and a little bit of Spanish. Most of her family lives within five kilometres of their house! She says, “It feels good to be surrounded by family after being gone for so long.” Sammy speaks English and can understand a bit of French and would like to learn more.

Nadine and Sammy have played in Carleton at La Virée Festival, the New Richmond Bluegrass Festival, the Shigawake Music Festival, concerts and square dances in

Paspébiac, Bonaventure, Saint-Simeon, Carleton, Pointe-à-la-Croix and Matapédia-Les Plateaux.

Since they have moved home, they have performed an average of one online show per week. “It felt a little weird at first to play in front of our computer or phone without getting any feedback from our audience. We truly miss the energy of the crowd, seeing people dance and interacting throughout our performance. Most of our shows have been posted to our facebook page, Nadine Landry and Stephen ‘Sammy’ Lind.” You can also see a recent performance on Gaspesian Way page on facebook, live streamed on Thursday, June 4.

They have an extensive repertoire of hundreds of tunes and songs, however, playing for dancers is one of their favourite things to do!

They play a lot of square dances where they play fiddle tunes and the dance is led by a caller. They also play Cajun music from Louisiana and that music is perfect for couple dancing, two-steps and waltzes.

Nadine and Sammy perform as a duo and also with friends, Caleb Klauder and Reeb Williams, who both live on the West Coast of the U.S. Together they are called the Foghorn Stringband, a group that Sammy co-founded in 2000. Since Nadine joined in 2008 the group has travelled all across the States, Canada and a dozen countries in Europe and Australia.

Nadine and Sammy have recorded nine CDs with the group, one CD as a duo and Sammy has made two instructional DVDs. Fans can visit www.foghornstringband.com/

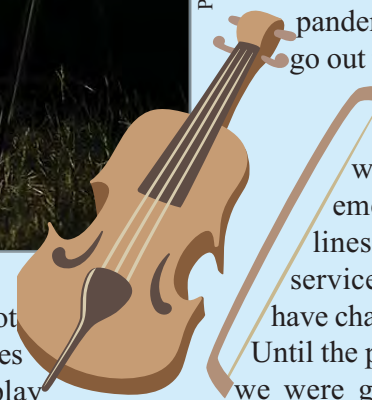
store to purchase their music plus t-shirts, hats, dish towels and stickers! A quick search on YouTube for Foghorn Stringband will result in many videos of the group, check it out!

So far, all their shows have been cancelled until October with the exception of the Percé Oktoberfest on September 18 and 19. They are keeping their fingers crossed that gatherings will be allowed by then. So far during the pandemic they have missed many U.S., European and Canadian tours, festivals and music camps.

Their thoughts on the pandemic: “Our hearts go out to everyone who has suffered, lost loved ones, worked on the emergency front lines and essential services. Our lives have changed drastically. Until the pandemic struck, we were gearing up for a busy summer: 5 provinces, 10 states and 5 countries with barely two weeks at home. Now we’re working on a huge garden and got chickens with the neighbours! Although we truly miss touring for the obvious financial reasons, since we live uniquely off our music, we are grateful to live here on the Gaspé Coast! There’s always a thousand things to do around the house, projects we’ve been putting off for years since we were never here long enough.”

Sammy and Nadine are looking forward to playing on the Gaspé in person soon and add, “Maybe the future of touring will focus more on local travels and we happen to live in one of the most beautiful places in the world.”

Photo: Elizabeth Savoie



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Welcome butterflies to your garden



Diane Skinner

We are all aware that the honeybee is declining in numbers, but butterflies are in some trouble too. They are such an important part of the ecosystem and we can play an active part in attracting them to our gardens. Butterflies have basic needs which help them to survive and flourish. They require a source of nectar, food for their larva, shelter and sun. A butterfly garden should have a variety of flowers to provide nectar. If your garden has too many large trees it may limit the sunshine available to attract butterflies. Butterflies will seek shelter in trees and ornamental grasses and hide in tall grass during storms.

If you want to attract butterflies, you can put out a small bird bath, including a wee bit of sand and some rocks. Occasionally add a piece of fruit to the bath.

There are many plants that will attract butterflies. If you are not sure what to plant, ask your local garden centre staff. The Gaspé is mostly Zone 4a and 4b. These zones tell us which plants are best for growing in the area. Some garden stores add a butterfly logo on the plant label to tell you that it will attract butterflies.

If you want to provide a haven for Monarch butterflies, plant milkweed. Monarchs need milkweed. They are very picky about where they lay their eggs and will only lay eggs in a milkweed plant. Caution: Milkweed can be poisonous to animals, so plant just a few and place a little barrier around it. Choose a kind of milkweed that is native to the Gaspé. Ask your local garden store staff.

Sunflowers make such a beautiful addition to any garden and butterflies happen to

love them too. In most gardens they grow to about 5 feet, depending on the variety of sunflower. They are named appropriately because they need six or more hours of sunlight daily. They do not like wind, so plant them near a fence, shed or other building that will protect them. Normally pretty easy to grow, you can just stick the sunflower seeds directly in the soil once the last frost has passed.

Lavender is such a beautiful addition to a garden and smells lovely as well. Butterflies are attracted to both the colour and the scent of the flower. Once lavender is planted it does not take a lot of upkeep.

Allow space between plants. Lavender needs sun and is a perennial, so no need to replant next year! You might need to cut it back a couple of times during the growing season. A bonus to planting lavender? Bees love it but mosquitoes do not.

Hydrangeas can be bought in large containers and transplanted, although they can be started from seed. They are beautiful and colourful but require protection from wind, direct sun and need good drainage. Too much moisture can be damaging to them.

Butterfly bush is like a magnet for butterflies and is hardy enough to grow in Zone 4a and 4b and blooms from June to October!

Wildflowers attract butterflies and plants such as dill and fennel provide food for the butterfly larva. Other plants that attract butterflies include: aster, calendula, daylily, delphinium, marigold, oregano, Queen Anne's lace, Shasta daisy and zinnia. Though butterflies are attracted to some plants more than others, you can't go wrong if you plant a variety of flowering plants to welcome them.



Winner of Lieutenant-Governor Medal for Seniors is from Rivière-au-Renard

Nelson Sergerie

RIVIÈRE-AU-RENARD - Mariette Minville of Rivière-au-Renard has received the 2020 Lieutenant-Governor Medal for Seniors.

She is being recognized for her 50 years of volunteering in the community, notably for organizing for the last three years a shared meal at Christmas in Rivière-au-Renard, in collaboration with the Daughters of Isabelle.

Her volunteer work began when the citizens of Forillon Park were expropriated.

"... the day they burned a lady's house, I went with her to show her the house. I have always continued to volunteer with children. I got involved in all of the children's committees," says Ms. Minville, who did not expect such a tribute, but was honoured to receive it.



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