

Fire ravages 16 hectares near Saint-Edgar

Nelson **Sergerie**

NEW RICHMOND - Two forest fires required the use of SOPFEU air tankers on May 22 and 23. Some 16 hectares burned on May 22 at Domaine Lepage near Saint-Edgar. Ten residences had to be evacuated. Two planes assisted the forest firefighters.

The prefect of the Bonaventure MRC, Éric Dubé, was present. "The interventions were very quick. We were lucky that no residences burned down."

A second fire on May 23 in Pointe-à-la-Croix, required the intervention of air tankers as well, even though only one hectare was destroyed. The flammability index was extreme at that time and a ban on open-air fires was in effect.

In addition, a residence was destroyed by fire in the 2nd range of Cap-d'Espoir on May 22, late in the day. No one was injured.

On May 27, another residence located at 264 Peron Boulevard East in Pointe-à-la-Croix burned down as a result of a fire.

Photo: Allen Doug Shaw



Damage from the St. Edgar fire.

Quebec sends two air tanker planes to New Brunswick

Penny **MacWhirter**

The Quebec Provincial Forest Fire Control Agency (SOPFEU), in collaboration with the Department of Forests, Wildlife and Parks, is assisting New Brunswick, which is facing several forest fires. Two air tankers and their crews consisting of two pilots and two co-pilots were deployed on May 25.

According to a SOPFEU press release, the Government of Quebec is helping its

Canadian partners as part of the Canadian Forest Fire Mutual Aid Agreement. "SOPFEU and its members fully support these cooperative efforts," states the press release.

The press release also states that SOPFEU is able to lend resources to its colleagues in other provinces without hindering its ability to respond on Quebec territory.



Photo: SOPFEU facebook

Gaspé Peninsula faces high fire index

Penny **MacWhirter**

The Quebec Provincial Forest Fire Control Agency (SOPFEU) is appealing to the population to be cautious. Since the beginning of spring, a much higher than usual number of fires has been recorded, despite the ban on open fires in most of the province including the entire Gaspé Peninsula.

According to the SOPFEU website the fire index is currently at a high level. Increased temperatures, a lack of precipitation and very low humidity levels are favourable conditions for the outbreak of fires.

"In the spring, greenery is not yet present everywhere. Dead leaves and dry grass are highly flammable. Just a few hours of sunshine and a little

wind can dry out brush and increase the danger of fire, even in areas where snow has just disappeared," says a SOPFEU press release.

According to SOPFEU, citizens must be aware of the risks associated with burns, fires and campfires. The organization is asking the population to be more cautious, to avoid burning waste or residual materials

and to respect the ban on open fires, in areas where the snow cover has disappeared.

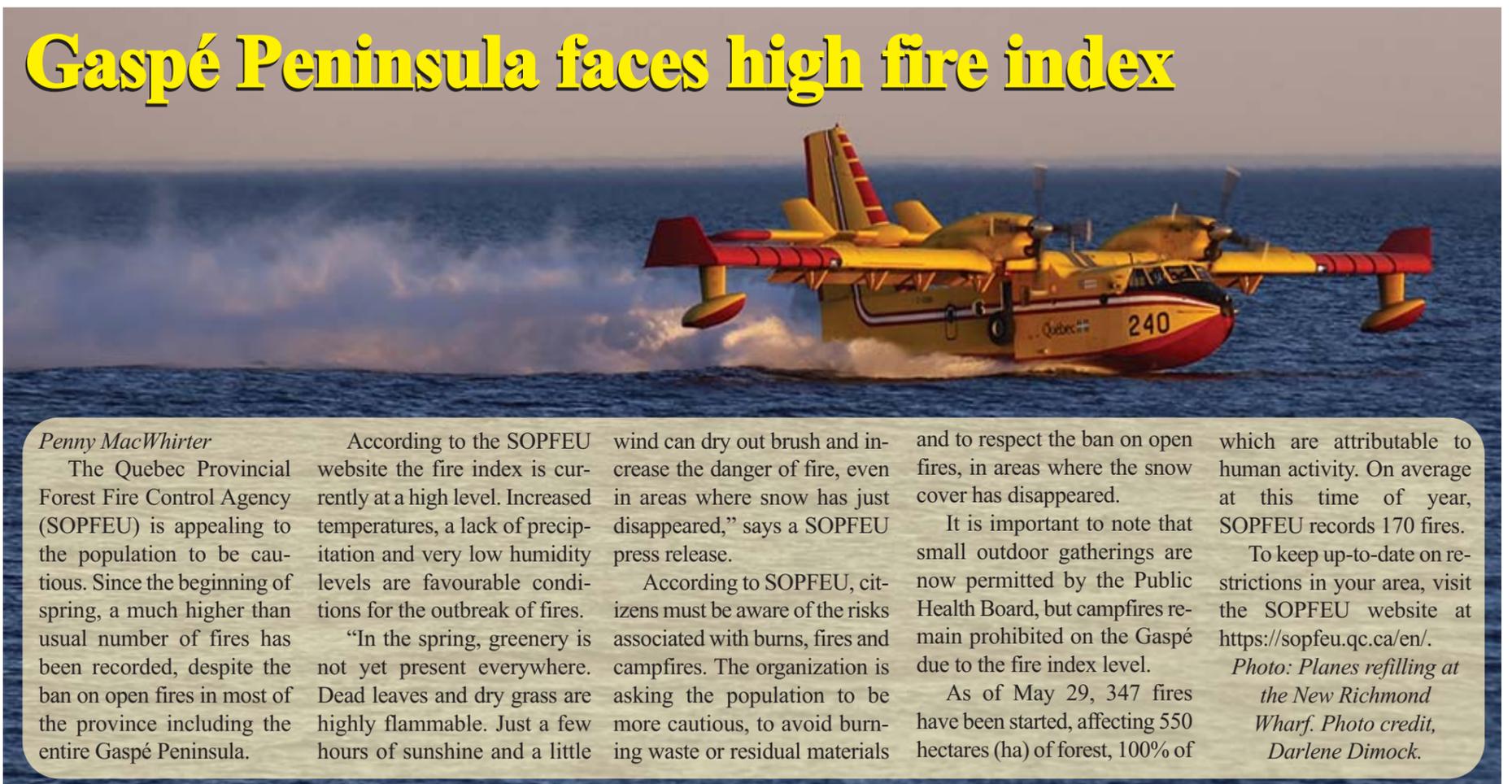
It is important to note that small outdoor gatherings are now permitted by the Public Health Board, but campfires remain prohibited on the Gaspé due to the fire index level.

As of May 29, 347 fires have been started, affecting 550 hectares (ha) of forest, 100% of

which are attributable to human activity. On average at this time of year, SOPFEU records 170 fires.

To keep up-to-date on restrictions in your area, visit the SOPFEU website at <https://sopfeu.qc.ca/en/>.

Photo: Planes refilling at the New Richmond Wharf. Photo credit, Darlene Dimock.



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Police report

The Sûreté du Québec (SQ) would like to remind citizens who shop for certain items on the internet of a few prevention tips regarding free masks or protective equipment; products or services obtained through prepaid cards or crypto-currency; and the donation or sale of animals or animal accessories at a ridiculously low price.

The SQ says to be vigilant. Fraudsters are using online sales to scam you out of money. Also, in almost all cases, you will never receive the requested product. The SQ provides the following advice:

- Use secure websites (starting with https://) for your online purchases. Look for a little lock that appears to be closed or that a key appears on the edge of your browser's address bar;
- Find out about the seller before proceeding with a transaction;
- Prefer to meet the seller in person to identify him/her and to check the availability of the purchase;
- Never give out personal information when making an online purchase (for example, your social insurance number or date of birth).

In addition if you wish to sell certain products online, the SQ recommends following these tips to avoid monetary losses.

- Make your exchanges in a public and safe place;
- Beware of a buyer asking you to pay an amount above the asking price, or offering to send you, for example, a certified cheque, so that you can reimburse the difference (either in cash or by electronic transfer);
- Also make sure that the payment is valid before you return the item in question.

To report fraud, citizens are encouraged to contact: Their banking institution; the company that issued the payment card; their service provider (Internet, cell phone); the national credit-reporting agencies (Equifax Canada: 1 800 465-7166, Trans-Union Canada: 1 877 713-3393); the Canadian Anti-Fraud Centre and access the Reporting System (online) at <https://www.antifraudcentre-centreantifraude.ca/report-signalez-fra.htm>.

The Sûreté du Québec invites you to be vigilant with respect to these situations and reminds you that any information on criminal activities can be communicated at any time, in a confidential manner, to the Central Criminal Information Bureau at 1 800 659-4264.

The body of Françoise St-Onge was found around 12:15 p.m. on May 26 in the Matapédia River in Amqui by four Amqui citizens who were assisting in the search operation. The victim had gone missing on May 24. She was last seen at her residence in Amqui. She was 69 years old.

Return to normal for the RÉGÎM

Nelson Sergerie

GASPÉ - The services offered by the Régie intermunicipale de transport Gaspésie-Îles-de-la-Madeleine (RÉGÎM) returned to normal on May 19.

This means that you no longer need to reserve your transportation 24 hours in advance for most trips. However, routes "22" between Gaspé-Percé-Chandler and "26" between Gaspé and Murdochville remain under mandatory reservation, as well as those for which the obligation existed before the service slowdown due to the pandemic.

"With the deconfinement of the economy, this is leading to demand from customers, most of whom are workers. It's the same thing in the summer when young workers use the service to get to work," says President Daniel Côté.

Following the same procedures as many of the major transportation companies, the RÉGÎM asks riders to wear a mask to ensure greater safety, to wash their hands when boarding the bus and to respect general principles of hygiene.

In addition, an access card is available free of charge to allow riders to purchase tickets in advance and to avoid handling cash in the vehicles, thus reducing the risk of spreading COVID-19.

Shrimp: Inadequate federal support

Nelson Sergerie

GASPÉ - Shrimp fishermen are requesting an emergency meeting with Ottawa in hopes of saving the season.

Aboriginal fishermen from Listuguj, Gesgapegiag, Gespeg, the Maliseet Nation of Viger in the Lower St. Lawrence and the Innu Nation of the North Shore, Newfoundland and Labrador, New Brunswick and Quebec say that the federal assistance already announced is inadequate because it does not take into account the specifics of the shrimp fishery.

Many are wondering if it's worth going to sea at a loss of revenue. The shrimp fishermen want the elimination of the cost of the licence for the

2020 season, a wage subsidy for the entire season, a relaxation of employment insurance to avoid the black hole, an increase in assistance to businesses from \$40,000 to \$120,000 and compensation for First Nations.

An initial telephone meeting on April 9 between the Department of Fisheries and Oceans (DFO) and the coalition of fishermen, along with the four others (meetings) that followed were not satisfactory. The members felt that DFO did not understand the extent of the crisis and appealed directly to Minister Bernadette Jordan, the Minister of Fisheries and Oceans.

"We feel a little bit left out and that's why we are making representations so that the fed-

eral government can listen to us and understand the importance of the crisis. It's to give everyone a chance to fish and reach the break-even point," says the coalition's Quebec spokesperson and director of the Captain Owners of the Gaspé Peninsula, Claudio Bernatchez, who points out that more than 2,000 direct jobs depend on the shrimp industry.

Processors report large volumes of inventory and virtually no movement in the market. As a result, most buyers, including those in Newfoundland and Labrador and New Brunswick, have made it clear that they may not be able to buy shrimp this year, while buyers in Quebec have offered a price much lower than last year's price.

Gespeg is still hoping for help from Ottawa

Nelson Sergerie

GASPÉ - Gespeg is still hopeful it will receive help from the federal government. On May 21, Ottawa put in place a \$75 million envelope for Aboriginal people who live off-reserve.

The band council has been struggling for the past few weeks with federal officials because members of the Micmac Nation of Gespeg do not live on a reserve within the meaning of the Act.

If they receive the federal money, it will be used to combat food insecurity, support vulnerable elders, help youth at risk, provide mental health services and prevent family violence.

Gespeg Chief Terry Shaw has already mentioned \$150,000 in additional costs for services to band members as a result of COVID-19, but cannot give a new assessment, stating that he will prepare a file for submission to government officials.

Gespeg is beginning to run out of patience, despite government promises from Marc Miller, Minister of Aboriginal Services and Diane



Gespeg Chief Terry Shaw.
Photo: N. Sergerie

Lebouthillier, the Member of Parliament for Gaspésie-Les Îles-de-la-Madeleine.

"If Gespeg doesn't receive an answer, we'll take the necessary steps. There is no definite way of how it will be done. It will be up for discussion," says Chief Shaw.

Not heard

Gespeg first criticized Ottawa's refusal in April of this year. The objective was to obtain funds to provide additional services to reduce the impact of the COVID-19 crisis on its 1,500 members, in addition to providing relevant

information and offering support to those hardest hit by the pandemic. The band has garnered the support of the Assembly of First Nations.

Lebouthillier is not very reassuring

Once again, Minister Diane Lebouthillier cannot reassure Gespeg and did not want to talk about the file during a press briefing on May 24. "I kept my promise to them. I forwarded the information to the Ministry of Aboriginal Affairs. It's the department's prerogative to follow up," she states.



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How can WE afford to take care of our seniors?

What does it cost the government to provide professional home care for an elderly person that needs help in his/her home? What does it cost the government to keep a senior in a hospital until a bed becomes available in a long-term home? What does it cost the government to keep a senior in a long-term care facility for the last years of their lives?

These questions run through my head on a regular basis. I, myself, moved 18 hours away to a different province to take care of my aging parents. I now live in a small town in the Gaspé Peninsula called Hope Town, an appropriate name for this quaint little town that has brought my dad back to his roots. The people around here say it is "God's country." I do believe this. It is like a scene from *Little House on the Prairie*: old farm houses, lots of land, clean air, old steeple churches and completely serene. The salt water breeze blows off the bay to cool you on a hot sunny day. You can smell bread baking, and fresh cut hay, and not pollution and smog. People visit and sit at your kitchen table for coffee instead of texting. So, yes, I did move to a heavenly place to assist my parents through their later years – can't blame my dad for coming "home" and I can't complain!

Did I make sacrifices? Yes, lots! I left an eight-year relationship, two grown children and six amazing grandchildren behind. They have a great place to visit but it is very far away and with their young families it is difficult to get away for any length of time. I also left a career/job that I absolutely loved. I worked in a group home with eight residents with developmental disabilities. Before that I worked in a halfway house with eight men in recovery from addiction. Both those jobs paid me to take care of people with special needs. Now I live with two people that have special needs but because they are seniors that are "not palliative" and they are related to me; I now work for free. Again, not complaining because I am blessed to have them, love them very much and owe them for a lifetime of taking care of me.

When I moved here I was denied employment insurance by the government because I quit my job and didn't find work here before I came. In the midst of all the preparations to make a cross-country move to a place I hardly knew, with a language I don't know at

all, I was told I had to be searching for work to qualify for a benefit I paid into all my life. I had to reduce my hours at my job in Niagara before I moved away in order to get my parents affairs in order and get the home they lived in for almost 45 years presentable and sold. Then when we made the big move, I had to work on getting my modular home sold (which still hasn't sold and is in a park where I pay a monthly land lease of \$550, taxes, water, hydro and gas bills). My question now, as I run up a line of credit to pay my bills and live life, when the well runs dry, then will the government help me and my parents? Likely not!

Right now with this Covid-19 virus I am thankful I am home with my parents and able to do all their shopping and errands so they don't have to be put at risk. I am so glad they are not in a long-term care facility where there could be an outbreak and they could get sick or even die. They are safe and sound (well most days) being well taken care of by their unpaid home care worker. In a day, I change my hat many times. I am the chief cook and bottle washer, the maid, the butler, the nurse that dispenses their meds, the taxi driver/chauffeur, the errand girl, the bill payer, the shopper, the fire starter and the queen of the remotes! Men are known for having control of the "clicker" but now there are so many remote controls, (tv, telus, firestick, dvd, and then of course satellite in the man cave for the Leaf/Jays games), that it is too much technology for my dear old dad to control. Smart TV - ya right! I have to be here to change the input or the channel from Dr. Pol to CSI to the hockey or baseball game. My role is very important or all heck would break loose. One time I went to Niagara for a few days and I had to get a friend down the road to set the TV up every time the Leafs were on.

What would it cost the government to give my mom the care she gets from my dad and I? She needs support to walk, help with her bath, help with dressing, and a watchful eye on her at all times. She has trouble swallowing from damage done by radiation and chokes at the dinner table daily. My dad is her biggest fan and will be by her side until she takes her last breath. He sits in his chair and watches her sleep the day away on the couch, listening to her breathing and worrying about her. He chats with her even though she doesn't hear half of what he is saying. It is so cute. He holds her hand when we go out so she doesn't fall. He makes her smile and gives her snacks all day trying to get her to eat and gain weight. When he winks at her, she just shakes her head and laughs.

These are the reasons I don't complain about my unpaid job. What I do complain about is a government that doesn't recognize what people like me are doing

for them, saving them loads of money with no thanks from them.

Today people are living longer and need caregivers. I have asked my mom's doctor if she has Alzheimer's or dementia and he said "no, it is just old age." My dad has trouble getting his words out once in a while and sometimes he will start to talk about something and get stuck on a word and my mom will say to him "spit it out" and crack us up. She still has a sense of humour! I am getting pretty good at guessing what word he is looking for but every once in a while he stumps me.

I have to say, though, my dad is my companion and co-pilot. I don't think I would know where to park if he wasn't in the passenger seat telling me. I definitely wouldn't know what is going on in the world if he wasn't spouting the news to me. He is a wealth of wisdom when it comes to animals, plants and birds.

One of my goals this week is to get a pole and some feeders up so he can bird watch. He had so many birds at his feeders in Niagara and he misses that pastime. I think he might be finally getting bored of watching the water in the bay, the cement trucks, the log trucks and the windmills going by. I hope my parents are as happy to have me here with them, as I am to have them, again safe in our own home and not costing the government a cent.

I do not regret my move for a second and I truly love my old folks. I wouldn't trade a minute of time with them. I am truly blessed even at the most frustrating of times. I am not looking for a medal or a pat on the back. I am looking for a solution for our aging population and I am sure I am not alone in my thoughts. Our seniors' homes are underfunded, understaffed, and have long waiting lists as well as wait times. Why not compensate people to give one on one care to their loved ones in their own homes? It is not rocket science and could save the beds for people that don't have anyone to look after them.

I think most people would live much healthier and definitely happier lives being where they want to be and with whom they want when they get older. I wonder if seniors think "life is too short" or "life is too long". I hope my mom and dad enjoy their senior years and get to live life on their terms and I hope someone will take care of me when I get there. I never liked the expression "be nice to your kids. They pick your nursing home." We have to keep our parents happy; after all, don't they deserve it!

Tell the Members of Parliament, Members of the National Assembly, Mr. Trudeau and whoever will listen, your thoughts on the situation. Our seniors need us.

Kathy Hayes,
Hope Town, Quebec

Thriving during COVID-19

COVID-19 has laid bare our lives. Without our usual occupations and routines, our busyness, we're confronted with our lives as they are. That could feel uncomfortable, disconcerting, or even daunting. If so, there are strategies and tools that might help.

Before I get to them, a quick note about diet. Diet can be responsible for a multitude of mental and emotional difficulties.

Most people are aware of the effects of stimulants such as caffeine and depressants such as alcohol and their rebounding effects. But many people don't know about food allergies—foods that act on the body much as a drug would. Mostly, they're the last foods we want to quit eating and can cause a multitude of negative effects including: pain, fatigue, insomnia, brain fog (just what it sounds like), excitability, irritability, and depression.

What to do if you suffer from any of these symptoms? Experiment by narrowing down food choices and/or eliminating a suspect food for a few days and see what happens. If there's no change, consider trying some of the following strategies and tools:

APPRECIATION: Appreciation is all about attitude—the half-full glass that's simultaneously half-full and half-empty. We can focus on the half-empty part and soon we'll contemplate going back to bed and staying there, or we can see that the glass is also half-full—and look at what we've got. We can build on that.

EQUANIMITY: Everything has both bad and good in

it—the best things that ever happened to us and the worst. Hopefully, there weren't that many negative aspects to the good things, or maybe we felt that they didn't matter in comparison with the good. That's fine. Bad things we simply reject—we don't want to find any good in them, we just want them to go away. Often, that's not within our control, and all we can do is make the best of a bad situation. When bad times come, we must ferret out any bit of good—it's how we survive, it's how we get through. No matter what happens, there'll be both good and bad. Always. Remembering this helps us stand fast in the face of whatever comes.

PATIENCE: One day feels like an eternity—will it never end? We can't wait. The next day, inexplicably, we feel happy. All things come and go. Remembering impermanence when we feel mired in negativity helps. When life feels like a gift, we need to remember that this, too, won't last and take the time to savour it.

SENSE OF HUMOUR: Too often, we approach life as a terrible burden, our backs weighted as if we were carrying a load of bricks, our heads hanging in despair. Mostly, our situations don't merit all that grief, or even all that gravity. We simply take ourselves, our thoughts and feelings, far too seriously and need to lighten up.

Art can help to externalize feelings—keeping a journal, drawing or painting.

Big negative feelings scare us, and we run away. We don't know the nature of what we're running from, but by running, we convince ourselves that there's something frightening to flee. Getting curious can save us, if we give our undivided attention to what's happening in the body, focusing on the feeling and what

it's doing. It might surprise us. When focused on in this way, the scariest, most overwhelming feeling can simply go poof—disappear. Facing it this way cuts it down to size, and it stands revealed—it was just a feeling all along.

Being alive is the cake. Good health, the icing. Anything more, chocolate sprinkles. "Life is an adventure or nothing," said Helen Keller. Helen Keller, who was born blind, deaf, and mute, thought that life was an adventure, a challenge—can we do any less?

Continued on page 9

The Gaspé Spec

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Daniel Côté remains vice president of the UMQ

Nelson Sergerie

GASPÉ: - The mayor of Gaspé remains vice-president of the Union of Quebec Municipalities. The elected official was slated for the presidency this year, but instead he will assist the mayor of Sainte-Julie, Suzanne Roy, who assumed the interim position since the departure of Alexandre Cusson who tried his luck in the leadership race of the Quebec Liberal Party.

The Board of Directors has chosen to maintain a stable and experienced team at the head of the UMQ to deal with the COVID-19 crisis.

This is only a postponement for the mayor of Gaspé who has never hidden his interest in the position.

Percé's mayor, Cathy Poirier, also sits on the UMQ's 2020-2021 executive committee.



Photo: N. Sergerie

Most of the construction sites in Gaspé are still on track, time-wise

Nelson Sergerie

GASPÉ: – In the Gaspé area only the Anse-au-Griffon wharf site is experiencing delays due to the coronavirus.

Work was scheduled to start before fishing this spring, but with the pandemic, work was delayed until July. It would not have been feasible for the contractor to start work right after the deconfinement of this sector of activity be-

cause that provided only a few days before the start of fishing.

Work at the Michel-Pouliot airport runway extension will resume shortly. Due to the type of construction needed, the site could not start before the end of the freeze-thaw cycle.

The municipal garage project was suspended for six weeks to comply with provincial directives. Work resumed with sanitary measures in place.

If the costs swell with COVID-19, they will be passed on to Quebec.

"We talked about it (the construction delays). The government has always been open about this. We're not there yet. There were no additional claims by the contractors but, if there is, we will direct it to Quebec because it was not our decree that caused the delay in this work," says Gaspé mayor, Daniel Côté.



ARIES – Mar 21/Apr 20

Your strong will and courage makes you capable of anything, Aries. Just be sure to use your powers for good; otherwise, it can be easy to get in over your head.

TAURUS – Apr 21/May 21

Add an extra dash of charm to your requests, Taurus. You just may find that things go your way a little more easily. Have a partner work with you on a fun task.

GEMINI – May 22/June 21

Gemini, inspiration flourishes and you may feel some romantic sparks grow as well. Your senses are enhanced by all the things you experience around you the next few days.

CANCER – Jun 22/Jul 22

This week your efforts to take care of home and family will pay off in big ways, Cancer. You have a knack for maintaining peace and tranquility even when situations are hazy.

LEO – Jul 23/Aug 23

This week you may be examining your relationships and seeing which areas have room for improvement, Leo. This is your opportunity to really make some important changes.

VIRGO – Aug 24/Sept 22

Virgo, a situation arises that can bring you a much-needed financial boost. This boost is a result of the hard work that you've put in over the last several weeks.

LIBRA – Sept 23/Oct 23

Lately you may be feeling more emotional, Libra. Talk about your feelings with someone close to you. Sometimes speaking about things can help you sort through everything.

SCORPIO – Oct 24/Nov 22

Listen to your dreams this week, Scorpio. They will guide you where you really want to go in life. Explore all the possibilities

that come your way.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, if you have been in a sociable mood, then embrace every opportunity to gather with friends or family when the opportunity presents itself.

CAPRICORN – Dec 22/Jan 20

Capricorn, this is a great week to take credit for all of the things you have accomplished lately. You will gain traction on projects and may even be able to take on new ones.

AQUARIUS – Jan 21/Feb 18

A goal to learn as much as possible is drawing you to the people who can offer you important life lessons. Take opportunities to engage in philosophical debates.

PISCES – Feb 19/Mar 20

Pisces, a hint that comes your way from a friend or coworker can be the clue that you need to achieve a goal that has thus far been out of reach.

COVID-19: Pointe-à-la-Croix gets its own screening clinic

Nelson Sergerie

POINTE-À-LA-CROIX - On June 1, the Regional Integrated Health and Social Services Centre (CISSS) opened a COVID-19 screening clinic in Pointe-à-la-Croix.

An outbreak of the virus recently occurred in Campbellton, New Brunswick.

A doctor at the Campbellton Regional Hospital is the source of the Campbellton outbreak. That doctor did not quarantine himself after a stay in Quebec. At least 150 people were in contact with the doctor. The Vitalité Health Network closed the emergency room at the Campbellton Regional Hospital on May 27.

"We border each other. Our healthcare takes place at the Campbellton Regional Hospital. Many of the hospital's employees come from Pointe-à-la-Croix. It was important that we do it," says Pointe-à-la-Croix Mayor Pascal Bujold who is satisfied with the CISSS response.

The CISSS installed the mobile COVID-19 testing unit on the CLSC site in Pointe-à-la-Croix.

Citizens must go to Maria's hospital for treatment. The CISSS says Maria's hospital is able to accommodate the volume of patients who normally use the Campbellton hospital and that it has the staff to do so.

Anyone experiencing COVID-19 symptoms should make an appointment by calling 1-877-644-4545 to get tested.

A season of uncertainty at Fort-Prével Golf Club

Nelson Sergerie

GASPÉ – After some uncertainty, the Fort-Prével Golf Club finally launched its season on May 23. The board of directors put a great deal of thought into the current season since before even welcoming its first golfer. The club must assume \$215,000 in fixed costs. As accommodation accounts for 40% of revenues and the social distancing guidelines will have a significant impact, the administration is all the more concerned that despite an occupancy rate of 80%, the club achieved a deficit of \$50,000 last year.

They've been able to kick off the season thanks to discussions with partners such as the Town of Gaspé, Town of Percé, the Côte-de-Gaspé MRC, the Rocher-Percé MRC and the SADC, obtaining a loan of \$40,000 and a subsidy covering 75% of salaries from Ottawa. Membership card presales generated \$75,000 and 25 of the 30 campsites are booked for the summer.

Club president Gilles Pelletier talks about a calculated risk. "Income inflows remain a mystery. Last year, we had an extraordinary year and, despite all that, we ended the season with a slight deficit. With COVID-19, we are in a difficult situation. We will evolve in this as best we can," says the president. The sanitary rules being less on a golf course, the club hopes to have a good season.

The situation caused by the coronavirus further weakens the situation of the golf club, which needs \$2 million to revamp the site's accommodations, without which its survival is threatened.

Last winter, the organization argued that after the renovations, it could generate surpluses by raising prices and thus secure its future. The renovation plan provides for the upgrading of the 12 chalets and several rooms, while other rooms will have to be demolished due to the massive presence of mold from when the organization was under the management of Sépaq. The pavilion with 12 rooms is part of the construction site, as are the six rooms in the inn.

Mr. Pelletier noted that a new business plan is ready to be filed with government authorities.

Gaspé Cancer Foundation

Members and supporters of the Gaspé Cancer Foundation are asked to please note that our office at the Gaspé Hospital has been temporarily closed due to COVID-19. To renew or become a member of the Foundation, please send your twelve dollar (\$12) payment to the address indicated below. For members who have travelled outside the region for treatment while we are closed, please send your referral paper(s) with your address and phone number to The Gaspé Cancer Foundation, CP 6078, Gaspé, Qc G4X 2R6. Your request will be processed and a cheque will be mailed to you. Thanks for your continued support.

How to continue protecting yourself and protecting others

While the activities of life have gradually begun to resume in Québec, abiding by health instructions remains essential to keeping the virus from spreading. This requires changes to everyone's daily habits.

HERE IS WHAT YOU HAVE TO DO:

- ✓ **Remain at home if you have symptoms of COVID-19.**
- ✓ **Remain at home whenever possible through telework and online ordering.**
- ✓ **Restrict the number of people with whom you have live contact** (no more than 10 people from a maximum of three different addresses for outdoor gatherings).
- ✓ **Always keep a distance of two metres from between yourself and other people, except those who live in your home.**
- ✓ **Always wear a mask or face covering when you are unable to meet the two-metre rule in public settings.**
- ✓ **Wash your hands often with soap or a sanitizer.**
- ✓ **Abide by the breathing etiquette by coughing into your mask or the crook of your elbow.**
- ✓ **Clean and disinfect all frequently touched surfaces.**
- ✓ **If possible, avoid unnecessarily touching surfaces and objects.**
- ✓ **Do not share objects such as balloons, papers, dishware, etc.**



Keep a distance of two metres between yourself and others, because:

- The virus spreads from one person to other by contact with infected droplets projected into the air when an infected person breathes, speaks, coughs or sneezes.
- The infected droplets **can be projected up to a distance of two metres** and therefore reach anyone who is close by.
- Some people with no symptoms or symptoms that have not yet developed can unknowingly transmit the virus to others.



Why is it so important to wear a mask or face covering?

- It can protect you when you are unable to follow the two-metre rule, and the virus can be transmitted between people by contact with droplets from an infected person that are projected into the air at up to that distance.



Why are only outdoor gatherings of no more than 10 people (ideally from at most three households) permitted?

- Because the probability that an individual will become infected depends on the number of people with whom they are in contact; the probability that any one of those people is already infected and contagious; the degree of their intimacy; the duration of contact and the protective measures taken to limit the transmission of the infection.
- For example, if a person meets five times with nine different people, they will have been in contact with 45 people in total. It is therefore important to limit our contacts, and ideally to favor gatherings with the same people.
- The fewer the number of people in the same location, the lower the risk of being in contact with an infected person, whether that person is symptomatic or not.
- The risk of transmission out of doors is considered low compared to an indoor environment.



Why is regular hand washing so important?

- Even if the principal mode of transmission is from infected droplets projected into the air through talking or coughing in proximity to others, the virus can also spread by touching contaminated surfaces or objects.
- The unwashed or non-sanitized hands of an infected person (whether or not that person is aware of their situation) can contaminate objects and surfaces nearby by touching them.
- Anyone can catch the virus by touching a contaminated surface then touching their eyes, mouth or nose.

SPRING FEVER

Diane Skinner

Maybe you are getting a wee bit restless with being in self-isolation? Perhaps you need to change your mind by focussing on something different? A project can make you feel, and be, more productive. Any project you choose is worthwhile if you enjoy doing it or if you are pleased with the end result.

Repot your indoor plants.

When you can grab a bag of new potting soil, organize all your indoor plants on a table or outdoor bench. You need a small hand fork to work the soil when adding fertilizer or compost. Depending on the size of your plants a hand pruner can help to snip off stems and leaves. A small trowel is made specially for indoor pots. That way you avoid using a spoon or fork from your cutlery drawer.

Photos.

Most people have boxes of disorganized photos. There may be so many that the thought of going through them is just too much. This is the perfect time to do it. A couple of steps to consider: Sort into photos to keep, photos to give away and photos to throw out. How many photos of a squirrel in the backyard do you need? Instead of tubs and old suitcases full of photos, pare down to a couple of organized and labelled shoeboxes. Take this time to put photos in albums or to make a framed wall display of favourite photos. Make an album for a family member!

Birdhouse. Build a wooden birdhouse. Paint it and add some decorative touches. You can put it outside for birds or keep it for inside decor. Many plans are available free on the internet. A video on YouTube boasts of showing you how to make a wooden birdhouse for under \$5 and in under 5 minutes. If you try this please let us know! Please send a photo? If you are not handy with tools, Michaels sells all the wooden pieces, for simple to more complex houses in kits. You just need to assemble and paint.

Fire pit. Making an outdoor firepit can range from super simple to more complicated. The easiest one is using the drum of an old upright washing machine. Place on flat ground, put stones around it and you are ready to enjoy a lovely fire. Warning: Do not burn driftwood in this as it may be harmful because it contains dioxin which is cancer causing. Your new firepit can be made of brick and you can buy slightly curved bricks for this purpose to make a round firepit. Look at photos for inspiration. Pin-

terest has many, many different designs.

Clothes. It does not sound like a really good time, but cleaning out your clothes is an activity that makes you feel great when it is done. You can use a triage system of: Clothes to keep, Clothes to give away and Clothes to throw away or use for cleaning cloths. Socks make great dust cloths. Having a system makes it all go faster. If you want to take it all the way, get rid of the 20 different kinds of hangers you have in your closet and buy all the same. It looks so organized if you do.

Kitchen cupboards and drawers. Pull out every drawer, take out all items and wash the drawers. This is the time to get rid of things you do not need. Repeat the same process with fridge and cupboards. If not now, when?

Birthday book. Write down all your important people, either on the computer or in a little book. Include the following: Full name, including middle name(s) and date of birth, including year. You might organize these by month and that way at the beginning of each month you can see who will be celebrating. It is helpful if you need to buy a card or gift. No need to send “belated” birthday greetings ever again.

Recipes. Gather all the old recipes that are stuffed in books and the bottom of the drawer. Rewrite them on index cards. I know it sounds old-fashioned since most young people use recipes they search on their phone or tablet, but the idea of pulling out an index card with a bit of flour or butter on the corner seems so real.

Make a craft, a wooden toy or a simple piece of furniture. Take the time to create something with your hands. If you are handy with tools, build something, even a simple bench. If you can sew, crochet or knit start a project. If you cannot do any of those make a simple paper craft. There are so many to choose from. You can make a paper bookmark! Making

something gives you endorphins and endorphins lift your mood.

Cook. Bake. Preserve. This is the perfect time to cook or bake a new recipe. We all tend to have “go-to” favourites that we make over and over. What is something new you have always wanted to make? Barley soup? Dumplings? Date squares? Bread? Strawberry jam? Ginger snaps? Fudge? A project that you can eat!

Vehicles. This is the perfect time to really clean your car or truck. Vacuum everything you can, wash the rugs and cloth seats, clean all vinyl, rubber and plastic including doors and dashboard. Wash windows inside and out. Take everything out of your glove compartment and get rid of any junk. Wax the exterior of your car.

Paint. Pick a room that could use a new colour to brighten up your mood. Prepping the walls and moving the furniture will give you some exercise. Think of how great you will feel with a freshly painted room?

Paperwork. Grab some new file folders and get down to shredding or burning all your old and no longer needed papers. You are only required to keep your tax returns for six years. Older than that? Shred! Old bills, and instructions that are no longer needed should go. Paring down all the unnecessary paper will feel so good. Outer order creates inner calm. You can find things more quickly when you need them. You will be less likely to misplace important papers. This is a win-win-win scenario.

Keep being kind. If you are looking for a terrific project for any season continue to practice kindness in your home, neighbourhood and community. Did you read in Spec of October 9, 2019 about Carol Almond who feeds the homeless in Montreal? She is still preparing food for them during this pandemic.

She's a fine example of kindness. Help out when you can. Even a phone call is appreciated by a lonely, scared person.



Reflections

by

Diane Skinner Flowers



Every person matters

Disturbing news came out of Spain about three months ago. COVID-19 was ravaging the country and the hospitals were overwhelmed. Physicians were compelled to make some heartbreaking choices. A shortage of ventilators forced the doctors to make a decision about who would receive these potentially lifesaving devices. An interview with one of the doctors revealed that the younger patients were being treated with ventilators that were taken from the elderly. The elderly patients were then sedated so that they would not suffer, the doctor added. Dying from COVID-19 is a lonely business. No visitors allowed and minimal contact with doctors and nurses.

Statistically the elderly with underlying health conditions are affected the most. According to data from May 29, 2020, the percentage of deaths per age group in Quebec confirms this.

Percentage of deaths per age group
(Source: Ministry of Health, Quebec):

Under 20 years	0.0
20-29 years	0.0
30-39 years	0.1
40-49 years	0.4
50-59 years	1.7
60-69 years	6.0
70-79 years	18.2
80-89 years	40.0
90 years and more	33.4

Further, it is residents of old age homes that are particularly vulnerable. Once COVID-19 is present in those facilities it spreads like wildfire. Many of the staff work in more than one home, so the virus is spread from home to home, an example of cross contamination. This situation will be carefully assessed in the coming months and years.

Much has to be examined about what factors contributed to so many seniors dying from COVID-19 in old age homes. Questions may include: what is the staff to resident ratio?; what cleaning protocols are followed?; are patients routinely assessed for signs of illness, and in particular something that may be spread to others?; when a patient is identified as having an illness are they confined to their room?; is there an adequate supply of PPEs? (Personal Protective Equipment). Many, many questions that require answers.

When asked if younger patients should get priority over the elderly, a 35-year-old I questioned replied, “Never.” However, we are living in a new harsh reality. Sometimes the answer to the question becomes painfully difficult.

Who can make the decision about who lives and who dies? In these previously unimaginable times, it falls to the health care workers, primarily doctors. We live in a reality that has shifted our world. It will not ever be exactly as it was. We are searching for the humanity in all of this. Can we find it?

It is not okay to let any person, and that includes the elderly, suffer. They are not second-class citizens. They are our mothers and fathers, our grandparents. In some cases, they are us.

Hopefully, moving forward, those agonizing decisions will not have to be made if we take better care of our elderly – maybe in a different way? That might be smaller old age homes; higher number of staff; increased home care support; frequent and strict inspections; old age homes run by the government or those homes that are privately owned must follow strict government guidelines. Maybe, just maybe we need to revere our elderly a whole lot more as a society. Let's look for all the answers. In a fair and humane society every person matters.

Fiddleheads

Diane Skinner

Act now because the season is short. Fiddleheads first start to poke out their little heads around mid-May up until the second week of June. They are the furled fronds of a young ostrich fern. They are foraged, that is, picked in the wild by people who will dine on them or harvest them to be sold, however, this year due to COVID-19 you will have to pick your own. They grow wild in wet, damp areas, such as marshes, forests and beside streams and rivers.

The plant is called fiddlehead because it looks like the top of a violin or fiddle. If you pick fiddleheads, only pick half of the tops on each plant or cluster. This is to prevent over picking, which will mean that fewer fiddleheads will grow next season. If you over pick every year, the plant will stop producing and eventually die. Be a responsible picker.

Fiddleheads have been eaten in this area for centuries. Native communities introduced fiddleheads to Europeans who settled here over 250 years ago. Most commercial harvesting of fiddleheads happens in Maine, New Brunswick and Quebec. The village of Tide Head,



New Brunswick, is considered the "Fiddlehead Capital of the World". Tide Head, with a population of 900, forages for most of their greens along the Restigouche River. In 2018, the harvest was contaminated by floodwaters and so could not be consumed or sold.

Fiddleheads are a powerhouse of nutritional goodness. They contain vitamins and minerals, including omega-3 and vitamins C and A. They have antioxidants and provide fibre.

To avoid food poisoning follow a few simple rules. Fiddleheads should be washed several times in cold water before cooking to get rid of dirt. It's also recommended that you pick off any little brown bits. Fiddleheads should never be eaten raw. Scientists suggest

cooking them for 15 minutes, if you boil them. If you steam or sauté them, 10 to 12 minutes is optimal. Serve them with butter, salt, pepper and lemon. Fiddleheads can be blanched and frozen, or for the culinary adventurous types, they can even be pickled.

The flavour of fiddleheads is distinctive and some people describe it as being similar to asparagus and spinach. Others report tasting a mushroomy flavour or even a wee bit like artichoke. What is definite is that many people enjoy these spring delicacies. Thank you, Mother Nature, for providing us with these unique and delicate spring veggies!

Continued from page 4

CONNECTION: Humans thrive on connection—connection with other humans, and with all the life that we share this earth with. Here's a way to connect:

Go in nature. Find a place that speaks to you—perhaps the woods or the seashore. But here's the thing: Leave yourself at home. Let go all your ruminations, plans, and worries.

Find a dry and comfortable place to sit, a place you can stay awhile. Take some deep breaths to relax or simply exhale—if you do it with a long sigh, so much the better. Simply let go into the natural world. Rest.

Now, use all your senses to become aware of your surroundings. Look around you. Listen. Smell. Feel the sun on your face. Look at the sky—watch the clouds. Look around at the trees and bushes and the grass and soil at your feet. Watch what or whoever goes by and observe lives not your own—what are they up to? Imagine how it might feel to be them right now. When you feel as if you could stay in this place forever, you're ready to go home. Do this practice regu-

larly, and you'll feel renewed.

BE A MAKER: Make or build something. Anything. Be bold. Think play, fun. Do it for no reason other than the doing—just to see what happens. Don't worry about the outcome, simply focus on the process, on the doing. Creation satisfies something integral in us—it fills us up. Often, we make something only to find that it has made us.

MEANING: A felt appreciation is generated by looking at what we've got. When we take stock, let's remember to add our own unique gifts, our responsibility and power to make the world.

Life is a network, a web. All those interwoven strands make it difficult, if not impossible, to sort out any clear

and specific single cause or effect from what's happening. More generally, we see many possible causes and effects without knowing which ones are pertinent.

This creates a problem. Our words and actions have power. They move outwards over the world and, at no time, can we be certain what will follow in their wake. Sometimes a word or gesture can be life-changing for someone—but when, and which word or gesture?

We don't know. We can't know. Not knowing, everything we do, everything we say, matters.

FOCUS OUTWARDS: Most of us think that we're different from other people. We are—but the differences are mostly in quantities rather than qualities. We're a bit more or less



Photo: N. Sergerie

Gaspé Cathedral's roofing repairs are underway

Nelson Sergerie

GASPÉ - Work has begun to repair the roof of the Christ-Roi Cathedral in Gaspé which was originally opened in 1969.

Phase one, at a cost of \$520,000, including \$445,000 from the Quebec government, is being carried out on the west side of the building. The roof will be made of slate and should last between 100 and 150 years. In addition to the siding, major work is also planned to better insulate the attic. Water has been infiltrating for years on rainy and windy days, to such an extent that this risk is no longer insured by the *Mutuelle des fabriques*, the church's insurance company.

Back to normal at LM Wind Power

Nelson Sergerie

GASPÉ - LM Wind Power in Gaspé has resumed its operations to full capacity and the CSN union is being proactive to ensure the safety of the 460 workers.

The wind turbine blade manufacturer had suspended operations on March 24 and resumed production at a reduced rate on March 30 at a voluntary capacity.

Several health measures were implemented after advice from Public Health and discussions with the CSN. The union said it had proposed measures to increase safety, to which the company responded in the affirmative when full capacity was reached on May 11. At the end of March, social media questioned the fact that the company was continuing its activities in the wake of the start of the pandemic.

something than someone else. A bit more frank, let's say. A bit less suspicious.

Our differences are vastly outweighed by our common humanity. So much so that, "Do as you would be done by," generally works. If we expect others to think and feel as we do, most of the time, we'll be right. When we do for

others as we'd have them do for us, it feels like a gift received rather than given.

"The meaning of life," said the Dalai Lama, "is to be happy." Why? Because so much of life's suffering is caused by unhappy people. Whatever we feel doesn't stay with us, we pass it on. Let's pass on good stuff.

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Announcements...



Obituary



COULOMBE: Guy
1930-2019

Our beloved father, Guy Coulombe, passed away on November 15, 2019, a day the family will never forget.

He leaves to mourn, his beloved wife May, four children: Dawn; Helen (Richard), granddaughter Gillian - great-granddaughters Aiva and Mya, grandson Jared - great-granddaughter Charli-May; Nancy (Pierre), grandsons David and Brian; Robert and granddaughters Maygan and Robin and extended family!

If you asked many people in our community about our father, they would all give you a wonderful and different story of who this man was to them.

He was director of the jail in New Carlisle, Percé and Magdalen Islands for over 25 years and enjoyed each and every moment of his job. He was also mayor of New Carlisle for two terms!

Undeniably, he loved being around people. He also loved playing hockey and was a good goalie up until his late 60s and when he retired from this passion, he took up curling.

His greatest accomplishment was being a wonderful father and grandfather to us all! Oh, did he love being with his children and grandchildren. The stories that kept the grandkids wanting more and more... They will miss him dearly, having Pepsi and chips with him and his love for the Montreal Canadiens!

On June 7, 2020, Guy would have celebrated his 90th birthday. We miss you very much, Daddy and Papa!

*May the words of love blow softly,
And whisper for you to hear
That we'll always love and miss you,
And wish that you were here.*

Thank you



I would like to take this opportunity to thank everyone for the phone calls, messages, cards and donations in our time of sorrow.

Also a huge thank-you to Dr. M-Helen Basque, the nurses and care workers from the CLSC Paspébiac. You were all amazing. Everything was greatly appreciated.

Our mom, Alda Buttle (Gallan), passed away at her home on April 13, 2020. Mom battled with Parkinsons, cancer, and two weeks prior to her passing, a broken hip. Never once did she complain and took it all "day by day."

Your thoughtfulness and kindness will forever be remembered. Thank you all from the bottom of my heart.

Beverly Gallan

A prayer to St. Jude

to be said in cases despaired of

St. Jude, Glorious Apostle, faithful servant and friend of Jesus, the name of the traitor has caused you to be forgotten by many but the true church evokes you universally as the patron of the things despaired of. Pray for me who is so miserable, pray for me that finally I may receive the consolations and the succor of heaven in all my necessities, tribulations, sufferings, particularly (here make your request) and that I may bless God with the elect throughout eternity. Amen St. Jude, Apostle, Martyr and relative of our Lord Jesus Christ of Mary and of Joseph intercede for us.

B.P.

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extends sympathy to the families of
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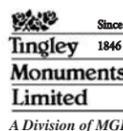
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Nash Stanley: Keeping country music alive

Diane Skinner

GASPÉ: Musician Nash Stanley was born and raised in the Town of Gaspé, where he still lives. His musical preference is country and his favourite singers are Don Williams, Waylon Jennings, George Jones, George Strait and Easton Corbin. In fact, he adds that he enjoys all kinds of traditional country, whether it is classic or modern as long as it sounds like country.

When Nash was 14 his father taught him to play guitar and they started posting videos on Facebook. He and his cousin, John Landry, performed at the Malbaie Festival in 2014. Since then he has performed all around the Coast and he mentions a few shows as particularly memorable. At last year's Bluegrass Festival in New Richmond he performed right after Rhonda Vincent! He recalls other venues where he has played including Shigawake, Cascapedia-Saint-Jules, New Carlisle, Grande Valley and Bonaventure. He taped a television performance in Saint-Godefroi a few summers back.

Nash recalls, "Once when I was first starting out doing



Country musician Nash Stanley has performed all around the coast and you can enjoy his music on YouTube from the safety of your own home.

vicky
vachon

real shows, before I had bought my own sound system, I had rented one for the night. About an hour maybe into the show, the system blew up and was finished. I didn't know what to do and I was kind of embarrassed about the whole thing but luckily someone had a small system so I used that for the rest of the show. I bought my own system the next week."

He rarely performs with a

band, though he says he does enjoy it when he has the opportunity. Nash says, "There is nothing like performing with a good band." Right now, he performs mostly solo with karaoke. His main instrument is the guitar but he also plays mandolin, banjo and harmonica.

If you go to Facebook, you can see and hear Nash perform from the safety of your own home. He has a group page

called *The Nash Stanley Music Group* and posts videos every second night when possible. He does covers of other country artists and some of his original material. He writes his own songs and normally he can write a song a day, if inspired. He hopes that you will go to his Facebook page and that you will enjoy some of his music. If all goes well, he hopes to record an album. In the future he would love to

perform in bigger shows, perhaps some outside of Canada. One of his dreams is to sign a record deal.

Nash thinks that this pandemic has really put everybody back into their own lives. "For example, all of my shows that were already booked for the summer have been cancelled. Some businesses were forced to close down. People's income and our daily lives have changed drastically, and personally I find it harder to get used to going into stores with all the restrictions put into place. With that said, our health and safety are more important at the moment, so if everyone could respect the recent laws and guidelines, the quicker things will go back to normal."

Some people have expressed a worry that musicians will not be performing old classic country music in the future and that tradition will fade away. Nash Stanley will be keeping that traditional country music alive! Watch Nash's Facebook page for possible future live online performances. Until then, enjoy his music on YouTube! Hopefully, next summer you will be able to enjoy his music in person.

Aaron Condo goes viral

Diane Skinner

MARIA: Aaron Condo has made a video that has gone viral. By most accounts, and the definition varies, his video gathered enough views, 1 million in 24 hours, to be called viral. It has now reached an astonishing 2.8 million views. It has only been posted since May 16, so it could reach the 5 million view status! Incredibly far reaching for a video made in Maria!

Aaron titled his video "We can still play!" and it is a hilarious take on how to play softball during a pandemic. He plays on the Gesgapegiag Angels team and by this time each year he would normally be practicing and playing. Aaron says, "This year with COVID-19 it is a bit different and we have not been able to play together yet. I wanted to put out a funny video for my team and the community to basically say that we can play even with COVID-19 and here is how."

That video reached a lot more viewers than his team and community.



Aaron Condo did not set out to make a viral video, but he did and it grabbed the attention of the media firm Viral Hog.

Aaron has been making videos for about three years. He records them on his phone and his video "We can still play!" was completed in one take. Sometimes he films alone by placing his phone and recording, and sometimes

his wife records him. He uses iMovie to put clips together or insert music in some of his videos but, beyond that, there is no editing.

The goal of his videos has always been to make people laugh, so they contain a hu-

morous aspect. Aaron's intent was not to make a viral video but that is exactly what happened. He was watching the views count and could see that it was increasing at an alarming rate. He says he was shocked, but happy.

Aaron originally uploaded it to his own Facebook page, but it gathered so much interest that he was approached by Viral Hog, a company that buys and sells the best viral videos. Aaron has maintained ownership of his video but Viral Hog is licensed to promote and sell the video globally.

Narcity, a Canadian media company that promotes content aimed at millennials in Canada and the U.S., bought the rights to upload the video from Viral Hog and Aaron. Viral Hog retitled the video as "How to play softball during COVID-19."

Aaron explains, "I think softball and sports in general bring a lot of people together, from all over the world. The video has been shared in the United States, France, Mexico and Thailand just to name a

few countries. I think that people share the love of the game and all mutually feel that they want to play ball or watch it. I think that it's important to laugh and have fun even with the global pandemic and if I can make people laugh with a funny video, that's what I will continue to do."

Some of the comments posted include: "This is great bud!"; "I would be willing to take these steps if we could just play ball!"; "No excuses now. Get the team going."; and "Thanks for the laughs."

Nothing tells the story about Aaron Condo's video better than watching the 48 second video itself. Watch it on YouTube – type in How to play softball during COVID-19.

Some of his other popular clips are *How native women dance* and *Tims run*, check them out by visiting his Facebook page.



Carol Almond: Awarded Lieutenant Governor's Medal

Diane Skinner

STE. ANNE DES PLAINES: Carol Almond, formerly of Shigawake, is still preparing food at her house in St. Anne to provide hot, nourishing meals for the homeless in Montreal. An article published in the October 9, 2019 issue of The Gaspé Spec told the story of how she, her husband Peter and a group of friends, responded after witnessing people huddled, homeless and hungry on a bitterly cold night. It broke Carol's heart to see so many desperate people. She did something and continues to do something about that.

Recently she was recognized for her kindness and generosity and received *Le Medaille du lieutenant-gouverneur*. This came about in a very interesting way. She was making photocopies in a local store of The Gaspé Spec article written about her and began chatting with a friend and neighbour. Carol explained what she was photocopying and the friend asked for a copy of the article. Her like-minded friend had also volunteered in the past to look after the needs of the homeless and gave Carol a donation to help with food costs. Carol did not know at the time that her friend would pass the article on to the municipal office.

In November, Carol received an unexpected call from a woman who worked at the municipality of Ste. Anne des Plaines, Isabelle Dagenais, originally from Port Daniel. Isabelle had read The Gaspé Spec article, passed on by Carol's neighbour, and wanted to write an article about Carol. She said that Carol would be the "Personality of the Month."

Carol waited but the second call never came asking for details for the story. In March she was surprised to receive a letter from the office of the Lieutenant-Governor of Quebec which informed her that she would be the recipient of the



Carol showing her medal and certificate which she insisted on accepting, not just for herself, but on behalf of the whole Community Outreach group.

provincial medal which recognizes seniors who contribute to others. A ceremony was planned for April 5, 2020, with a small reception afterwards, however, COVID-19 had changed so much in the world and the event had to be cancelled.

Carol received a letter informing her of the cancellation of the ceremony, but she was pleasantly surprised to receive a call from the mayor of Ste. Anne to congratulate her. Shortly after she received a second call from Isabelle Dagenais, whom she had spoken to in November about being "Personality of the Month." Isabelle had sent the article from The Gaspé Spec to nominate Carol Almond for the Lieutenant Governor's Award and she was so excited to learn that Carol had won the award!

Carol says, "This all leads back to The Gaspé Spec article in October!"

Isabelle then came to Carol's home and took photos, from a safe distance, and the local paper published an article

about her in their April 2020 edition.

Carol was further amazed to receive a call from the Lieutenant-Governor, the Honourable J. Michel Doyon, who personally congratulated her.

Carol always gives credit to others who are doing the same thing alongside her. She says that it is the group who deserves credit – Community Outreach. In fact, Carol told the mayor that she would be accepting the award on behalf of the entire group.

Carol and Community Outreach "are still feeding the homeless but since COVID-19 we are not allowed on the street but we have a contact who picks up our meals on a Sunday and delivers them downtown on Monday morning to Resilience Montreal. This has been greatly appreciated by them and they look forward to our delivery every Monday morning."

Carol concludes, "I would like to thank all my fellow Gaspésians for your donations and support to my cause. God is good! God is great!" Carol is an example of genuine generosity that started pre-COVID-19 but still continues despite the challenges of today.



Carol Almond recently received this medal from the Honourable J. Michel Doyon, Lieutenant-Governor of Quebec.

Photos: Courtesy of Carol Almond

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