

Cédric Paquette, the third Gaspesian to win the Stanley Cup

Gilles Gagné

Cédric Paquette, a town of Gaspé born and raised hockey player, became on September 28, the third Gaspesian to win the Stanley Cup when his team, the Tampa Bay Lightning, beat the Dallas Stars 2-0 in the sixth game of the finals. Tampa Bay beat Dallas four games to two in that series.

Cédric Paquette, a centre, notably won a crucial face-off in the defensive zone during the earlier part of the game and made an assist a bit later on, his team's second goal. A fourth line player, the Gaspesian did not score a goal during the playoffs but he had three assists. He is recognized as an efficient forechecker, and his line often plays against the other team's best scoring line.

The Stanley Cup likely to be seen in Gaspé

Usually, the players on a Stanley Cup winning team are entitled to bring the trophy home for a day. It is too early to say when Cédric Paquette will bring the Stanley Cup to Gaspé though.

His father, Vital Paquette, points out that determining a schedule for a Stanley Cup tour is complicated by several factors, including the COVID-19 pandemic.

"There are Russians, Czechs, Swedes, Canadians and Americans on that team. It usually has to go to every player's home, and also to the main members of the organization. In Quebec, we have four players and two members of the organization, in Brisebois (Julien) and Darce (Mathieu). The pandemic will not simplify things. For now,



Cédric Paquette carries the Stanley Cup shortly after the victory of the Tampa Bay Lightning.

they are busy celebrating in Florida," explains Mr. Paquette.

After talking to his son Cédric, Mr. Paquette, who was already proud after he saw the Lightning clinching the sixth game, felt an even greater pride.

"Cedric is extremely proud, and so are we. It is a boyhood dream for him, and for us, the parents. After a couple of days, it is still hard to believe it. Reaching the NHL is already a feat. Winning the Stanley Cup in his sixth year, seven years as a pro but six years in the NHL, is remarkable. So many great players never had that chance. It was also his second Stanley Cup final. They had lost against Chicago five

years ago, in six games," adds Vital Paquette.

Cédric Paquette follows goaltender Mathieu Garon, who won the Stanley Cup in 2009 with the Pittsburgh Penguins.

Born in Chandler, where he spent the first five years of his life, Garon was a backup goalie who played in one game during the 2009 Stanley Cup final, a backup for Marc-André Fleury. The father of Mathieu Garon was originally from Sainte-Annes-Monts. He was a Sûreté du Québec officer who moved a lot and the family settled outside the region, in Rimouski, among other places.

The first player born on the Gaspé Peninsula to win

the Stanley Cup was Horace Gaul, born on December 21, 1883 in Douglastown. He left the region as a child with his parents. The family moved to Ottawa. Horace Gaul won the Stanley Cup twice playing for Ottawa teams, first for the Silver Seven in 1904-05. The Stanley Cup was open to amateur senior hockey teams at the time and the Silver Seven was part of a senior league.

Horace Gaul turned professional in 1906, joining Pittsburgh of the International Hockey League. He came back to Canada a year later and played for senior teams based in Brockville and Renfrew. He split his time between Pittsburgh and Haileybury between 1908 and 1910 and was a member of

the Haileybury team when the National Hockey Association, the ancestor of the National Hockey League, was founded in 1910.

He returned to Ottawa and won the Stanley Cup again, this time around for the first version of the Senators. Gaul finished his hockey career for the Toronto Tecumsehs of the NHA in 1912-13 after a year in New Glasgow, of the Maritime Professional Hockey Year.

Gaspé-based historian Félix Fournier carried out some research work on Horace Gaul and found the subject fascinating. With the collaboration of Tom Eden, he has accumulated a thorough documentation about the Gaspesian of Irish descent. "He was also a prominent lacrosse player. He was part of the 1906 World Championship team that played exhibition games in England. During the championship year, they won 23 games out of 24.

Horace Gaul also had a distinguished career in the military. He fought in the Boer War in South Africa in 1900. He was only 17 years-old but age was not such a big factor back then.

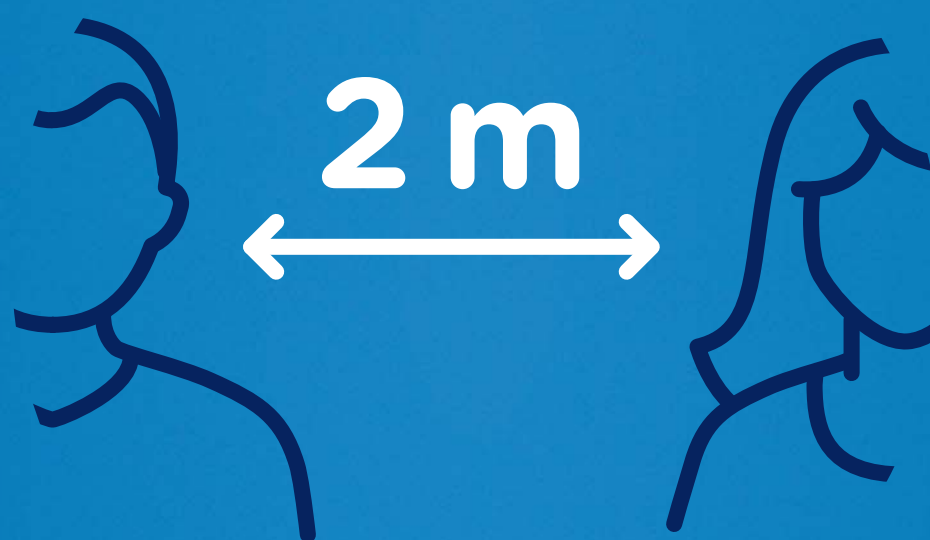
He also fought twice in the First World War. He first fought in the Canadian Army, was injured, came back, could not be enlisted again in Canada, so he crossed the border and fought in the American Army," explains Mr. Fournier.

Lacrosse was a major sport in Canada at the end of the 1800s and the beginning of the 1900s. Horace Gaul's Ottawa Capitals defeated the Montreal Shamrocks in the 1906 finals.

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Police report

A 59-year-old woman from Paspébiac will eventually face charges of arson following a September 28-29 Sûreté du Québec investigation that following a fire that damaged an apartment building located on Desroches Street, in Paspébiac. The alarm was given at 11:30 p.m. on September 28. The firefighters arrived first at the apartment building, followed by the Sûreté du Québec officers, called to assist them. The residents of the building were all able to escape and nobody was injured.

Once the blaze was extinguished, the firefighters and the police officers found clues to the effect that the fire was probably arson. The inquiry conducted over the next hours led to the September 29 arrest of the suspect, a resident of the apartment building.

She was questioned and detained at the time, but the court appearance did not take place on September 30 as initially planned. She was released upon the promise to appear at a later date, most likely in a few weeks. In the meantime, she signed an agreement forbidding her to go to the apartment building she allegedly set on fire and being in possession of material that could be used for arson. She is forced to keep the peace and have good behaviour until her court appearance.

The damage to the building is \$40,000, according to an assessment carried out by the Paspébiac firefighters. Three families resided in that building, including the family of the woman suspected of arson.

Agreement in principle for childcare providers

Nelson **Sergerie**

GASPÉ: A sigh of relief for the parents of children who attend a home daycare service in the Gaspé, agreements in principle have been reached between the unions representing officials affiliated with the CSQ and the CSN and Quebec.

"We didn't expect it to be so short with the mediator. We are anxious to present this agreement in principle to our officials," reacted union spokesperson Kathy Côté, the day after the announcement of this agreement.

The agreement ended the indefinite general strike that began on September 21. Officials were due to vote on October 3 and 4, and the results were due on October 5.

Salary was the main issue: the union indicated that Quebec offered \$12.83 per hour while the CSQ demanded \$16.75.

Meanwhile, the agreement in principle reached between those affiliated with the CSN and Quebec is disappointing to those working in the Bay of Chaleur area.

The proposal was concluded after an intense day of negotiations on October 1 in the presence of a mediator. The health context played a large part in the negotiations. Some gains have been made, but the monetary aspect is disappointing.

"Under the circumstances surrounding the pandemic, negotiations have not been easy for child care providers and parents. The mediator's help

made it possible to proceed more quickly. At the normative level, we won with mediation because it affects pay equity, but on the monetary side, we are a little disappointed," states the president of the union representing officials in Bonaventure, Kathleen Chassé.

The agreement will be explained to the 3,000 officials affiliated with the CSN, including 75 from Bonaventure and Avignon, and put to a vote.

Quebec asked the mediator to return to negotiate on September 30, when a day of mediation was already scheduled for October 1. The CSN represents 75 RSGs (childcare providers) in Bonaventure and Avignon.

The Member of Parliament for Gaspé, Méganne Perry Mélançon is joining forces with the Gaspé Chamber of Commerce and Tourism, the Carrefour Jeunesse-Emploi de la Côte-de-Gaspé and the Town of Gaspé to once again demand new child care spaces. At last count there was a shortage of about 120 spots.

Ms. Perry Mélançon wants to take advantage of the fact that the Minister of Families must issue project notices to relaunch this issue as much on the Côte-de-Gaspé as in Rocher-Percé.

Commenting on the negotiations with those in charge of childcare services, the MP believes that Quebec must reevaluate this profession. Several officials have left the field in recent months due to poor working conditions.

Normandeau is not ruling out a lawsuit

Nelson *Sergerie*

GASPÉ - Former deputy premier and mayor of Maria, Nathalie Normandeau is considering all her options after the court ordered a stay of proceedings on September 25 in her case and those of the five other co-defendants.

Nathalie Normandeau would have liked to be tried by the court. "Every time I have made representations to court, all the doors have been closed. After four and a half years of waiting, the only option I had left was to file a request for a stay of proceedings," explains Ms. Normandeau, who wishes to return to a normal life.

The former deputy premier is not ruling out prosecution. "My reputation has been sullied. You cannot recover from an ordeal like this without after-effects. I want to take the time it takes to analyze my options for a possible lawsuit," she says.

In March 2016, the police arrested her at her home. Within hours, she lost her job at FM-93 where she hosted a phone-in public affairs show. She had returned to the air at another station in Quebec, but a change of format had prompted her departure from BLVD-FM.

The former mayor of Gaspé, François Roussy, was also targeted by the UPAC (anti-corruption unit) police operation. He too had been arrested at his home.

"Very relieved. Obviously very emotional after waiting for this decision. From the start of the proceedings, it had been completely unreal. It's after four years of life that we have suffered these accusations," he says.

The Crown declined to say whether it would appeal within hours of the court ruling.

The former deputy premier was accused of fraudulently subscribing to an electoral fund, corruption and breach of trust. Roussy was facing a charge of breach of trust.

The proportion of young male deer is decreasing

Nelson *Sergerie*

CAPLAN - The population of young buck deer is constantly decreasing in the region.

The Ministry of Forests, Wildlife and Parks is developing a new study to observe the proportion of young males versus adults in the fields in the spring.

"There has been a decrease in this proportion. All of this is, of course, linked to the winters of 2018 and 2019, which were very, very difficult winters, which caused a drop in the population," specifies biologist Martin Dorais. In fact, the last three winters were all difficult and contributed to this decline in the herd size, when not so long ago there were around 10,000 deer.

It is difficult to estimate the herd size, but the figure of 4000 is estimated. Observations regarding the decline can be easily be seen as fewer deer than usual were harvested last year, there's been a decrease in sightings, as well as fewer accidents involving male deer. Last year, the deer harvest was down by two-thirds. Just 298 animals were tagged by hunters, a marked decrease from the harvest of 955 deer in 2018.

However, deer are very reproductive animals. A milder, less snowy winter could trigger a boom in population growth. Despite everything, we are far from the crisis of 2010 when there were only about 500 deer.

New hunting methods are in effect with two zones in the Gaspé Peninsula and the closure of doe hunting.

"We will be able to know the hunting pressure in each of the zones. We will be able to determine the success of the hunt, which is a fairly powerful indicator," says Martin Dorais



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Region experiences record number of COVID-19 cases, along with four casualties

Gilles Gagné

MARIA – During the week of September 26 to October 2, the Gaspé Peninsula and Magdalen Islands Public Health Board reported 131 new cases of COVID-19. It brought the total number of cases to 207 since the beginning of September.

It represents a shocking rise, considering that in six-and-a-half months of pandemic in the region, the total number of cases reached 421. So close to half of them were reported in the last five weeks. Four people died of COVID during the September 26 to October 2 period.

The Avignon MRC leads the way ahead of the other parts of the region in coronavirus incidence, as 122 of the 154 active cases as of October 2 in the region were concentrated in that MRC. That is a proportion of 79.2%.

Since the beginning of September, the Avignon MRC has

generated 148 of the region's 207 cases, for 71.5%.

The Bonaventure MRC has generated 15 cases since the beginning of September, and 11 of them were still active as of October 2, compared to five active cases out of a total of 14 in Côte-de-Gaspé for the same period. Eight of the 15 Magdalen Islands cases were still active on October 2, and three cases were not geographically attributed that day. The number of cases did not reach five in either category in Haute-Gaspésie and Rocher-Percé as of October 2.

On October 2, the Public Health Board reported a record of 28 new cases, which surpassed the previous day's record of 24. On eight occasions since September 20, the record of daily cases set in April was broken.

As consequence, the Public Health Board recommended on September 28 the application of the orange colour code

for the whole region. Quebec's department of Health and Social Services approved that recommendation at the end of that day. The "moderate alert" code notably means that the number of "family units" legitimately allowed to see one another falls from three to two, and the number of individuals that may gather falls from 10 to six.

The restaurants remain open to the public but the number of people allowed to sit at the same table is reduced from ten to six.

Until September 28, only the Avignon MRC had received a yellow colour code, for pre-alert, while the rest of the region was "painted" in green, for vigilance. The current outbreak is essentially concentrated in Carleton-sur-Mer, which includes Carleton and Saint-Omer, Maria and Nouvelle. Some of the other Avignon municipalities, like those located at the west end,

are often free of COVID cases.

However, for the specific sector of Nouvelle, Saint-Omer, Carleton and Maria, the Public Health Board, after being asked what to do by the municipal administrations of those towns, recommended to apply the measures associated with the red colour code, for "sustained alert". It was mainly applied to the municipal services of those four communities.

Province-wide, Premier François Legault asked Quebecers to refrain from visiting one another for a period of 28 days, effective October 1.

The Avignon East outbreak was likely worsened by a bingo event that took place in Saint-Omer on September 16 which between 80 and 90 people attended.

Asked to comment on the possibility that middle-aged and retired people attending a bingo could have infected next-of-kin residing at two seniors' residences in Maria, Dr. Yv

Bonnier-Viger, regional director of public health replied that "we cannot prove that hypothesis but it is a likely scenario. We are still investigating."

That scenario could explain why the Avignon MRC outbreak affects a much older cross section of the population than the rest of Quebec's average age of infected people, he suggests.

As of October 2, 22 residents of the Saint-Joseph Residence in Maria and eight staff members were infected with the coronavirus. Five of the six casualties that occurred since the start of the pandemic's second wave were residents of Saint Joseph's. Thirty-six of the 120 residents at Lady Maria were also infected, as of October 1. The number of infected staff members was less than five at that residence.

Since the beginning of the pandemic, 252 people in the region have recovered from COVID-19.

Editorial section

Commentary

Gilles Gagné

Humiliation at the hospital

The tragic death of Joyce Echaquan on September 29 in a Joliette hospital might not revolutionize the way Native patients are treated in the healthcare systems of this country, but it should at least convince Quebec Premier François Legault that, yes, there is systemic racism in the province.

Mr. Legault has repeatedly refused to admit that there is systemic racism in Quebec despite evidence that there is, at varying intensities but still, there is. At first glance, it is tempting to think that the premier is confused between systematic and systemic. He probably is, in fact.

Systematic means automatic, always, without exception or close. Systemic is different. It means that most organizations are used to function in a mode that causes prejudice to people from a specific community, like the Natives. It doesn't exclude the fact that some individuals working for an organization can be fair, non-prejudicial and offer good services.

Joyce Echaquan, a 37-year-old Atikamekw mother of seven children, did not have the chance to meet a team of fair, non-prejudicial and service-oriented staff on September 28. She required care but she found insults instead, to the effect that she wanted sex and that non-natives were paying the health system bill! She was tied to her bed but was able to record a short sequence with her phone. She died the same day. The cause of her death will be determined by the coroner.

It is far from the first racist incident to occur at the Joliette hospital. Other Atikamekw Nation members have expressed their frustration and fear when having to be treated at the Joliette hospital. Sometimes, the Natives receive too much medication, sometimes they are denied it. They regularly have to go through a round of insults, they are not considered priority cases and

they have doubts about the quality of care they will receive once they face a doctor or a nurse.

When an Atikamekw member goes to the hospital, she or he generally has to worry about how he or she will be treated. She or he must wonder about the strategy to adopt in order to be treated fairly. That is dealing with systemic racism, in case François Legault doesn't understand what it is. Joliette is not the only hospital in Quebec to treat patients that way.

In an opinion letter recently published in the Montreal Gazette, Nazila Bettache, an internist and assistant professor in the Faculty of Medicine at *Université de Montréal* and Samir Shaheen-Hussain, a pediatric emergency physician and assistant professor in the Faculty of Medicine at McGill University, remind readers that in 2016, Kimberly Gloade, a Mi'gmaq living in Montreal, "died weeks after effectively being refused emergency care at the McGill University Health Centre because she did not have her RAMQ card." The two doctors also recall the 2008 case of Brian Sinclair, an Anishnaabe living in Winnipeg, who was "ignored to death" while in the waiting room of the emergency department at the Health Sciences Centre there.

How many more cases have gone unnoticed? When you are forced to go to the hospital, you should not have to adopt a "strategy," normally. You just want to be treated with a touch of humanity, of cordiality.

The Upper Mauricie situation is one of the worst in Quebec. Manawan is not the only Atikamekw communities in the area. The Atikamekw language being still vibrant in some of those communities, one would think that assuring appropriate treatment of Native patients at Joliette's hospital would have been good policy. Joyce Echaquan spoke little English or French. When it is possible, people who are sick should find comfort in their own language.

It is certainly difficult to find someone fluent in Norwegian to treat a Norwegian patient in Joliette, but someone living next door, a First Nation member whose ancestors have lived on that territory for thousands of years, should be treated fairly and should be understood.

A nurse was fired the day following Joyce Echaquan's death, and a caregiver two days later. Three levels of investigation are conducted to shed light on that incident, and other incidents that have since been mentioned in the media.

Will it change the reality of the Atikamekw members in Joliette or La Tuque? Probably, but it will be too slow to prevent the repetition of similar events soon. Firing a couple of people remains an individualistic and lame way to solve a collective problem.

The best way to accelerate the process of a necessary mentality switch is to convince the upper echelon of the political class that there is systemic racism in some walks of a society and that it must stop. If François Legault could only understand that, it could lead to lasting changes in Quebec.

The reports showing the path to take are all there. The Viens Commission and the National Inquiry into Missing and Murdered Indigenous Women and Girls both released thorough reports in 2019. The Truth and Reconciliation is another document that presents an up-to-date picture of the situation. It only goes back to 2015. The three documents contain hundreds of recommendations, including a wide range of them specific to health care.

So there is no excuse, Mr. Legault. Quebec has on occasion been a leader in its relations with the Natives, but mostly on economic grounds, like in the James Bay area. Based on that reality, it is time to catch up on health and social services. It is a matter of due respect.



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Money for ROCGIM

Nelson Sergerie

GASPÉ - The *Regroupement des organisations communautaire Gaspésie-Îles-de-la-Madeleine* is reassured to see that the Quebec government is maintaining the \$40 million envelope to increase support for community organizations.

ROCGIM feared that this amount, announced in the budget last spring, would be lost due to the pandemic.

For the region, this is an additional investment of \$1.2 million. "When the pandemic arrived and there were investments linked to the health emergency, we wondered if the \$40 million which constitutes the basic budget of the groups were to be renewed," indicates the coordinator, Geneviève Giguère.

Quebec has added just over \$1 million in the region to support organizations during the pandemic.

Even though this money has been significant for some organizations, the real problem is chronic underfunding: ROCGIM receives \$23 million when the needs are doubled.

"In a pandemic crisis, there might have been little additional needs, but the bulk of the needs could be met with adequate funding, said Geneviève Giguère."



Photo: G. Gagné

Part of the Port Daniel Cement plant operations were stopped for close to five days to make repairs and allow the CNESTT investigator to establish a list of corrective measures.

McInnis Cement blast goes wrong, investigated by CNESTT

Gilles Gagné

PORT DANIEL – The *Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESTT)*, Quebec's body in charge of safety, equity and health norms in the work place, is investigating a blast that took place on September 23 at the McInnis Cement quarry in Port Daniel. The blast sent rocks flying, causing damage to the building that houses the cement plant's crusher.

Nobody was injured as a result of that blast. The explosion occurred at approximately 4 p.m., earlier than usual, according to a plant worker who did not want to be quoted.

"A regular blast was scheduled, however, an unexpected rock projection took place. (...) We intervened on September 24. The inspector issued two decisions: the blasting operations were suspended and the entrance to the damaged building was closed," indicated Julie Fournier, spokesperson for CNESTT on September 28.

Some of the citizens living in the vicinity of the plant were surprised by the loudness and strength of the blast.

"The employer was asked to correct the situation. A follow-up will be made once the corrective measures will be completed," adds Ms. Fournier.

McInnis Cement's spokesperson Maryse Tremblay confirms the information issued by the CNESTT and adds that a conveyor also sustained damage. On September

28, she mentioned that the operations were resuming at full-scale in the quarry and crusher section of the facility.

Maryse Tremblay also mentions that "the CNESTT was informed the same day and went on-site a day later. The blasts resumed (on September 28) with the authorization of the CNESTT after corrective measures were implemented. The operations are back to normal."

When asked to explain what those corrective measures are, she underlines that "We are accompanied by an external firm for the dynamite uses, whose plans are first approved by the CNESTT. We also proceeded to an inspection and to the cleaning of the (crusher) building, so to have access to it again."

Maryse Tremblay points out that the projected rocks "were small in size, as we are talking in terms of centimetres. No matter the size though, we take the situation very seriously."

The company is not releasing any information about the amount required to carry out repairs, because it is "private information."

Julie Fournier, of the CNESTT, says that the report prepared by the inspector will only be sent to the company and the workers' union 15 days after the accident. Media that would like to have a copy of the document must file a request to the Access to Information Commission.

Pascal Bergeron, the *Environnement vert-plus*, the Bay of Chaleur based environmental group, heard through talking with a worker that the size of the rocks that flew between the quarry and the plant's crusher were much larger than "centimetres," as reported by Maryse Tremblay.

"The workers don't want to talk on the record but some rocks were apparently close to one metre in size. If the crusher building was damaged to the point of closing it, it is a sign that it is serious matter," he says.

The Port Daniel cement plant made the headlines at the beginning of August when one of the plant's stacks emitted a sticky substance that landed on houses and cars in the area surrounding the facility. The Department of the Environment is investigating that incident.



Photo: N. Sergerie

A demonstration against the establishment of Optilab in Gaspé.

Medical technicians overworked

Nelson Sergerie

GASPÉ: - The processing of COVID-19 tests in the Gaspé is adding additional pressure on the already overworked medical technicians.

Maria and Chandler labs have a processing capacity of 100 tests per day while testing in Gaspé and Sainte-Anne-des-Monts will start shortly.

The balance, however, is precarious in the laboratories "Medical technologists are in the labs at a minimum. Retention of staff and recruitment is difficult. We are in a precarious situation. We add testing trailers. Technicians cannot do more," emphasizes the union rep Jenny Tardif.

Regarding the future of the Optilab reform initiated in 2017 under the Liberals, both the Prefects Table and the Integrated Health and Social Services Centre have demanded an end to the reform.

The APTS (Alliance of health and social services professionals and technicians) says that with the arrival of a new Minister of Health, the work has to be started again.

Youth Protection requests more resources

Nelson Sergerie

GASPÉ - There is an urgent need to take action in order to counter the chronic lack of resources at the Youth Protection Department.

The APTS (Alliance of health and social services professionals and technicians), which represents the workforce at the DPJ (Department of Youth Protection), has seen an 8% increase in reports and 26% in cases retained in the regional report filed on September 23.

"We are under pressure. We are faced with enormous stress and a very significant work overload," states union representative Jenny Tardif, in support of union demands.

The workers according to her, succeed in rendering services for young people in difficulty out of sheer will.

Quebec has made investments to increase resources in the DYP, but there is still a lot of work to be done. "A first step has been taken, but there is still a lot of work to do, that is to say to attract people (staff) and above all, to retain them," says the union rep.

The Gaspé Peninsula and Magdalen Islands Integrated Health and Social Services Centre received \$1.3 million in the last year to add 14 positions to the Youth Protection Department

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Plan is secured to move Gaspé MTQ garage

Nelson Sergerie

Mayor Côté

GASPÉ – In the works for several years now, the relocation of the Department of Transport Service Centre from downtown Gaspé to the Augustines Industrial Park has become a reality.

Quebec will make the announcement very soon, according to the office of the minister responsible for the Gaspé.

The call for tenders for the new building was launched on September 14 and tenders will be opened on October 9 by the Société québécoise des infrastructures, responsible for the file.

Barely a month ago, Minister Marie-Eve Proulx could not provide a date. The project was included in Bill 61, which was abandoned after an outcry raised by several who criticized the fact that the law was too broad.

The mayor of Gaspé is satisfied to see that the file is finally materializing. Daniel Côté has not had confirmation about this file which was in the works for several years and prefers to remain cautious.

"We are satisfied to see that the file is going very, very well. We will remain cautious until an official announcement is made by the government," says

The latest information received by the mayor was that the matter was moving through government channels.

"We knew that the file had received authorization from the Conseil du trésor. This is a sign that the file is progressing very well and that it did not need Bill 66 to come to fruition," says the mayor.

The future centre will be located on rue des Pommiers and the land transaction has not yet been completed between the Town and Quebec.

Three projects in the PL66

Three Gaspé projects are included in Bill 66 to speed up infrastructure construction: the Seniors Residence in Rivière-au-Renard, the expansion and renovation of the CHSLD du Rocher-Percé in Chandler and the repair of the railway line between Port-Daniel-Gascons and Gaspé. Those three projects appear in the document which replaces the former project of Law 61. These projects were already in the old legislative document.

Quebec's goal is to lighten the bureaucracy surrounding the 181 projects included in this new version.

No red zone for Avignon... at least not for now

Nelson Sergerie

GASPÉ - The Public Health Board does not intend to move the Avignon MRC to the red zone, despite the fact that COVID-19 numbers are rising in that part of the Gaspé.

With an active case rate of approximately 656 per 100,000 inhabitants, the MRC is by far the worst in Quebec in this regard. It is four times higher than the region of Thetford Mines, in Chaudière-Appalaches, with a rate of 160 cases per 100,000 inhabitants. The red zones of Montreal have about 140 cases per 100,000 and Quebec City approximately 130 cases.

The regional director of Public Health, Dr. Yv Bonnier Viger, insists that despite the number of cases, it is a small number of people while the situation stabilized at the Maria CHSLD and the spread is under control at the Manoir Lady Maria.

In the community, it is more difficult and vigilance is required. Since town officials are taking additional measures to curb the spread, the red zone is being ruled out for now.

"The measures that the mayors have put in place, are similar to our measures that we put when we are on red alert. There is no question of changing the colours," says Dr. Bonnier Viger.

Carleton-sur-Mer has adopted strict measures: for example, activities at the arena are restricted to sports organized for children under 17 with a maximum of 25 young people and only one parent to accompany each child.

In addition, all leisure activities are suspended and community halls, including the Quai des arts, are closed.

Like Carleton-sur-Mer, Pointe-à-la-Croix, Maria and Nouvelle have restricted or closed their public buildings.

"If we stick to our basic measures, we are able to change the course of the epidemic. If I have the slightest symptom, I will not be careless, I will stay at home and I will get tested," summarizes Dr. Bonnier Viger.

Leisure activities among the elderly seem to be the hypothesis of the massive outbreak in Avignon.

Throne Speech: the Bloc gives it a chance

Nelson Sergerie

GASPÉ - Ottawa's intervention in areas of Quebec jurisdiction will lead the Bloc Québécois to vote against the Speech from the Throne.


The Member of Parliament for Avignon-La Mitis-Matane-Matapédia, Kristina Michaud, is still ready to give it a chance before making a final decision.

"Unless within a few days in the negotiation debates, the government commits to transferring the health funds to Quebec, maybe then, we will change our minds," says Ms. Michaud who reacted to the proposals of the Trudeau government.

In her eyes, the speech seemed more like an electoral platform that didn't include anything to reassure Quebecers in the face of the pandemic.

According to Member of Parliament Minister Diane Lebouthillier, the government's goal is to fight COVID-19 while supporting Canadians. "We have people who are very vulnerable now. We will continue to support the population and it is together that we will succeed in getting out of this matter of COVID-19," states the MP for Gaspésie-Îles-de-la-Madeleine.

20 SENTRA S MT




\$49 WEEKLY | **64 MOS. LEASE** | **\$0 DOWN**

Winter Ready Package Cash Alternative Included




20 ALTIMA



\$3,000 NCF STD CASH

Winter Ready Package Cash Alternative Included


20 KICKS S



0% | **60 MOS. FINANCE** +

Winter Ready Package FREE

20 QASHQAI S FWD MT



0% | **60 MOS. FINANCE** +


Winter Ready Package FREE

OR

UP TO **\$2,500** NCF STD CASH +

Winter Ready Package FREE

20 ROGUE S FWD



0% | **84 MOS. FINANCE** +


Winter Ready Package FREE

OR

UP TO **\$6,000** NCF STD CASH

Winter Ready Package Cash Alternative Included

20 MURANO S FWD



OR

\$189 BI-WEEKLY | **48 MOS. LEASE** | **\$0 DOWN**

OR


UP TO **\$6,500** NCF STD CASH

OR

0% | **60 MOS. FINANCE** +

Winter Ready Package Cash Alternative Included

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Fall Foliage: Leaves reveal their true colours

Diane Skinner

Red. Orange. Yellow. Burgundy. Amber. Scarlet. Crimson. Maroon. The colours of fall leaves are brilliant and beautiful and this year is no exception. One of the rites of fall is going for a relaxing drive to see the leaves. These fall days offer you a gorgeous and colourful spectacle. Enjoy it now while you can – the next step is when those leaves fall off the trees. This means nature is preparing her trees for winter.

Why do leaves change colour? Leaves contain chlorophyll and it is chlorophyll which makes the leaves appear green. Photosynthesis is the process that trees use to make their food. They take energy from the sun, carbon dioxide from the air and water from the ground. These three things combine to make glucose, a kind of sugar. This is what the tree uses to live and grow.

Photosynthesis happens in the leaves of the tree and it makes the leaves green.

While the tree has enough heat and energy from the sun the leaves stay green. When the weather turns colder, and the days get shorter it is harder for the chlorophyll to make enough food so that the leaf can remain green.

The leaves cannot make enough food, so then the leaves start using food they have stored away for this time of year. This causes the leaf to create cells which then create a block between the leaf and the rest of the tree. When all the rest of the leaf's food is gone that is when the underlying colour of the tree's leaves show through. Those bright colours that you can see in the fall, red, yellow, orange and gold, were there all the time! We just could not see them because the chlorophyll was so powerful it's green colour took over, until the fall.

What about the tree itself? What about the branches and the trunk? Do they need that chlorophyll to live? Nope. They get their



This photo, taken north of St. Alphonse displays the colourful and breath-taking beauty of fall.

Photo: D. Skinner

food, including water, vitamins, and minerals, all through winter from the roots

of the tree. In a sense, those trees are hibernating. This is their time to rest to get ready

for next spring.

If you find trees fascinating, an amazing book titled *The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World* by Peter Wohlleben may be of interest to you. Wohlleben shares his love of woods and forests. "Much like human families, tree parents live together with their children, communicate with them, and support them as they grow, sharing nutrients with those who are sick or struggling and creating an ecosystem that mitigates the impact of extremes of heat and cold for the whole group. As a result of such interactions, trees in a family or community are protected and can live to be very old. In contrast, solitary trees, like street kids, have a tough time of it and in most cases die much earlier than those in a group."

So, thank chlorophyll for taking a rest from making the leaves appear green and allowing the leaves to show their true colours.

Thanksgiving Side Dishes

Diane Skinner

Even though it is 2020 and it is not business as usual this year, we can still make a lovely Thanksgiving meal for a smaller group. I am assuming that Spec readers know all about cooking a turkey and making mash potatoes. Further, I am sure that making stuffing (or dressing) is a skill that you already possess. These recipes are a little bit off the beaten path. They are still foods that represent the Thanksgiving spirit – root vegetables and old-fashioned corn bread!

When I feature recipes, I try to either make them myself, ask a friend or family member to and in the case of older down home type cookbooks I trust that those who went before us had a strong ability to cook. So no need to try those out. I know that my grandmother cooked and baked the best food on the Gaspé. I am exaggerating, but my goodness that woman made everything taste delicious!

So here are some ideas for something a little bit different. All recipes feed four – so even if you are cooking for just two, you can enjoy leftovers!

Bacon-Wrapped Brussels Sprouts

15 medium Brussels sprouts (to serve 4)
salt and black pepper
Bacon (about 15 strips)
1/4 cup pure maple syrup
1/2 cup mayonnaise
Zest of 1/2 lemon and the juice of a lemon

1. Preheat oven to 400°F. Place parchment paper on a baking sheet.
2. Trim your sprouts and cut in half, lengthwise.
3. Toss in a bowl with a tsp. of salt.
4. Place your bacon, cut in half, so that you have 30 pieces to match your Brussels sprouts, on the parchment paper and brush with maple syrup.
5. Wrap bacon around the sprouts and secure with a toothpick.
6. Bake for about 30 minutes and rotate a few times.
7. Mix mayonnaise, juice of the lemon and lemon zest in a small dish. This is for dipping. You may also put a small dish of maple syrup for dipping.
(Or you can prepare this the easy way, Place bacon and sprouts in a frying pan, add salt and pepper, Stir until crispy.



Stuffed Acorn Squash

2 medium acorn squash (to serve 4)
1/2 pound of spicy Italian sausage (grind it up)
1 chopped baking type apple
4 tbsp oil
2 garlic cloves (or minced garlic)
2 celery stalks, diced
1 medium onion, chopped
Breadcrumbs, about a cup
1/2 cup parmesan cheese
Salt and pepper

1. Preheat oven to 400°F. Cut acorn squash in half, scoop out seeds and place in a baking pan.
2. Drizzle with oil, add salt and pepper to taste.
3. Bake for 30 minutes.
4. In a frying pan add a bit of oil, garlic, celery, and onion and cook for about 5 minutes. Stir often.
5. Add the sausage and a wee bit more salt and pepper. Cook, while stirring for about 5 minutes or so until meat is cooked.
6. Add the apple, breadcrumbs, and parmesan into meat mixture.
7. When squash is cooked (fork slides into it easily) spoon mixture into the already cooked squash and put in oven to bake for about 20 minutes.

Maple Syrup Cornbread

1 cup all-purpose flour
1/4 cup maple syrup
1 cup yellow cornmeal
1/2 teaspoon salt
1 cup milk
1/4 cup butter, melted
2 eggs
1 tbsp. baking powder

1. Preheat the oven to 425°F. Grease an 8 x 8-inch square or a 9-inch round baking pan)
2. Mix together the flour, cornmeal, baking powder, and salt until well combined.
3. In a small bowl, whisk together the milk, maple syrup, melted butter, and eggs. Add to the dry ingredients. Stir until just moistened.
4. Pour the batter into the prepared pan. Bake for 20-25 minutes, until lightly golden, and a toothpick inserted comes out clean. Remove from the oven and serve warm. Can dip in maple syrup or molasses if you wish.

An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

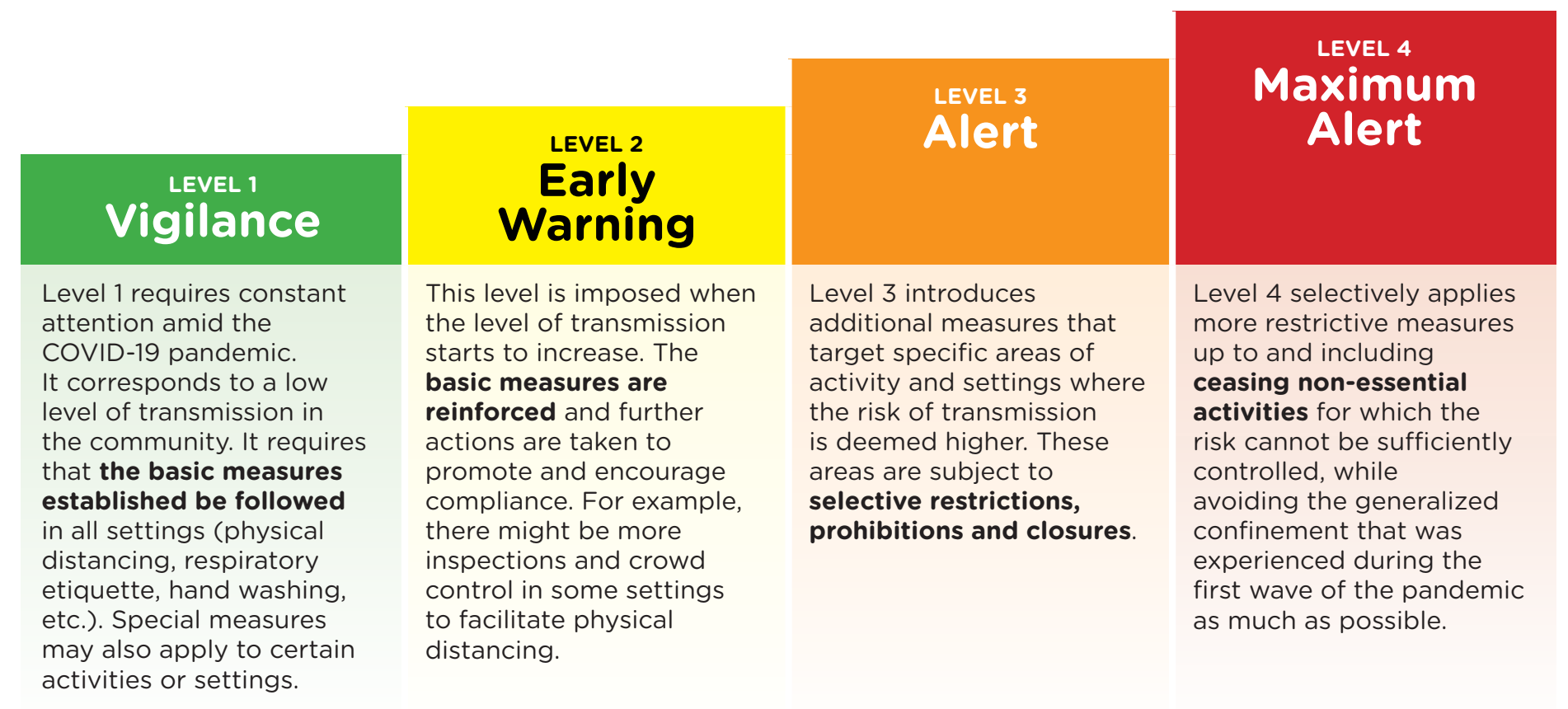
The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- › Keep your distance
- › Wear a face covering
- › Cough into your elbow
- › Wash your hands
- › Adapt your greetings

FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels).

Thanksgiving 2020: Practice gratitude but from a distance

Diane Skinner

Thanksgiving 2020 is almost here, and the good news is that it is Day 285 of this very unusual year. This means that 2020 has just 80 days left in it. Hooray! We are all hoping that the year 2021 will have less COVID-19 and not as much turmoil. We have all said at some point this year – the year filled with extreme weather, murder hornets, wildfires, explosions, political unrest, and more – let 2020 be over!

Big family gatherings will not (and should not) be happening, so make the best of it. Keep the Thanksgiving spirit. Thanksgiving is about family, good food and stopping to say thanks for the positive things in our lives. Let us focus on those good parts of our lives. Do not ever doubt that there are still many wonderful things to be grateful for.

Thanksgiving (or as it is sometimes referred to, Canadian Thanksgiving to distinguish it from the American Thanksgiving which is on November 26) occurs in Canada on the second Monday in October.

Before 1957 Thanksgiving was honoured on the third

Monday in October. Then in 1957 the Governor General of Canada, Vincent Massey issued a proclamation making it the second Monday in October. Massey said at that time, “A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to be observed on the second Monday in October.”

Thanksgiving Food: This is the highlight for many people. Thanksgiving is all about celebrating the harvest time. Foods traditionally served at Thanksgiving include turkey (if you can find one in the store), mashed potatoes, gravy, stuffing – which some call dressing – cranberry sauce, autumn vegetables such as Brussels sprouts, squash, and parsnips. Dessert features pies, often pumpkin or apple pie.

This year COVID-19 will change the big family suppers, which will likely be smaller gatherings. Modify the Thanksgiving meal by downsizing it. Besides, it means that you will have leftovers! Cook a chicken instead of a turkey.

Decoration: Corn stalks, pumpkins, hay bales, bulrushes, sweetgrass and

gourds make lovely decorations for the front entrance. Small pumpkins and colourful gourds can be placed on the table. If you are a particularly artsy person, try your hand at assembling a cornucopia! You can still decorate! Besides, it may lift your spirits.

Thankfulness: Even though you will be staying close to home, give thanks. Some people keep a gratitude journal. I admire them and their positive outlook. This practice is not for everybody. My daughter bought me a beautiful grey suede covered journal and try as I might, I could not fill that journal. I knew that it was not for me when my first and only entry was “I am grateful for this journal.” The people who write in their gratitude journal regularly, claim that it brings them comfort and reassurance. If this is not your regular habit, try it for a day! Challenge your family to each write down three things they are thankful for and share them at the Thanksgiving supper table.

Family: Thanksgiving is all about family and you may not be able to see them face to face this Thanksgiv-

ing. If not together with family share those three things you are thankful for by phone or Facetime or Zoom. Some families have game nights by Zoom!

Anne MacWhirter tells us that her family uses the computer to have a Games Night. “My nephew Arden does the set up and he and his family prepare the questions and keep score. He sends out invitations to family far and wide. Whoever joins, joins. Last time I did the preparation, old school using pencil and paper! It is nice to connect with three generations and see the faces.” Where there’s a will, there is a way. Stay in touch.

Worship: If you can attend church on Thanksgiving Sunday, things will be different this year due to COVID-19. If you cannot go in person, offer your own prayer at the supper table while holding hands with the family:

May your stuffing be tasty
May your turkey be plump
May your potatoes and gravy
have nary a lump.
May your yams be delicious
May your pies take a prize
And may your Thanksgiving dinner
Stay off your thighs.

We thank you Lord for all you give, The food we eat, the lives we live. And to our loved ones far away Please send your blessings, Lord we pray. And help us all to live our days With thankful hearts and loving ways.

Thanksgiving 2020 will be different than Thanksgiving 2019 and all those that came before. Let us be thankful for what we do have and look forward to brighter days in 2021.



Happy Thanksgiving

With Thanksgiving comes that sense of beauty of spending time with families and friends

While Chaleur Bay residents continue social distancing, The anticipation of that special Thanksgiving meal is ever-present. For Gaspesians that love comes naturally and we take pride in such tasks for our families.

Family members have their Thanksgivings filled with goals, in preparation for that Thanksgiving dinner together, young and old alike.

A small gathering may be difficult for Gaspesians this year, as precautions and regulations add to the to-do list.

But it will be worth it when you sit at that dinner table, eating delicious homemade food!

Gaspesians care for each other and COVID-19 may result in some families not being able to physically gather this Thanksgiving. May they still be filled with gratitude and appreciation that this Thanksgiving will not be forgotten because of COVID fear.

Ken Ross, New Carlisle

Thoughts on Thanksgiving...

Thanksgiving has a very important meaning in the church. We often celebrate Holy Eucharist, not just on October 12, but throughout the year. The word Eucharist comes from the Greek eucharistia which is translated as thanksgiving. Giving thanks to God as the Creator, Redeemer, and Sustainer of all life is a central act of Christian faith. Traditions of thanksgiving festivals of course, are not confined to a particular faith tradition. Being thankful is a way of recognizing our common humanity, and beyond that the creatureliness we share with everything and everyone God has made. Harvest time is a time to be particularly thankful for the gift of good land, for the knowledge, skill, and hard work of those who farm the land and help bring forth its bounty. It is also a time to recognize that our lives are sustained by the lives of other creatures - the animals and plants which we eat as food. One of my favourite writers is also a farmer, Wendell Berry, who says, "To live, we must daily break the body and shed the blood of Creation. When we do this knowingly, lovingly, skillfully, reverently, it is a sacrament. When we do it ignorantly, greedily, clumsily, destructively, it is a desecration." At our service of Harvest Thanksgiving we hope to celebrate the Eucharist at St. Andrew's, observing physical distancing and other health guidelines in order to celebrate the sacrament of communion with love, skill, and reverence. If, at that time, we are unable to hold a communion service, we will still participate in the spiritual communion of caring for one another. The hope that I see at this time is in people learning and re-learning to care for one another and for the earth that we share as a common home.

Joshua Paetkau

Reflections

by

Diane Skinner Flowers



COVID-19: Emotional Fatigue

COVID-19 has been changing our lives for almost seven months. We have experienced all sorts of emotions, with the initial one being **fear**. Most of us ran out to buy essentials only to find that many had gone before us. We had a hard time, if not an impossibility, finding rubbing alcohol, toilet paper, paper towels, sanitizing wipes, Kleenex, turkeys, bread, yeast, and eggs. We were shocked to see our food chain interrupted. How bad would it be? Our next emotion was **uncertainty**.

By the end of April, it was nearly impossible to find seeds. Vesey's the famous seed company in P.E.I. stopped accepting orders. They were swamped. I understand that it is now difficult to find canning lids and small mason jars. A logical consequence from all that gardening. I bought a jumbo-sized bag of microgreen seeds that can be grown indoors, as did several of my family members and friends. Some of us planted them. Others own a \$60 bag of microgreen seeds, now resting on a shelf in the garage. Maybe we were smart to keep those microgreen seeds for the second COVID wave. We are experiencing **anticipation**.

When I recently read a news report about a giant (mostly unmasked) car show in Ontario's Wasaga Beach I felt **angry**. I was thinking that these "couldn't live without a car show." People did not think about the other guy. The other guy would be the elderly, people with immune disorders and cancer – this demographic is more susceptible to having serious, and sometimes fatal aftermath of contracting COVID. The car show fans, mostly young and healthy might not get sick from COVID, but they can for certain pass it on to someone who may.

When we read about the vulnerable elderly in nursing and old age homes who are affected by COVID, I felt a deep and profound **sadness**. These are older people and let us face it, we will all be there one day, who have lived their lives and then to come to such a horrible ending – it is just so unfair. But we know that life is not fair and anybody who tells you differently is trying to sell you something.

I have felt **disgust** over the past seven months. Some news reports have caused us to shake our heads in disbelief. People intentionally spitting on each other, temper tantrums by customers refusing to adhere to guidelines, price gouging, and extreme hoarders. Even those who toss their used masks and gloves in the parking lot evoke **disgust**.

Negative emotions we are experiencing seem to eclipse the positive feelings but there are some positives! We feel **joy** when hearing about acts of kindness, sharing of resources, phone calls and socially distanced visits. These acts reaffirm our belief that there is goodness, just that sometimes we need to look a little harder for it. It is so affirming when we find that it is there.

This has been an emotional time and it continues to impact our lives. Do not get so emotionally exhausted from COVID that you give up protecting yourself and thereby everyone else that you interact with. Perhaps, over time, you will feel **annoyance, confusion, skepticism**, and even **anger** or **rage**. As we enter what is being termed "the Second Wave" let us all hope for more **acceptance, optimism, happiness, and hope**.



Photo: Courtesy of B. Renouf

Bright Beginnings animator and local baker Becky Renouf, and her adorable three-year-old daughter Abby, will be hosting a cooking show called Down Home Cooking with Becky and Abby, in collaboration with Télévåg 4.

BRIGHT BEGINNINGS: Down Home Cooking show with Becky and Abby!

Diane Skinner

NEW CARLISLE: - CASA is launching an exciting new program airing for the first time on Sunday, October 11 on Télévåg. You can look forward to the show twice monthly. Get ready for a cooking show called *Down Home Cooking* featuring Becky Renouf and her three-year-old daughter Abby!

Becky tells Spec, "I am excited to bring grandma's style of recipes to people! Most of them are low-cost, easy and healthy." Becky learned to bake and cook from her mother. Abby happily says, "I make pizza, doughnuts, and pancakes and I wear my princess dress!"

Becky joined CASA's Bright Beginnings team last December and her energy and passion for cooking was clear.

Bright Beginnings is a program that supports English-speaking children (ages 0 to 8) and their families in the Gaspé and Magdalen Islands.

Becky was a natural fit to help Bright Beginnings organize cooking and baking activities for parents and children throughout the region. With the arrival of COVID-19 in person activities were halted. Wanting to ensure that families were still connected and learning, Bright Beginnings went online. *Baking with Becky* was born and has been posted weekly on the Bright

Beginnings Gaspé and Magdalen Islands facebook page.

The first video, demonstrating how to make a simple blueberry muffin recipe reached 3,515 people! The show became something people in several communities along the Coast really connected with, so CASA decided to keep Bright Beginnings running through the whole summer. While people loved to watch Becky, the real star of the show is the delightful Abby, in her white chef's hat, helping her mother enthusiastically throughout the process. Watching Abby dip her little fingers in the ingredients and taste them along the way brightened many peoples' day.

When Becky shared one of the videos to her facebook page it caught the attention of Colette Dow, the General Director at Télévåg 4. She did not hesitate to reach out to Becky and offer her the opportunity to start a cooking show. Colette says, "I first saw Becky on facebook doing her cooking videos and she had great presence. I've been working with Télévåg for 32 years and Becky is a natural. She is very, very good."

Colette also feels that, "Families were getting closer during the COVID-19 shut down. Families were doing more things together and watching a mother and daughter cook is something nice to have, an easy show to watch.

The recipes are easy and down to earth, not expensive to make; what we eat everyday. When we go shopping, we don't want to spend a whole lot of money. I liked that it demonstrated passing down real family values of cooking and carrying the tradition on. Abby brings a light to the show. It's not so serious. It's just happy!"

Colette added that she was searching for an opportunity to have an English program because a lot of anglophones do watch the station. "It was the perfect opportunity to work with CASA because it serves the English community. We are opening doors," Colette says.

Shannon Day, Program and Activities Coordinator of Bright Beginnings states, "CASA and Bright Beginnings is enormously proud of Becky and Abby and grateful for the opportunity to work with Télévåg and reach families with *Down Home Cooking!* Be sure to tune in on Sunday, October 11, time not yet posted, but will be before or after TV Bingo."

(The shows will also be posted later, on the Bright Beginnings Facebook GMI. Becky requests that people 'like and share' the videos to reach more people. Thank you to Shannon Day and Becky Renouf for their input for this article.)

Meet Jessica Synnott: Executive Director Vision Gaspé-Percé Now

Diane Skinner

Women fill many roles on the Gaspé. Whether working inside the home or in the community, Gaspesian women take the lead in many ways. They are the driving force in organizations, outstanding educators, community advocates, innovators and leaders. Some fill non-traditional roles, but all the women that will be profiled in this series make a difference - not because they are women, but because they lead the way. They are strong, positive examples for young people. This is Week #1.



Photo: Courtesy of J. Synnott

Jessica Synnott is the Executive Director of Vision Gaspé-Percé Now, since 2017, where she works collaboratively with partners in health, education, employment and culture and heritage to benefit the anglophone community.

GASPÉ: Jessica Synnott was born in the town of Gaspé and grew up in St. Majorique. She attended Gaspé Elementary School and then C.E. Pouliot Polyvalent.

In 2000, following her graduation from high school, she moved to Prince Edward Island to attend the University of Prince Edward Island, where she obtained her Bachelor of Science degree. In 2006, she made the decision to return to the region to be closer to her family. She then trained to become a Licensed Practical Nurse.

Following her training as a Licensed Practical Nurse, she worked at the Long-Term

Care MGR Ross in Gaspé for nine years. "I enjoyed working with the seniors and with the team to ensure the proper care of the residents." During her last five years at the long-term care facility, she began working part-time at Vision Gaspé-Percé Now. Jessica's first position was as a project coordinator and in 2017 she became the Executive Direc-

tor. Jessica's husband grew up in Murdochville and they married in 2009. They have two children, Emma who is 12 and Owen who is 10. Much of her and her husband's family lives in the area. Jessica adds, "It's important to us that our children are able to grow up surrounded by close family. Besides the beautiful

landscapes that Gaspé offers, family is one of the reasons that my husband and I chose to make our home in Gaspé."

Her current position at Vision Gaspé-Percé Now is Executive Director. In that role she is responsible for the overall functioning of the organization. She works closely with the Board of Directors and the team to ensure they are meeting their objectives. Presently she leads a team of eight employees. Vision Gaspé-Percé Now has been working to ensure equitable services for the anglophone community for the past 16 years. They accomplish this by working collaboratively with partners in health, education, employment and, more recently, culture and heritage.

Jessica tells us, "I generally handle pressure quite well. When I see my ever-growing list of "to-dos" I try to take a step back and refocus on the priority tasks. I also make sure to schedule time for myself, whether that be a walk on the beach, cycling, or cross-country skiing in the winter. This "me time" really helps to keep me to decompress."

Jessica finds that the most challenging aspect of her job would be trying to ensure that she meets the needs of the Anglophone community. Jessica adds, "I have an excellent

team who does so much great work that this has become much less challenging. The most rewarding thing is to see the difference we are making in people's lives."

When asked to describe a typical day at work, Jessica replies that her workdays are very 'atypical.' She says, "There's a lot of communications happening in my workday, whether it be phone calls, emails or meetings. And most days, I never know exactly what to expect. Things can change quickly and occasionally projects can come up rather quickly. However, this is not necessarily a negative thing, I enjoy the "atypicalness" of my job."

Jessica's career goals are to continue working with her team and the Board of Directors to further the growth of Vision Gaspé-Percé Now.

Her advice to young people starting out is to take some time to explore all the different career options that are available. "We tend to think of some of the more popular careers (ex: doctor, nurse, teacher, lawyer etc..) when we are trying to decide on our path. But there are so many options out there. When I was younger, I wasn't even aware that you could make a career working for a non-profit organization as a project coordinator."

Gaspésie Literacy Council launches Online Tutoring Program

Diane Skinner

GASPÉ: - On October 5, the Gaspésie Literacy Council launched a new online support for their clients. That support program involves having trained volunteers provide tutoring services to the organization's clientele. The tutoring is tailored to the client's needs and is provided in an understanding and supportive environment. Through the tutoring program participants will be able to achieve their literacy goals.

The Gaspésie Literacy Council is a non-profit organization that provides free and confidential literacy services to the English-speaking population of serving the Gaspé Peninsula including the Lower North Shore and the Magdalen Islands. Their one-on-one tutoring services are a vital part of their literacy pro-



Photo courtesy of: Chelsea Flowers

Chelsea Flowers, project coordinator says, "We can provide the resources, tools and knowledge to assist you to be an effective tutor."

gram and are geared specifically to those who require individualized learning

opportunities.

The virtual tutoring service is a result of the COVID-

19 crisis, and the organization having to suspend its regular programs.

Volunteer tutors will receive the necessary training through an online tutor program, and be paired with learners based on their specific needs and goals. To make the online program even more accessible, the Gaspésie Literacy Council will provide technical support to their tutors and learners as well as the possibility of lending them a Chromebook for their tutoring sessions.

The organization is hoping to engage members of the English community to become volunteer tutors. During these times of self-isolation due to COVID-19, volunteering can provide a means of virtually interacting with people through a safe and secure platform. Project coordinator Chelsea Flowers says, "We

can provide the resources, tools and knowledge to assist you to be an effective tutor. Volunteering can help you make a difference in your community by giving back and you will be encouraging individuals and families to succeed."

If you wish to help your community by being a literacy tutor, contact 418-368-5611 or chelsea@glcliteracy.ca

In addition to the tutoring activities, Gaspésie Literacy offers its clientele online resources, family literacy awareness and materials about learning disabilities. Also, the organization offers fun and stimulating activities to the community to raise awareness about different forms of literacy and how to incorporate it into our everyday lives.

Thanks to Cheryl Leggo and Chelsea Flowers for their valued input for this article.

Announcements...



In Memory



ASTLES: Mary Beth (néé Hocquard)

In memory of a dear wife, mother and grandmother who passed away October 11, 2019.

*The rolling stream of life goes on,
But, still the vacant chair.
Recalls the love, the voice, the smile
Of the one who once was here.
Those we love don't go away,
They walk beside us every day.
Unseen, unheard, but always near.
Still loved, still missed and very dear.*

Forever in our hearts and thoughts. Love Raymond, Dean, Sandy and families.



RENOUF: Charlene (Nov. 19, 1978 - Oct. 12, 2008)

Our daughter, step-daughter and sister, loved and forever in our hearts and on our minds by Mom, Darin, Adam (Melody, Gideon, Sybil, Nathaniel and

Caleb) and Christopher (Bethany, Benjamin and Claire).

BENWELL: Rebekah (Oct. 4, 2001 - Oct. 12, 2008)

Our granddaughter and niece, cherished and dearly missed by Grandma, Grandpa, Uncle Adam (Melody, Gideon, Sybil, Nathaniel and Caleb) and Uncle Christopher (Bethany, Benjamin and Claire).

In loving memory of those we lost so suddenly twelve years ago.

*Broken is the family circle,
Our loved ones have passed away;
Passed from this earthly darkness
Into a bright and perfect day;
Now we all must cease to languish
O'er the graves of those we love,
Knowing we're ready to meet them
In a better world above.*

RENOUF: Charlene BENWELL: Rebekah

In loving memory of two precious girls who left us so suddenly twelve years ago on Thanksgiving, October 12, 2008. Granddaughter Charlene Ada, age 29 and great-granddaughter Rebekah Joan, age 7.

*Somewhere beyond the golden sunset,
Amidst the clear blue skies.
They dwell in God's beautiful garden
Where happiness never dies.
And to us who always loved them,
Their passing brought great pain.
We will treasure their memory forever
Until we meet again.*

I will always love and remember you both. Till we meet again. Love, Nana (Pearl)

RENOUF: Charlene (November 19, 1978 - October 12, 2008)

BENWELL: Rebekah

*(October 4, 2001 - October 12, 2008)
Time speeds on, 12 years have passed
Since death its gloom, its shadow, cast
Within our home, where all seemed bright,
And took from us a shining light.
We miss that light, and ever will,
Their vacant places there is none to fill.
Down here we mourn, but not in vain,
For up in heaven we will meet again.
They bade no one a last farewell,
They said good-bye to none;
The heavenly gates were opened wide,
A loving voice said, "Come"
Memory drifts to scenes long past,
Time rolls on, but memories last;
Sunshine passes, shadows fall,
Love's remembrance outlasts all.
Deep in our hearts they are fondly remembered,
Sweet, happy memories cling round their name;
True hearts that loved them with deepest affection,
Always will love them in death just the same.*

Always loved and will never be forgotten, Aunt Brenda, Uncle Donald, Steven (Jessica and Payton) and Gregory Renouf.

Thank You

to everyone for their generous donations to Spec.

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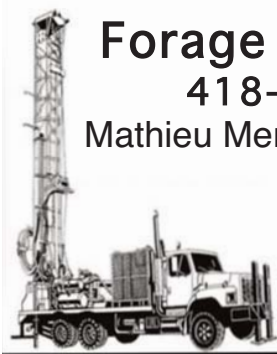
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FREE: Four kittens to give away. Nine weeks old. In the Shigawake area. For more information, please call 418-752-3731.

COAST ROUND-UP

YORK: York River Seniors

An important message Concerning FADOQ York River Seniors Club Membership Renewals. Your current FADOQ Club membership has expired at the end of September 2020. Membership renewals are now available for \$25 and can be obtained in the following ways. #1: You may call the Regional FADOQ office 418-368-4715 and renew by using a credit card for payment. #2: You may go to the Regional FADOQ office at 78B Jacques Cartier Street (across from Jean Coutu Pharmacy). Payment can be made by cash, cheque or credit card. All protocol safety messages are strictly adhered to within the office. Wear a mask. #3: Any memberships not renewed will be mailed out to individuals. Using the addressed envelope included with the renewal form, please return the upper sections of the form with your payment details. Keep the lower portion (section 3) of the renewal form as this will be your receipt and temporary card. For

all three methods described above, your plastic official membership card will then be sent to you by mail after payment and renewals are processed. For further information, call Ron Mundle 418-355-4732, Cynthia McDonald 418-368-9280 or FADOQ regional office 418-368-4715 (Bilingual service).

GASPE: 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.

NEW CARLISLE: St. Andrew's Anglican Church

Due to issues that pertain to Covid-19 and the Quebec health regulations in serving meals to the public, it has been decided we will not hold our annual Harvest Supper at St. Andrew's Anglican Church in New Carlisle this year, however, individuals wishing to make a financial contribution may do so by contacting either Norma Chedore (418) 752-6214 or Christine Fraser-Ward (418) 752-6837. Looking forward to organizing our next Harvest Supper in 2021.

NEW CARLISLE: Linda LeMore-Brown Foundation

Members and supporters of the Linda LeMore-Brown Foundation are asked to

please note that our office located at 168 Gerard D. Levesque, New Carlisle, is closed to the public due to COVID-19. To renew your membership or to give correspondence, we ask that you please mail it to our office. For financial support travelling outside the region for cancer treatment or any other information, call the office at 418-752-5995. To make an appointment you must also call the office, walk-ins will not be permitted. We thank you for your patience and cooperation during these difficult times.

NEW CARLISLE: Drive-In Gospel Meetings

Drive-In Gospel meetings at the Fair Haven Bible Campground, Sundays at 2 p.m. COVID-19 considerations/social distancing. Rain or shine. All are welcome - invite a friend! Sponsored by the New Carlisle Bible Chapel. For more information, please call 418-752-3372.

ROTARY CLUB WINNERS
The winners for the week of September 27 are: Perry Coul, Larry Dee, James Martin, Rhéal Pitre, Melissa Sullivan, Phiip Doddridge and Stéphanie Gagné.

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Sunday, October 11

New Carlisle

11 a.m. Morning Service

PARISH OF GASPE

Sunday, October 11

St. Matthew's -
Peninsula

10:30 a.m.
Morning Service



ARIES – Mar 21/Apr 20

This week you may feel more rooted in the past than the present, Aries. Feeling nostalgic for old times, including the people and places of your past, is healthy.

TAURUS – Apr 21/May 21

People move in and out of your social circle. It's a natural transition that everyone experiences. Embrace opportunities to meet new and interesting people.

GEMINI – May 22/June 21

Gemini, if you take a trip down memory lane at some point, don't be surprised if family members dominate your thoughts. Think about rekindling a lost relationship.

CANCER – June 22/July 22

Cancer, you may run into an old flame over the course of the week. In preparation, be sure to leave the house looking your best. This will help boost your confidence.

LEO – July 23/Aug 23

You may feel that life has gotten a tad dull, Leo. It is time to do something about that. Try a new restaurant. Engage in a new hobby. Connect with new friends. Virgo – Aug 24/Sept 22 Spirituality and religion may be on your mind, Virgo. You may want to figure out how to embrace your values and beliefs, as they can improve your life.

LIBRA – Sept 23/Oct 23

Waking up feeling optimistic and energized is a great thing, Libra. On top of it you may be surprised to find that someone has a crush on you. Go out if you're single.

SCORPIO – Oct 24/Nov 22

Scorpio, if restlessness sneaks up on you, look for new opportunities to add a bit of excitement. It could be taking an online course in a subject that interests you or a vacation.

SAGITTARIUS – Nov 23/Dec 21

Something you read in a book may prove to be an "ah ha" moment for you, Sagittarius. You may have a new perspective on life and be excited to make changes.

CAPRICORN – Dec 22/Jan 20

Capricorn, you may be feeling that someone close to you is ill or not himself or herself. These intuitions will not cease until you check out the situation for yourself.

AQUARIUS – Jan 21/Feb 18

Aquarius, a desire to learn new things may be very strong for you right now. It is never too late to return to school and finish a degree or to begin pursuit of a new one.

PISCES – Feb 19/Mar 20

Pisces, don't take love too personally this week, especially if your romantic partner has been playing it cool. Things will come around.

FAMOUS BIRTHDAYS

OCTOBER 11

Cardi B, Rapper (28)

OCTOBER 12

Hugh Jackman, Actor (52)

OCTOBER 13

Kate Walsh, Actress (53)

OCTOBER 14

Usher, Singer (42)

OCTOBER 15

Bailee Madison, Actress (21)

OCTOBER 16

Bryce Harper, Athlete (28)

OCTOBER 17

Whitney Carson, Dancer (27)

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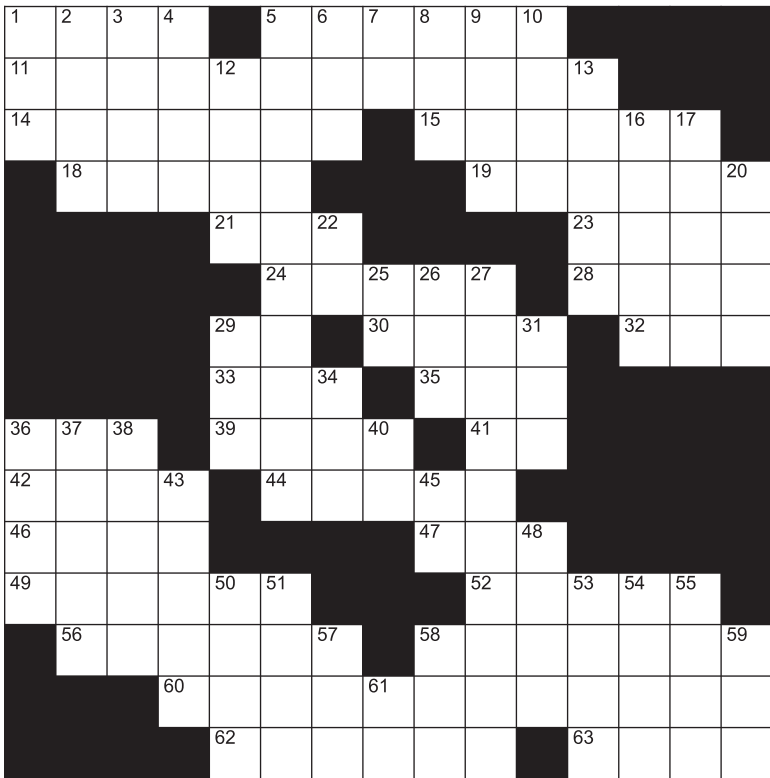
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On the lighter side...



CROSSWORDS

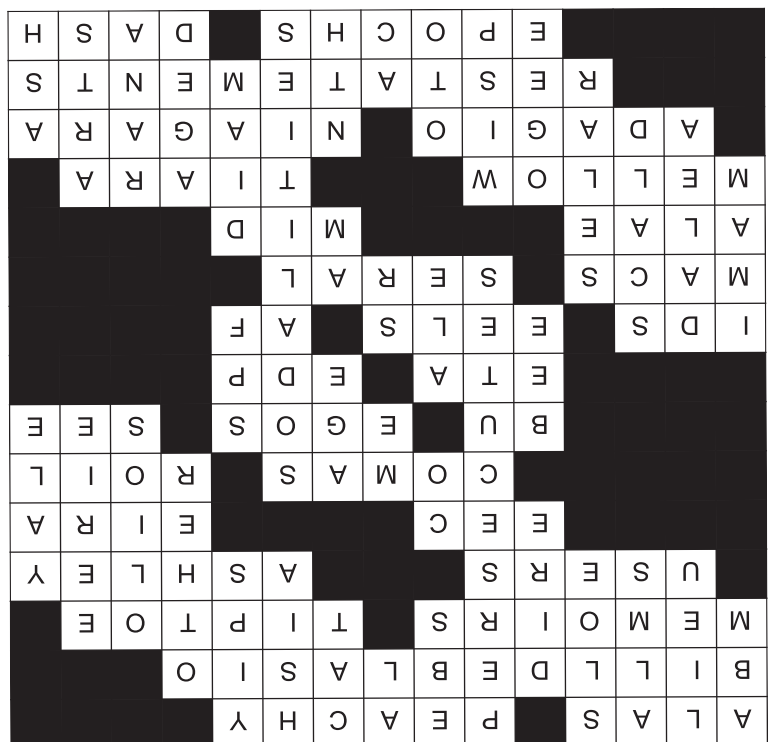


CLUES ACROSS

1. Expression of sorrow or pity
5. Not bad
11. NYC Mayor
14. Essays
15. Walk lightly
18. Those who utilize
19. Actress Judd
21. One-time community of nations
23. Norwegian river
24. Unconscious states
28. Make muddy
29. Unit of volume
30. Consciousnesses
32. Envision
33. When you aim to get there
35. Electronic data processing
36. Passports are some
39. Snakelike fish
41. Military flyers (abbr.)
42. Popular computers
44. Ecological stage
46. Wings
47. Used in combination
49. Laid back
52. Princess's headgear
56. Musical composition
58. Famed Falls
60. Reiterations
62. Eras
63. Track event
3. Gifts for the poor
4. A type of gin
5. Torments
6. One point south of due east
7. Actor Pacino
8. Feline
9. Chinese dynasty
10. Short cries for help
12. Straits can sometimes be this
13. Furrier
16. Variety shows
17. Supernatural
20. A university in Connecticut
22. Atomic #27
25. Of I
26. We all have one
27. Religious guilds
29. This can sting
31. Sunscreen rating
34. Brew
36. Religious leader
37. Indigo bush
38. Burn with a hot liquid
40. Jr.'s father
43. Ray-finned fish genus
45. Morning
48. Straight line passing from side to side (abbr.)
50. S-shaped line
51. Small bunch of hay
53. Ripened
54. Crater on Mars
55. Humanities
57. Of the ears
58. To the ___ degree
59. Wood
61. Cools your home

CLUES DOWN

1. Defensive nuclear weapon (abbr.)
2. Instead



Why do we say ... by Gary Briand

Back in 1962, while teaching at Restigouche (now Listuguj), I decided to give my students exposure to theatre. I rehearsed scenes from a variety of plays including Hamlet, West Side Story, and Death of a Salesman. We started our sessions at 4 p.m. and closed down at 6:30 p.m. There were no late evening buses in that day. Resultingly, anyone directing after school activities was responsible for getting their students home. My thespians lived from Matapedia to Miguasha.

One of my theatre students was Allen Parent of Fleurant Point. Allen told me he was not going to his home that evening. Instead I was to drop him at a neighbour in Fleurant Point. Once there, I was prevailed upon to stay for supper.

The lady of the house, then a widow, narrated to me a trip to Halifax in 1940 in order to pick up her son who had served in the Canadian Army in WWII and who had just arrived back in Canada.

Standing on the dock of Halifax, she observed her son coming down the gangplank with a heavy limp in his left leg. She queried her son as to what happened. "Maw," he said, "I took an arrow in the knee." She found the comment strange! On the way back to Fleurant, the knee had lost its limp. The son confessed that he had recently proposed to a beautiful young English girl whom he would marry in 1941. He went on to explain to his patents that in England it was quite common to say "I took an arrow in the knee" if you had recently proposed while kneeling on one knee.

The phrase is believed to have entered English by way of the Vikings who invaded England in 700 B.C. It appears to have entered the Celtic language about 1000 and became integrated in English in the mid-sixteenth century. It continues to allude to falling on one's left or right knee while proposing to the assumed life partner.

Go ahead...play with your food



Wild Aster: Fall beauties

“Asters, one of September’s birth flowers, were once burned to ward off serpents.”

Diane Skinner

Mother Nature knows when we need a little boost. As the trees are getting ready to shed their leaves and the gardens are no longer in bloom, up pops the Wild Aster. Sometimes referred to as the New England Aster, no matter the name it is still a lovely burst of purple around trees and on the lawn.

The Wild Aster blooms from late summer until late fall and it is sometimes referred to as the Michaelmas daisy, and the size varies from one to five centimetres. (Michaelmas is an ancient Christian festival celebrated on September 29.) The name aster comes from Ancient Greek and appropriately means star. They are a hardy flower and can be found in most areas of Canada. They are commonly found in fields and lawns. They are truly a resilient flower because they can also be found in woodlands, wetlands and at high altitudes.

They have a role to play in the web of life and are valuable food for insects, including bees and butterflies. Most of the flowering plants are done by now so they provide an important source of nectar. If you do not mow them, birds will feed on them through the fall. As a food

source, asters are important for birds, mammals, and insects.

Looking back hundreds of years, asters have had their uses for humans. Ojibway hunters camouflaged their scent by smoking asters. It is said the asters provide a scent which smells somewhat like deer. The plant has also been used for its healing properties and one aster (the large-leaved aster) has been used by humans as food. As with any plant, before you consume it be certain what plant you are ingesting. Some plants can be poisonous.

If you want to grow asters for a garden or as an edging, asters are quite easy to grow and maintain.

If transplanting, space the plants 30 cm apart. If your asters grow to be tall, they may need some support by using a stick.

Keeping asters spaced apart is especially important for their plant health. If not, they can develop a powdery mildew. Asters love a wee bit of compost around their stems. Chemical fertilizers are not recommended.

Every autumn the seeds are dispersed by wind and you may find that you have new plants in unplanned locations next fall. If you plant your own asters, this can be

done by using seeds or cuttings. Asters like company and will grow best near other asters. They are perennials so they come up year after year. They are deciduous because they lose all their leaves and stems in winter.

There are many species and varieties of asters. The colours can vary from pink,



The Wild Aster blooms from late summer until late fall and the size varies from one to five centimetres.

Photo: D. Skinner

blue and purple. The Wild Aster does well in the Gaspesian environment, so it is a

wise choice to transplant, and they are a showy addition to a rock garden.

*“End not far from my going forth
By picking the faded blue
Of the last remaining
aster flower
To carry again to you.”
Robert Frost*



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