

## Family Ties receives Indigo Love of Reading Grant

Diane Skinner

NEW CARLISLE:- Heather MacWhirter, Executive Director of Family Ties, New Carlisle is grateful that the Love of Reading Foundation recently donated \$5,825 of new books to children in the community. The total number of books purchased was 407! Family Ties applied in June 2020 and the grant was approved quickly. Heather tells Spec, “The current health crisis has put excess strain on the family unit. Books are not only an important literary tool, but they have the capacity to create family bonding time, spark the imagination and create long term readers, take you to new and exciting places and provide a much-needed distraction to this pandemic and the additional stress on parents. As parents are learning to cope with their new reality, books are a welcome gift to lift their spirits and offer something new and positive.”

The grant allowed Family Ties to purchase books for all families registered in Family Ties programs. The goal was to purchase books that were interesting and met literacy needs at various levels. The books included: Touch and



Jennifer's children Arianna, Lily, Jace and Samantha enjoying their new books from Family Ties and Indigo's Love of Reading Foundation.

Feel board books for ages 0 – 3, songs and rhyming books for early literacy skills, easy reading books for beginning readers, chapter books for pre-teens and teens, mindfulness and self-esteem books for girls, and outdoor survival books for boys.

Family Ties was also able to purchase interesting factual books such as, Ripley's Believe It or Not, National Geographic Almanac and the always popular Guinness Book of World Records for

fun family reading.

Family Ties has built strong relationships with its families through the groups and programs and has developed insight into their likes and interests. Based on this information they purchased books by their favourite authors such as Lisa Schroeder and Leigh Bordugo. Young readers enjoy Pokemon, books about the outdoors, gaming, and hockey. Heather mentions purchasing

books with special needs children in mind, such as All My Stripes: A Story for Children with Autism.

Heather is grateful for this generous grant because Family Ties is a not for profit organization and would not have been financially able to purchase 407 good quality, new books to give to members. She gives thanks to Indigo on behalf of the parents who were happy and excited to re-

ceive the books for their children.

Heather comments, “I personally hope that each child loves the books and that they feel special having a book chosen just for them. I hope that families have fun reading, learning, and spending time together. And I hope that it brought them all a little enjoyment in these difficult and stressful times.”

Jennifer Flowers, one of the parents whose children received books through Family Ties and Indigo Love of Reading Foundation comments, children received books through Family Ties and the Indigo Love of Reading Foundation. “As an extreme book lover and mother of 5, I cannot explain how happy it made me to see my girls come in with a bag of new books from Family Ties New Carlisle. Not only did they make sure my two girls in their program had amazing books they also included a set called The Shadow and Bone trilogy chosen just for my eldest (which I may have to read first) and amazing books for my two younger children. My two-year-old son loves books, and he was occupied for an hour with his new Monkey book.”

## AGM by Zoom attracts more than 30 participants

Cynthia Dow

“While we have been vulnerable to world-wide threats, Vision has continued to serve its community, its client base, while adhering to health guidelines,” Tony Conoley, President of the organization, said to the participants attending their annual general meeting held virtually on November 4.

The president thanked the board members and the staff of the organization for having adapted so well to the pandemic situation and for their strong commitment to their work.

Executive Director Jessica Synnott indicated that “the past year has been a really good one. We have been building new partnerships and maintaining important ones like CASA and CAMI. We've had a number of new initiatives. I want to tell the staff how proud I am of them; they are so creative and dedicated. They worked hard to find new ways to serve people.”

According to auditor Éric Duguay, Vision Gaspé-Percé Now had revenue of \$469,000 in 2019-2020. This is a 22% increase over last year. He mentioned projects such as digital literacy, Bright

Beginnings and mental health which have helped bring in additional funding. The group finished the year with accumulated assets of \$31,000.

Staff reports followed, with Amie Chicoine discussing the activities she managed for Bright Beginnings, the seniors' wellness centres and the pre-K parent liaison group at which parents are encouraged to develop coping skills and resilience. A new program called “Building incredible babies” encourages networking between parents of children 0 to 18 months and was continued online after the pandemic

shutdown.

Anne Nober, the Arts and Culture Coordinator, showed the meeting the book “Tell Me A Story” which is a compendium of the stories of local writers, illustrated by school children. She is hoping an in-person book launch can happen before too long. Anne sits on a variety of tables to ensure that the English-speaking community is not left out of cultural offerings in the region. She cooperates with The Gaspesian Way and the Douglstown Center, promoting the English community's artisans and “broadening people's horizons.”

Vision's Administrative Assistant and Program Coordinator, Laura Comeau, prepares a health and well-being bulletin. She helps with various activities and coordinates two seniors' wellness centres which are held once a month in Murdochville and Gaspé. Laura serves as the liaison with Gespeg, where they are looking to collaborate on a seniors' wellness centre. She also helps out at Drop In and Play at Belle Anse School where parents are encouraged to bring their children 0 to 8



## Be there for yourself the way you're there for others

It's normal for these uncertain times to bring out negative emotions or anxiety. You're there for your loved ones when they're not doing well. Remember to be there for yourself. There are solutions for getting better.

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

 Info-Social 811

# COVID-19 UPDATE: Cases spike in Côte-de-Gaspé MRC

Gilles Gagné

CARLETON – The number of active COVID-19 cases rose in the Gaspé Peninsula between October 31 and November 6 from 195 to 201. That number is explained by the strong increase of cases in the Côte-de-Gaspé MRC, from 39 to 98, and a decrease in all the other areas of the region, including the Magdalen Islands.

The 59 additional active cases of the Côte-de-Gaspé MRC were counter-balanced by the decrease of one case in the Avignon MRC, of 36 cases in the Bonaventure MRC and of 11 cases in the Percé-Rock MRC. The picture is completed by the decline in cases of the Haute-Gaspésie MRC and the Magdalen Islands, where there was only one active case left as of November 6, compared to a still low six a week before.

There were 24 cases left in Avignon on November 6, 45 in Bonaventure, 33 in Percé Rock, 98 in Côte-de-Gaspé and, as above-mentioned, a small total of one in Haute-Gaspésie and in the Maggies.

An important outbreak at Manoir Saint-Augustin of Gaspé explains in part the in-

crease noticed in the Côte-de-Gaspé MRC. As of November 6, that outbreak was affecting nine employees and 17 residents. One resident died during the week. The other cases of the Côte-de-Gaspé MRC were in general widely spread, mainly in the town of Gaspé area.

The November 6 daily report issued by the Public Health Board indicated that 21 of the 25 cases were attributed to the residents of the Côte-de-Gaspé MRC.

The outbreak at the Centre d'Accueil in New Carlisle unfortunately progressed between October 31 and November 6. Two residents died during the week. The number of employees suffering or having suffered from the coronavirus in that residence for seniors reached 16 people on November 6, three more than a week prior to that. As for the residents, the number of infected individuals reached 15, from 13 on October 31.

During that week, the Public Health Board reported 147 new cases in the whole region, compared to 117 during the previous week.

As of November 6, the total

number of cases since the beginning of the pandemic reached 1,041 people. Nine people were hospitalized, one less than the prior week. The number of casualties soared to 30, three more than on October 31. Up to 801 recovered from the coronavirus between March and the first week of November.

That week was punctuated by several unsuccessful attempts made by the elected officials of Nouvelle, Carleton-sur-Mer and Maria to convince Quebec's Department of Health and Social Services to change their alert colour code from red, the maximum level, to orange, a degree of alert that is still high. In fact, only the elected officials from the Magdalen Islands, supported by the regional director of the Public Health Board, Dr. Yv Bonnier-Viger, were successful in their attempt. The colour alert code there went from orange to yellow.

Meanwhile, the director general of the Eastern Shores School Board, Hugh Wood, released on November 6 an update of the schools affected by COVID-19. *The results are listed in the chart below.*

Situation at Eastern Shores School Board

School	Classrooms Quarantined	Positive Cases	Note
St-Patrick's Elementary	2	1	Last day of quarantine Nov. 6. PED day on Nov. 9. Classes back to normal on Nov. 10.
Evergreen High School	Virtual learning	0	
Belle-Anse School	1	1	Last day of quarantine Friday Nov. 13. Students will return to school on Nov. 16.
Gaspé Elementary School	1	4	Last day of quarantine Nov. 12. Students will be return to school on Nov. 13.
Gaspé Polyvalent	Virtual learning	7 (3 staff – 4 students)	ESSB will evaluate the situation on Nov. 13, to see if on-line learning will continue for the whole school or ask staff and students to return to school on Monday, November 16.

## VISION:

### Cont'd from cover

years of age for creative play.

Nyree Patterson is working on the digital literacy program, teaching computer basics. She runs "drop in and ask" sessions at various locations. She has also created a resource booklet which explains computer vocabulary.

The liaison for the Barachois community is Shanna Réhel. She runs a Facebook page for the communities of Malbaie and has helped organize an information session on heart attacks and strokes with Dr. Catherine MacNeil, CASA's Mental Health Fair held last autumn, and offered three consultations with Éd-

ucaloi. She also helped put in place Gatekeeper training for suicide prevention, attended by seven staff members from the school.

Stephanie Bond is Vision's graphic artist and project coordinator who has organized Facebook live art workshops, sketching sessions at the high school and also organizes activities at the Barachois seniors' wellness center.

The organization has a new staff member in Emma McGinnis who is involved in re-designing their website, runs the McGill dialogue project to improve English language skills amongst health care providers, and to promote careers in the health care field. She heads a

new initiative called "Engaging Men," funded through Canadian Heritage.

Mr. Conoley remarked that the "staff are a remarkable group of ladies who are doing a great job."

Vision Gaspé Percé Now has a board of 11 directors. Two stepped down this year: Emily Roberts and Sandy Vibert but were replaced by Richard Jalbert and Jonathan Côté whose nominations were approved during the meeting. A further four members were up for renewal and wanted to repeat their two-year mandates. "We have a high rate of attendance at board meetings," the President noted. "These are all very supportive people."

# Police report

Isaac Moffat-Swasson 30, from Listuguj charged with many counts related to violent crimes, will return to the New Carlisle courthouse on December 18, as Quebec Court Judge Celestina Almeida granted him another delay so that he can find a lawyer. The accused appeared in court on November 5 to indicate if he had made progress in his multi-month attempt to find an attorney. He hadn't.

That court appearance was linked to the charges laid against him with regards to the case of damage he allegedly caused at the New Carlisle prison on April 30, 2019.

He was in prison in April 2019 because he was already charged in another matter. On February 21 2019, he allegedly committed an armed robbery, a forcible confinement and uttered three death threats in Listuguj. He is looking for a lawyer in that case as well and that procedure has also been postponed repeatedly because the accused has not found a lawyer to defend him on those charges.

Initially, the Superior Court trial of Isaac Moffat-Swasson was supposed to start in December regarding the crimes he allegedly committed in February 2019 but it will be postponed.

John Arthur Girard, 60, from the Douglstown sector of Gaspé, charged with negligent use and negligent storage of a firearm, uttering threats and dangerous use of a firearm, will return to the Percé courthouse on November 30 for a procedure follow-up. The accused actions led the Sûreté du Québec police officers into blocking Highway 132 on October 3 because he was preventing a woman from leaving the property. He was first sent to the hospital for a psychiatric evaluation in order to see if he is fit to stand trial. He returned to court on October 29, after having failed to respect a condition of his release, as he tried to contact a person linked to the file. He is now forbidden to stay in the judicial district of Gaspé until the end of the procedure. The October 3 police intervention lasted 12 hours.

An October 30 hunting accident that took place near Murdochville could have had far worse consequences as a 52-year-old man was hit by stray shotgun shell pellets likely accidentally fired in his direction by his 73-year-old friend. The Sûreté du Québec was informed by the Gaspé hospital that a patient had been hit by shotgun pellets. The accident occurred at about 11:30 a.m. The two men had gone to the Murdochville area for small game hunting. For an unknown reason, the victim found himself in the shooting line of his companion. He was hit by many pellets and was eventually transferred to a Quebec City hospital but his life is not in danger. The 73-year-old man was questioned by the police and released. The conclusion of the inquiry so far is that it was an accident.

A 75-year-old man from Port-Daniel-Gascons will eventually appear in court with regards to contraband cigarettes. The man was stopped on October 30 in Port Daniel. He was already being investigated by the Sûreté du Québec, as the police had received information from the public. When the police intervened, he was in possession of 16,000 cigarettes in bags ready to sell. He will face charges regarding the revenue rules on tobacco but he will also face criminal charges because he refused to be tested for alcohol consumption while driving. His driving licence is suspended for 90 days and his vehicle is seized for 30 days. The date of his court appearance is not scheduled yet.

## Keep Your Keys Safe!

If you lose your keys with a War Amps tag attached, we can return them to you by courier, free of charge.

"A few days after I lost my keys, they were returned from The War Amps. It was the first time in my life that I have jumped with joy!"

– Sara



Order key tags online.



The War Amps

1 800 250-3030 • waramps.ca



Gilles Gagné  
Commentary

## Not out of the woods yet

As the SPEC is reaching its deadline, it looks as if Joe Biden will be the next president of the United States. The preliminary results in four of the five states where ballots were still being counted on November 6 were favouring Mr. Biden at the time, enough so that the electoral college results will not even be close.

Even if Joe Biden wins, it is stunning to realize that acting president Donald Trump, who will still lead the White House until January 20, came close to winning a second term. It speaks volumes about the values of an important part of the United States population, especially considering the high participation rate of the electorate, between 10 and 15% higher than in 2016.

That high participation rate did not benefit solely Joe Biden but also Donald Trump, despite his four years of absolute contempt for democracy's basic rules and a total disregard for the way American institutions function.

Donald Trump propagated his fascist values during the last term. The word seems strong. It doesn't mean that the people who voted for him are fascist but it means that a lot of his supporting base mainly

cared about money, enough to wave other values, inspired by fascism.

A lot of Donald Trump's actions were tainted by fascism. He kicked out people even if he did so through ignoring how the rules and the system worked. He relegated the importance of truth to a distant, almost invisible notion in his speeches. He attacked the media, and boycotted journalists that were asking questions he deemed illegitimate. In principle, media are supposed to protect democracy and write articles backed by facts. Most of them do but that was not important for Mr. Trump.

He showed contempt for basic constitutional rules and disrespected all opposition members, thus ignoring basic rules of democracy, because those Democrat representatives had been elected also.

He granted pardon to people who had committed war crimes and encouraged violence, racism and intimidation tactics. He praised the work of violent police officers, and expressed nostalgia when referring to the "good old times" when a police questioning would start with a blow to the head of the suspect. Those are fascist values.

Even if he won, Democrat Joe Biden is not out of the woods yet. He will have to deal with a Senate that remains highly controlled by the Republican Party. The Senate has a huge role because the Senators approve a major share of appointments in key roles and can hamper the way the new American government will want to proceed on many issues that have been neglected by the Trump regime, notably environmental issues.

In addition to repairing the damage caused to the American society by the COVID-19 pandemic, Mr. Biden will also have to pick up the mess left by Donald Trump between now and the January 20 inauguration. This is scary. A lot of damage can be done in close to 75 days, although he still seems possessed by attempts to challenge electoral results,

with minimal chances of gaining anything.

His declarations to the effect that the electoral process was undermined by fraud is an insult to the volunteers and poll officers, who will demonstrate the highest degree of rigor when recounting ballots.

Donald Trump can only blame himself for the way mailed ballots disadvantage the Republicans. He encouraged his supporters to vote in person. No wonder the last phases of counting favour his opponent.

He now looks like a crazy dictator thinking he still has legal recourses. It is too bad that such a high number of voters were carried by the delirium of a man without dignity.

Canada is also not out of the woods. As one of the primary trading partners of the United States, Canadians must understand that Joe Biden will likely maintain the protectionism displayed by the Republicans. However, the trade rules will likely be better defined, instead of being left to the daily mood of a loose cannon.

Joe Biden is also a partisan of Buy America. However, his preference for better environmental practices and consequently for renewable sources of energy will probably open doors to Canadian firms, or widen the doors that are already open.

In the Gaspé Peninsula, it could mean spinoffs for the firms evolving in the wind energy sector, like LM Wind Power, already exporting about 100% of its production to the United States. New markets could be reached once the current contracts are fulfilled.

Predictability is important in trade relations. Predictability was unreachable under Donald Trump. That is why the economic performance of the United States in the last years was due to other, broader factors. The general state of the worldwide economy was a more valid factor. Mr. Trump will not be missed by most other countries.



Cynthia Dow  
Guest  
Commentary

## The Presidential election and the dead mouse

The American election this week reminded me of a dead mouse.

"What on Earth..." you must be thinking!

Let me elaborate. One of my boyfriends rented a little chalet in New Richmond once. We gave it a really good cleaning and he settled in. As the days went by, we noticed an odour which tended to disappear when we were in the chalet, but which hit us like a brick when we opened the door after having been out for awhile.

As the days went by, the odour became stronger and stronger. It wasn't long before we realized it had to be a dead animal. We searched high and low for what might be causing it. Without success.

Finally, one afternoon after having been out of the chalet for hours, we came in and were able to detect pretty well where it was coming from: behind the stove. We pulled out the stove and voilà! A very large and dead and decomposing mouse. Yuck!

Sometimes things that go rotten take a while to make their presence felt. At first, we might be able to dismiss what's wrong, but as time goes by, we begin to sense the impact more and more. Finally, pushed to the brink, we act to deal with the situation as best we can.

What depressed me about the American election this week is that, after four years of the Trump Show, so many voters still support a man who lies every

time he opens his mouth, who is an unrepentant misogynist and racist, and who shows absolutely no empathy or compassion for others less fortunate than himself. How can this be?

From the interviews I have seen on TV, it would appear that the driving force behind the Trump campaign was concern about economic matters. My interpretation is that fear and greed are major players in support for the T man and disregard for his rotten behaviour. Sadly, fear and greed are factors in so many bad decisions in our lives.

However, just how bad does the President have to be for the general public to decide that he's simply beyond the pale? What is it going to take to make all people realize that simple human decency is an important attribute for a leader? How can so many Americans be brought back from the brink of divisiveness and possible anarchy into right relationship with integrity and truth?

My question is simply this: how bad does the smell have to get before you decide to put out the garbage?

# THEGASPESPEC.COM



ESTABLISHED • MAY 1975

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

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



Publisher:  
Penny MacWhirter



News Editor:  
Gilles Gagné



Office Manager:  
Joan Imhoff

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

BOARD OF DIRECTORS:  
President: Roger Wise  
Vice-President: Elaine Sexton  
Treasurer: Ray Venables  
Secretary: Maria Chatterton  
Directors: Hayden Sams,  
Bonita Annett, Bethany Paetkau,  
Patricia Ste-Croix Annett

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

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

SPEC welcomes letters to the editor on subjects relevant to topics covered by the paper. Letters must be kept within 300 words or less and may be edited for clarity or to remove any slanderous, sexist, racist or homophobic statements. We reserve the right to reject any letters. Opinions or letters published do not necessarily reflect the editorial policies or beliefs of this newspaper. All letters must bear the handwritten signature of the writer and include the address and number(s) for verification purposes. (Address & phone number will not be printed.) The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

We acknowledge the financial support of the Government of Canada.  
We acknowledge special funding from the Ministère de la Culture et des Communications.



Gaspé's Home Page:  
www.gogaspé.com



Member of:  
QCNA, CARD



The presence of mold forced the closure of New Carlisle High School, effective on November 4, although the previous day was called a pedagogical day at the last minute to adapt to the situation.

## NCHS undergoes work to remove mold and improve air quality

Gilles Gagné

NEW CARLISLE – New Carlisle High School was closed for two weeks by the Eastern Shores School Board as a precautionary measure because of air quality issues, due to the presence of mold in certain areas of the building. The closure came into force on November 4, initially for a day but it was extended after the school board authorities consulted the Public Health Board.

Essentially, the closure was called on Tuesday, November 3, after the Eastern Shores School Board (ESSB) received a report prepared by the Groupe GESFOR, previously hired to undertake an air quality analysis.

“Tuesday we declared a Ped (pedagogical day) to allow time for Public Health to review the report and advise us of our next steps. Until advised, we asked employees to telework on the Ped day. Wednesday (November 4) we moved to online teaching. This was in line with Public Health advice,” explains Hugh Wood, director general of ESSB.

“Preliminary analysis of the report highlighted possible consequences for the health of our students and the employees. Therefore, we suspended classes for one day as a precautionary measure and forwarded the report to public health to advise us how ESSB should proceed. That said, we closed the school to ensure the air quality of the school did not put the staff and students in any type of danger while this report was being analyzed,”

adds Mr. Wood.

Although there is asbestos in the school, it was not the factor that triggered the closure of New Carlisle High School, he adds.

“Although there is asbestos in the building, the reason for the closure had nothing to do with asbestos. (...) There is asbestos in many older Quebec schools. There is a registry of asbestos in all our buildings and the level/type of asbestos dictates whether it has to be removed. The CO2 (carbon dioxide) levels were also high, but we will be implementing a protocol for ventilation. The main reason for closure was a pre-emptive measure after the discovery of the presence of mold in areas of the building outlined in Le Groupe GEESFOR report. As we are not health professionals, we relied on the advice of our health partners to guide our decision making. To allow time for Public Health to analyze the report, we closed the school to ensure the well-being of staff and students,” points out Hugh Wood.

The study carried out by Groupe Gesfor was not the first air quality evaluation made over the last decade but mold was not the first factor assessed on those occasions. “Although there were no specific tests done for mold and mildew, there were tests done for radon in all of ESSB buildings. Corrective measures were undertaken based on these results,” says the director general of ESSB.

As SPEC was reaching its November 6 deadline, Hugh Wood explained the details relevant to the temporary clo-

sure.

“Monday and Tuesday (November 9-10) are regularly scheduled pedagogical days for teachers according to their calendar of work days. As we are in the middle of a pandemic, teachers are asked to work from home when possible. (...) The contractor is Conciergerie SMS GUS. The timeline to reopen will depend on when the decontamination has been completed. Once the decontamination is completed, it will be followed up by another inspection by Le Groupe GESFOR. Our tentative date for students to be back in school is November 18. However, this is contingent on the work being completed and Le Groupe GESFOR second inspection results,” he added.

Recommended remediation work started on November 4. The list of recommendations outlined in Groupe GESFOR report have been given to the contractor. The cost of the work remains unknown.

“As health and safety is our primary concern, we are currently not addressing cost. Our primary concern at this point is to address the concerns outlined in the report and re-establish a learning environment where staff and students can feel safe,” states Mr. Wood.



# News briefs

## Home values on the rise

Nelson Sergerie

GASPÉ - The value of single-family properties continues to increase in the Gaspé.

This gain was 7% in the third quarter and the average price of homes is \$128,000, according to real estate analyst JLI solutions Foncières.

Approximately 420 transactions were completed during this period, a strong growth of 38%.

Over the year, transactions jumped 19% with 1,135 sales completed in the region.

## Gaspé Beach consultation

Nelson Sergerie

Citizens will be consulted over the next few weeks to find solutions for beach management.

This past summer during the tourist season, the beaches were used by some people with little respect for the environment, sometimes leaving the places in a pitiful state.

The mayor wants to know the opinion of citizens before establishing a management delegation agreement with the Ministry of Natural Resources.

“To get the right management delegation, the first thing is to consult people. We should have the results soon after the Christmas holidays to sit down with the ministry to have a clearer plan for next summer,” says Daniel Côté

## Gaspésians stressed by COVID-19

Nelson Sergerie

GASPÉ - Gaspésians are experiencing a great deal of stress as COVID-19 has hit the region hard this fall.

This is what Sylvain Nadeau, director of the mental health program at the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS), notes.

“It’s pretty tense. We know that people are experiencing some psychological distress. The situation is not simple. People are eager to move on,” explains the administrator.

The volume of calls remains high on the Info-Social line and there’s concern according to some sources.

“Sometimes it has to do with job losses or a lack of income, people having suicidal thoughts or anxiety. We still feel that things are difficult,” adds Mr. Nadeau.

November is a tough month for mental health. It’s difficult to assess the impact, but the CISSS says it is ready to respond to the demand.

People who need help should call 811 or their CLSC. People are being asked to listen to those close to them for possible psychological distress.

### L.I.F.E.

### Association AGM

L.I.F.E. Association will hold its Annual General Meeting on Tuesday, November 24, at 7:00 p.m. by Zoom on the following link:

<https://essb-qc-ca.zoom.us/j/96702338732>

Join and learn what our association has been doing for mentally handicapped adults this past year and get a report on our financial situation. All are welcome.

THEGASPESPEC.COM



The mayor, Daniel Côté, made a point of meeting the last Ursulines present in Gaspé.

Photo: Facebook

## The Ursulines leave Gaspé

Nelson **Sergerie**

GASPÉ - An important page in Gaspesian history is being turned with the departure of the Ursuline nuns.

The last three nuns in the municipality are about to be relocated to Rimouski.

The mayor, Daniel Côté, says that for nearly 100 years, the Ursulines have been important members in the development of the community.

"They were the ones who put the school system in place in the 1920s under the leadership of Bishop Ross. They developed a boarding school and a monastery, etc. They were at the heart of the well-being and at the heart of the education of the citizens of Gaspé and the Gaspé Peninsula."

The mayor and councillor Aline Perry presented a letter and a present to thank them for their contribution to the community.

The property they occupied is for sale.

## Projected deficit of \$800,000 in 2021 at the Michel-Pouliot airport in Gaspé

Nelson **Sergerie**

GASPÉ - Gaspé is already projecting a deficit of \$800,000 in 2021 for the Michel-Pouliot airport if commercial flights remain scarce and if Quebec and Ottawa do not come to the assistance of the municipality.

The municipal council formalized by resolution a plea from the mayor, Daniel Côté, on October 30 to the Quebec Minister of Transport. Even if Quebec compensated for the operating expenses related to COVID-19, this problem could have significant impacts for citizens if no support is forthcoming.

"Taxes would have to be increased from 10% to 15% for citizens, which does not make sense. The main airport customer during the height of the pandemic was the health service. Health services are provincial. Air transport is federal. It will absolutely require a helping hand," says Mayor Côté, as there will be a deficit of nearly a million dollars if nothing changes.



Pascan started commercial flights to Gaspé at the end of the summer

Photo: N. Sergerie

This concern has been under analysis for several weeks by Quebec, but the answers are slow to come.

On the air transport issue, the province is setting up a regional network of strategic airports which will include Gaspé. In the short term, the companies that serve these airports will be supported by the province. In the medium and long term, there remains a scenario where a framework organization oversees

everything or a partnership with carriers. Analysis is continuing.

## Reflections

by

Diane Skinner Flowers



### Sliding into winter

The change of season is here and even though you will likely not be having a big gathering at Christmas time, it will still be a busy time. Do your preparation now and be ready for winter.

1. Do a deep clean of areas that may be neglected during a weekly cleaning. Move the furniture and trap those dust bunnies.
2. Get out your winter clothes. Wash them and put them away ready to use. Pack away your summer garb. While you are at it, get rid of clothes that you have not worn in two years, because you will likely not ever wear them.
3. Start making lists. You may need baking supplies. Get them now because we all know about shortages of supplies such as flour and yeast. Do not forget spices, such as cinnamon and nutmeg.
4. Make your Christmas shopping lists. Order or buy early this year, Canada Post is already telling us that mail and parcels will take longer to reach their destinations. Amazon is telling us the same. Order now!
5. Christmas cards. This is the perfect year to return to the old custom of sending a real card. It is a connection with people that you will not see this Christmas and we have had enough screen time so let's minimize that. If you send cards, you will likely get some in return. Then display them on the tree or mantle. One of the small pleasures of Christmas.
6. Clean your oven, a heinous job that will be great to get done now. That way you will be ready for baking and cooking. If you have a self-cleaning oven hooray! If not the dreaded smell of oven cleaner can be avoided by using baking soda and water. Make a paste and place on dirty oven surfaces. Leave overnight and wipe clean with damp paper towels.
7. Clean the chimney. This is for safety to avoid a chimney fire.
8. Get out your Christmas decorations. It's not too early to put up outside lights before the weather gets colder and wetter. Sorting through the decorations will give your spirits a lift!
9. Clean up the yard. Rake. Plant some spring bulbs. In the spring when they burst out of the ground you will be so grateful that you did.
10. Bring in the outdoor furniture.
11. Cover your outdoor firewood to minimize moisture. You can leave the top couple of feet uncovered. This allows some air go circulate
12. Get your car ready for fall. Change to winter tires. Change the oil. Stock up on windshield fluid. Make sure that you have a car emergency kit including flares and a blanket.



**Pro Pieds de la Baie**

Roxanne Major N.D.  
Foot Care Technician

Service in the comfort of your own home.

**418-752-3670**

NEWPORT TO NEW RICHMOND

Free advice with every visit!



#### AVAILABLE TREATMENTS

Health Checkup / Thick nails  
Nail maintenance / Corns / Calluses  
Nails with fungus or mushrooms  
Ingrown toenails / Plantar warts  
Preventive care for diabetics  
Massage on certain reflexology points  
Insurance receipts available  
Appointment only / Bilingual service  
Gift certificates are available

# Saint-Omer amateur gardener beats record for biggest turnip ever, a 29 kilos monster

Gilles Gagné

SAINT-OMER – Self-taught gardener Damien Allard, of Saint-Omer, grew, between the spring and November 2, the three biggest turnips in the world, including a monster of 29 kilograms, which beat the previous record by a whopping 11,3 kilos.

Mr. Allard's record and the necessary documents were sent to the Guinness Book of World Records for registration.

The astounding fact about Mr. Allard's feat is that the two other turnips of his rather limited garden also grew to beat the record set in 2004 by an Alaskan gardener, whose turnip weighed 17.7 kilograms. The Gaspesian's two other turnips weighed 22.9 and 24.4 kilos, based on the order of their harvest date and weigh in.

Damien Allard's biggest turnip was initially weighed in at 28.98 kilos, then 29 kilos. That is 63.8 pounds. The three Saint-Omer turnips were meticulously cleaned before being brought to the scale. Most turnips sold in supermarkets weigh around one kilo, sometimes less.

The weigh-in session was supervised by five people, most of them friends of Damien Allard, but also by agronomist Germain Babin, of the UPA regional office in New Richmond.

"I am very, very happy. I have worked intensively over the last two years to obtain such results (...) I invite all Gaspesians to try and beat



Damien Allard says that it takes constant care and a lot of time to grow such large turnips.

Photos: G. Gagné

my record," he first commented after the November 2 weigh in.

The registration process by Guinness will likely take weeks or months. Damien Allard had made a first attempt at the world record in October 2019. He had "failed," as his turnip weighed in at 15.52 kilos, which was 2.2 kilos short of the Alaskan record.

Beside agronomist Germain Babin, veterinarian Nicole Lépine, who is Damien Allard's neighbour, as well as a good friend of the gardener, and Jean-Christophe Gagnon, were the other official witnesses of the

record. Ms. Lépine was in charge of the Guinness protocol, which is described in a multi-sheet document she had to fill in and send.

The whole procedure was filmed in a continuous way by two other witnesses, Anne-Sophie and Camille Lépine-Landry. The turnips grew on the property of the Lépine-Landry family.

Before the weigh-in, Damien Allard showed the bag from which the seeds were taken to start the turnip shoots and the variety used, Laurentian, bought at the Saint-Omer BMR, specified the gardener. Tests were also carried out on the scale, lent

by the Carleton fish market. Those weight tests revealed that the scale was accurate, showing a small variation of five milligrams per 15 kilos.

The record-setting turnip was 138 centimetres around, 35 centimetres in height and had a diameter of 46 centimetres at its widest point.

A retired forestry engineer, Damien Allard had to cut the turnip in half, lengthwise, to prove that it did not contain any element that could have increased its weight artificially. The witnesses also examined all the exterior of the turnip to make sure that other parts of the vegetable were not altered to increase its weight.

All those steps were followed by a sampling of parts of the giant turnip, whose taste was very good, according to all. There were many funny remarks made during that process.

"That turnip would be illegal in the food industry, where you can't lift anything heavier than 25 kilos. It doesn't comply with CNESST (safety at work norms)," mentioned Gérard Landry, while watching his friend Damien Allard lift the giant vegetable from the ground. "We will be able to cook a industrial quantity of creamy turnip," replied the gardener.

The secret to reach that kind of result comes from the regularity of the care more than the addition of the time spent in the garden, assures

Mr. Allard.

"It must be watered a lot, and I put borax on its leaves on days with no rain. There was however a shortage of fertilizer, to complicate things, this summer," adds Mr. Allard, referring to the gardening centres available supplies.

He also started the turnips in a brand new soil compared to the 2019 one, and added 200 litres of compost. "It takes 10 minutes per day over four months," says Mr. Allard.

November 2 was really his special day, as the presentation of his giant turnips took place in the only sunny moments of a rainy day.

The cold nights of the last week of October did not affect the taste of the giant turnip. "My grandfather used to say that turnip had a better taste after the first frost,"

The biggest of the three turnips will be shared between Damien Allard's family members and friends. A second turnip will likely be sold at an auction for the benefit of the Nouvelle River ZEC, which manages the river and the adjacent campground. The third turnip will be given to the *Source alimentaire Bonavignon*, a food bank based in Maria.

Will Damien Allard try to beat his record in 2021? He makes one last statement of pride before answering.

"There are 8 billion people on earth and I am the only one to have achieved that (...) I am retiring, as far as turnips go. Will I try something else? When I undertake something, I am going for the big target. It is almost a burden. Ask my mother and my girlfriend," he simply concludes.



Damien Allard's three turnips beat the previous Guinness record for the biggest turnip.

**TARGETED ADVERTISING  
THAT WORKS FOR YOUR BUSINESS**

Please tell our advertisers you saw their ad in **The Gaspé Spec**

# Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

## Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



## The *Getting Better My Way* digital tool

*Getting Better My Way* is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](https://Quebec.ca/Gettingbetter)



## Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



## Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



## Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

## Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**  
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**  
Provides 24/7 referral services for people in distress (French): [centredecrise.ca/listecentres](https://centredecrise.ca/listecentres)
- **Tel-Aide**  
Helpline that provides 24/7 assistance to people who are isolated, in distress or need someone to talk to: 514 935-1101
- **Écoute Entraide**  
Community organization that supports people experiencing emotional distress: 514 278-2130 or 1 855 EN LIGNE (365-4463)
- **Suicide prevention crisis helpline**  
Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)



# Pollinators in peril – let there be hope

Jeanie LeLacheur

PERCÉ: - Although pollination is one of the most important ecological processes on this planet and we depend on pollinators every day for much of our food production, many of our pollinators are under constant and increasing threat from a variety of sources including habitat loss, toxic chemicals and climate change.

Added to these challenges is an ever-growing presence of the Varroa mite which is an external parasitic mite that attacks and feeds on honey bees. The mite which can only reproduce in honey bee colonies attaches to bees there and causes a disease called varroosis which is in turn responsible for many debilitating viruses including one which leads to DWV (deformed wing virus).

Varroa is considered to be one of the factors contributing to the high levels of bee losses around the world; introduced to Canada in 1989 it was in 2003 in large part responsible for the loss of 800 of 1000 hives of one re-



Photo: Jeanie LeLacheur

Busy as a beekeeper, Manon Houle uses bare hands as she often does, in her beehives.

gional beekeeper.

Manon Houle who is based in Percé at *La Fermette d'Antan* in the midst of some of the most challenging times for the bee industry continues to contribute to a better understanding of the importance of bees.

With an observation bee hive which allows visitors to actually watch pollinators as

they work, an array of products and activities related to her beekeeping experience and her passion, make a visit to the interpretation site well worth the trip.

Manon who has been a beekeeper for 20 years now knows first hand about the problems faced by today's bees and says "Climate change has made it easy for the varroa to invade many of

my hives and weather has been responsible for extremely poor honey harvests over the past few years." However, treating her hives with a drop of formic acid against the Varroa mite has met with positive results and she's happy to report that all her hives have survived this year.

Manon has also found an innovative way to benefit

the bee and human community as she works with her own 20 hives and has invested in something called 'hive sharing' around the region. Hive sharing sees novice bee keepers buy and install hives on their property then Manon provides maintenance as they learn to manage their own hives in exchange for part of the honey harvest.

Her clients extend all the way to Forillon and her unpasteurized honey as well as candles, ointments and an interesting variety of by-products are available at *La Petite Fermette d'Antan*. So if you're looking for a unique Christmas gift this year why not give a bee hive, the gift that really does keep on giving honey throughout the year. Not only will you harvest honey but you'll take pride in knowing that you're taking positive concrete actions to help our pollinators survive in a challenging world.

For more information or to order a hive call 418 782-6679, visit the *La Fermette d'Antan* or call 418 782-2348.

## Bohemian waxwings entertain Manor seniors



There were about 30 of the waxwings at the Manor, enjoying the fruit of a crabapple tree.



Male Bohemian waxwing contemplates the next berry he may pick. The males are distinguishable from the females by the yellow bars on their wings.

Cynthia Dow

NEW RICHMOND: - There was much gasping, oohing and ahing at the Richmond Manor on Thursday, October 29, as a large flock of Bohemian waxwings descended on a fruit tree outside the living room windows. This rather large bird, about the size of a grosbeak, is part of the Bombycillidae family and spends its summers from northern Eurasia to northwest North America. They can be found less often in northern New England and Maritime Canada in search of berries.

They also eat insects. The Bohemian waxwing winters generally in the northeast or southwest US. Boreal forests and muskeg areas are their usual haunt. This species is very similar to the Cedar waxwing, which is seen more frequently in these parts. You can distinguish the Bohemian waxwing from the Cedar as it has a deep rusty colour under the tail and the male has yellow lines on its wings. With their little masks, perhaps they came prepared for Halloween?

Photos: C. Dow

**ENERGY**  
TRANSPORTATION GROUP

571

**ASSET-BASED 3PL**

Powered by **Integrity**. Driven to be **Different**.

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

**abca**<sup>+</sup>

Société de comptables professionnels agréés

AN APPROACH THAT PAYS!

ASSOCIATES

ALPHONSE BERNARD, FCPA, FCA  
CLAUDE BERNARD, CPA, CA  
HÉLÈNE LAGACÉ, BAA

alphonsebernard.ca  
CARLETON-SUR-MER  
418-364-7471  
CPA

**DIANE LEBOUTHILLIER**

MP · Gaspésie - Les Îles-de-la-Madeleine

Serving the English-speaking community of our beautiful region!

Grande-Rivière office  
418 385-4264

Magdalen Islands office  
418 986-1489

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

New Richmond office  
581 355-0060

Email: diane.lebouthillier@parl.gc.ca

# What have we learned so far?

Diane Skinner

COVID-19 has changed our lives for the last eight months in ways we could not have foreseen even a year ago. We did not imagine a world where we would be wearing masks and washing our hands so much that they are as dry as the Sahara Desert. Well, this has taught us some new things and reminded us about some others.

1. We may have used more alcohol cleaning our hands than when consuming wine.
2. It is a good thing to avoid crowded areas.
3. Wearing a mask can prevent you from catching the virus.
4. Wearing a mask can prevent you from catching the virus and passing it on to someone else.

5. News is important so that we can understand what is happening.
6. Sometimes, the news is just noise. It helps to know the difference.
7. Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment. Most, not all.
8. The most common symptom of COVID-19 may be fever. General symptoms may include loss of taste and smell, major fatigue, significant loss of appetite and muscle pain.
9. Respiratory symptoms may include cough, shortness of breath, sore throat, and runny or stuffy nose. Gastrointestinal symptoms may include nausea, vomiting, diarrhea and stomach ache.
10. Scientists predicted a second wave. They were right.

11. We still do not know for sure how long the Coronavirus survives on surfaces, but research suggests the virus may live on surfaces for a few hours or up to several days.
12. How long the virus lives on surfaces depends on temperature, type of surface and humidity.
13. Most common surfaces likely to be contaminated: tables, phones, doorknobs, credit cards, light switches, faucet handles, steering wheels, and elevator buttons.
14. Everyone in the community must be overstocked on toilet paper, tissues, and paper towels. They are increasingly difficult to find in the store.
15. Kindness is important. Thinking of the 'other guy' will help to get us all

through this. Do unto others... you know the rest.

16. Your health and well-being are important.
17. After that, your significant people are the most important thing.
18. Essential workers are our modern-day heroes.
19. Be cautious. (This one is not new, but a reminder.)
20. Take it one day at a time.
21. Stay in touch with your friends, even those you have not talked to in a while. Call. Today.
22. Be cheerful. Things could be worse.
23. Use the extra home time you may have on your hands. Do the things you have been meaning to do. Clean out the cutlery drawer. Knit a scarf. Read a great book.
24. Listen to the scientists about COVID. What on earth possible reason

would there be to think COVID is a hoax? 6,403 deaths in Quebec say clearly that it is not. Last spring in Quebec the number of deaths were higher than the number of births.

25. Last word goes to scientist Neil de Grasse Tyson, "The good thing about science is that it's true whether or not you believe it."



# Movember: Focussing on Men's Health

Diane Skinner

Movember (a combination of moustache and November) is an annual event, that has been happening in Canada for nine years, which raises awareness of men's health issues.

These include prostate cancer, testicular cancer, and men's suicide. To raise funds, men are asked to grow a moustache during the month of November and obtain sponsors who donate money which then goes to the Movember Foundation. At the end of November men shave off their moustaches. The Foundation states that its goal is to "change the face of men's health."

Movember aims to promote early cancer detection, diagnosis, and treatment. These goals will reduce the number of preventable deaths. The foundation encourages men to book annual check-ups, be aware of family history of cancer and to live a healthier lifestyle. Since its' beginning, the foundation has raised over \$837 million dollars! Canada has been the largest contributor to the Movember Foundation.

Vision Gaspé Percé Now has a new project called Reaching and Engaging Men which aligns with the goals of

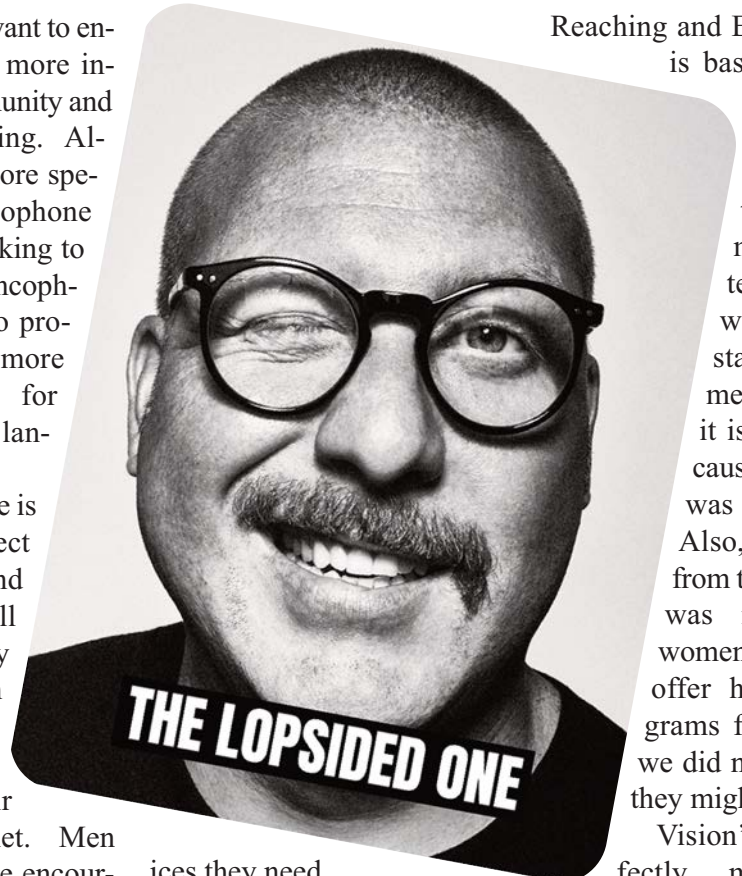
Movember. Emma McGinnis is the Project Coordinator. The goal for the project is to ensure the needs of the men in the community are heard, assessed, and compiled.

that need them. We want to encourage men to get more involved in their community and their own well-being. Although we have a more specific focus on anglophone men, we are looking to engage with francophones as well, to provide more opportunities for men of both languages."

Emma's hope is that the project will grow and that men will feel that they can reach out to Vision and have their needs met. Men need more encouragement, particularly in smaller communities, to ask for help. Men are often conditioned to believe

that seeking help is a "woman's thing" or that they should "man up." The project aims to encourage men to seek help, join community activities and speak up about serv-

Emma states, "We hope to make connections with other organizations in the area that offer services for men and help those services get to those



Reaching and Engaging Men is based on the reflection that Vision's programs and activities were mostly attended by women. Emma states, "When men do show up, it is typically because their spouse was in attendance. Also, feedback from the community was mainly from women. It is hard to offer help and programs for men when we did not know what they might want."

Statistics from the Gaspé, gathered between 2010 and 2014, reveal that men are more likely to commit suicide than women by 88%. These statistics tell us that men are underserved in the area of mental health and well-being. Vision uses these statistics to determine the kind of support men require.

The need for the project

Vision's project perfectly meshes with Movember's goals. It is apparent that men may face different issues than women. Emma reminds us, that the aim of the Vision project will also be to try to integrate anglophone men into francophone services that already exist. For the month of November, Vision will be partnering with Convergence, an organization based in Gaspé.



NEWSPAPER

Your Local

**NEWSPAPER**

Subscribe Today!

**FOR SALE**

**Vacant Beachfront Property \$60,000**

Next to Rosebridge Bridge

On the Bay

Minutes from Forillon National Park

Call Gail 1-(519)733-4903

email g.stiffler@sympatico.ca

# Oatmeal

Diane Skinner

The weather has shifted. There is no denying that winter is coming. The days are cooler and the nights are hovering around freezing. When you look out in the morning you can see the frost on the ground and cars. To start your day, especially in the colder weather, try oatmeal porridge.

Many Gaspésians have memories of a giant pot of thick, nourishing porridge (made from oatmeal) on the wood stove, steaming and ready to eat when we came down to the kitchen in the morning. My grandmother always got up first to make the fire and put the oatmeal on. That bowl of warm creaminess would be topped with a generous serving of brown sugar and a splash of milk. It warmed your insides and kept you full until noon.

Oatmeal is made from oat grains, known as groats. This grain is either ground up or steel-cut. Steel-cut oats may be sold as Irish oatmeal. The oat grains are dehusked, heated and cooled at the factory. This process gives the oatmeal a nutty flavour. The kinds of oatmeal include quick, instant or old-fashioned. These labels tell us about the length of cooking time each type will require. In general, the smaller the size of

the oats (fine, medium or coarse) requires less cooking time.

Rolled oats are produced by steaming and flattening the oats. This type of oat is commonly used in granola bars. Rolled oats are used to make apple crisp and oatmeal cookies. Oatmeal is sometimes used in meatloaf which adds fibre and additional nutrition. The health benefits of oatmeal are pretty impressive. Oatmeal can lower the risk of heart disease and reduce cholesterol. It contains fibre, protein, zinc and other minerals.

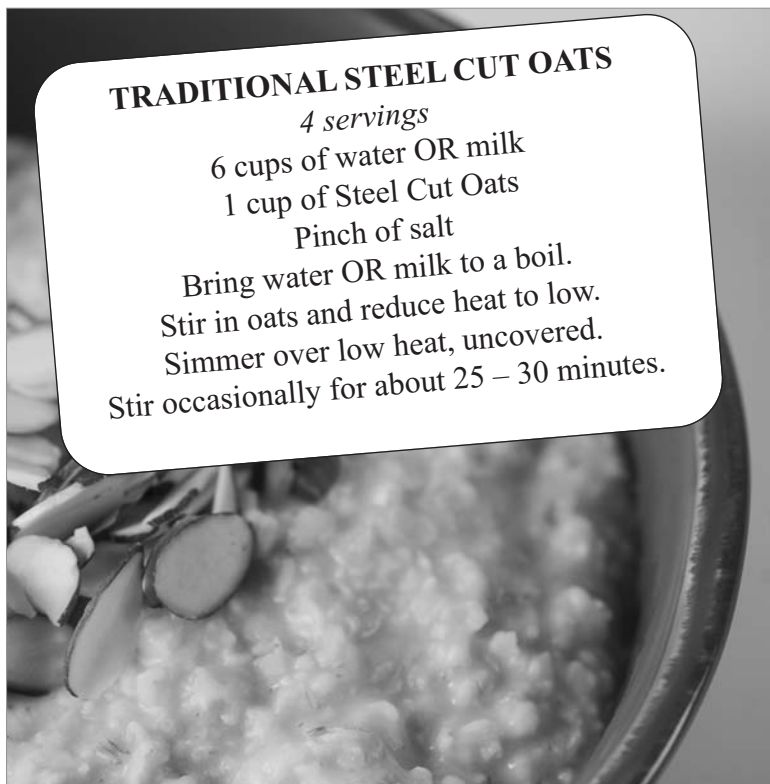
Oatmeal is regularly consumed in Scotland and was historically their staple grain. This is because the climate of Scotland is cool with high humidity so is favourable for growing conditions for the grain. In Scotland, oatmeal is most often soaked overnight in water and salt and cooked in the morning over low heat. Oatmeal is the featured ingredient in many Scottish dishes: porridge, gruel, (a watery porridge often served to people recovering from an illness), bannock or oatcakes, skirlie (a type of stuffing for poultry), black pudding, (mixed with sheep's blood), and of course haggis (sheep offal which is the entrails and internal organs, suet, oatmeal, and seasonings boiled in a bag made

from an animal's stomach).

Oatmeal can be used in many ways, but the most delicious is in the opinion of many, to make porridge. But, add lots of brown sugar! Do you recall this nursery rhyme from your childhood?



*Goldilocks was hungry. She tasted the porridge from the first bowl. "This porridge is too hot!" she exclaimed. So, she tasted the porridge from the second bowl. "This porridge is too cold," she said. So, she tasted the last bowl of porridge. "Ahhh, this porridge is just right," she said happily and she ate it all up.*



## TRADITIONAL STEEL CUT OATS

4 servings

6 cups of water OR milk

1 cup of Steel Cut Oats

Pinch of salt

Bring water OR milk to a boil.

Stir in oats and reduce heat to low.

Simmer over low heat, uncovered.

Stir occasionally for about 25 – 30 minutes.

*Changement de pneus etc.*

418-752-5896  
418-752-8306

LAWNMOWER AND SNOWBLOWER REPAIR

SANDBLASTING AND WELDING

*Tire Changing etc.*

193 RUE CHURCH STREET, NEW CARLISLE, QUEBEC

### 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%** | **72 MOS.** FINANCE +

Winter Ready Package **FREE**

OR

Winter Ready Package **FREE**

---

### 20 ROGUE S FWD

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

Winter Ready Package **FREE**

OR

Winter Ready Package Cash Alternative **Included**

---

### 20 MURANO S FWD

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

Winter Ready Package Cash Alternative **Included**

OR

Winter Ready Package **FREE**

OR

### 20 MURANO S FWD

**UPTO \$6,500** NCF STD CASH

Winter Ready Package Cash Alternative **Included**

OR

Winter Ready Package **FREE**

## ROY NISSAN

158, boulevard Gaspé, Gaspé, Québec  
Tel.: (418) 368-6226 / Fax.: (418) 368-1221  
E-mail: roynissanventes@cgocable.ca

# Announcements...



## Obituary



### ANNETT: Gordon

It is with great sadness that we announce the passing of Gordon at the age of 91 years, on August 25, 2020.

He leaves behind to mourn, his wife Joan, his two daughters Catherine and Sylvia, son-in-law Leyland, Colleen, grandchildren (Jordan, Mathew, Julie and Zachary) and a long list of family and friends.

We miss you Dad now and always.



## In Memory



### ASSELS: Frank

Passed away January 9, 1999.

Celebrate Memorial Day

Dad was in the army from 1939 until 1945. He left his loved ones and his hometown to save people. He didn't have an easy time. He came back home and found his loved ones had raised the family. Life was hard. Now life is hard with the COVID-19. We can't be together, to go anywhere. Every year we get together at the Legion to lay a wreath and celebrate together with the veterans with prayers and a nice lunch. We are members of the Legion like you Dad and we are proud of it. Dad we miss you and always think of you and love you for all the time we spent together.

Love your son Billy, (William). Written by daughter Laurine.



### ASSELS: Alan

Dearest Dad,

*If I could write a story,  
it would be the greatest one ever told.  
A kind and loving father,  
who honestly had a big heart of sparkling gold.*

*I could write a million pages,  
but still be unable to say  
Just how much I love you Dad  
and certainly miss you every single day.  
Even though I look back and  
10 years have passed us by,  
I will remember all that you taught me  
in the most loving way!*

*I am hurt but won't be sad  
because you'll always send me down the answers  
and you will always be my dad.*

*I think about you always, I talk about you still,  
You have never been forgotten  
and you definitely never will.*

*I hold you close within my heart  
and there you will remain,  
to walk and guide me through my life...  
until we meet again.*

Love you Dad! Love Kristie Assels

### FLOWERS: Howard

In loving memory of a precious grandfather who passed away November 3, 1984.

*Gone is the face we loved so dear;  
Silent is the voice we loved to hear.  
Too far away for sight or speech;  
But not too far for thought to reach.  
Sweet to remember him once here;  
Who, though absent, is just as dear.*

*The gates of memory will never close;  
We miss you more than anyone knows.*

*With tender love and deep regret;  
We who love you will never forget.*

*While you, dear Grandpa, rest in sleep;  
Your loving memory we'll always keep.*

Lovingly remembered and cherished forever in our hearts by Carol and Richard Smollett.



### LEGRAND: Evelyn

November 7, 1932 - November 6, 2018

In loving memory of a wonderful wife, mother and grandmother.

*So dearly loved and never forgotten.*

George, Glenn, Gregory and Logan.

### RENOUF:

In loving memory of the Renouf family: Father Bert 1983; Mother Sarah Annie 2006; Sisters: Nellie 1975 and Ida 2006; Brothers: Lloyd 2009, Bill 2010, Aubrey 2012, and Lester 2014.

*The rolling steam of life goes on,  
But still the vacant chairs,  
Recall the love, the voices, the smiles we shared,  
Of ones who once were there.*

Loving remembered, Mary and family xoxoxo

### RENOUF: Ernest

### RENOUF: Annie Sawyer

In loving memory of a dear father, grandfather and great-grandfather who passed away May 28, 1991 and a dear mother, grandmother and great-grandmother, who passed away November 15, 2007.

*They were always true and patient,  
Through the years they struggled on,  
And those hands that rest forever,  
Made the home that now is gone.  
Yes, sadly we miss them, and try not to grieve,  
A little while longer we too must leave,  
To meet them on that beautiful shore,  
Where partings unknown and life is evermore.*

Always remembered and sadly missed by daughter Pearl and granddaughters, Joan and Brenda and their families.



**CLASSIC  
MEMORIALS**

Four Generations  
of Monument Craftsmen

HIGHEST QUALITY - BEST PRICES

MONUMENTS, MARKERS, CEMETERY LETTERING,  
LASER DESIGNS AND PORTRAITS

### SALES REP:

Steven Imhoff

418-752-6041

Covering Port Daniel to New Richmond

**PURCHASE YOUR  
ANNOUNCEMENT ONLINE AT  
THEGASPESPEC.COM**



**Dr. Pascal Cyr**  
Optometrist



**Dr. Stacey Starrak**  
Optometrist

**CLINIQUE D'OPTOMÉTRIE  
L'ÉMERILLON**

LENSES CRAFTED ON THE PREMISES

PASPÉBIAC: 104 Gérard D. Levesque Blvd West • 418-752-5553

CHANDLER: 260 René Lévesque Blvd East • 418-689-5553

MARIA: 435 Perron Blvd West • 418-759-5553



**BILINGUAL  
SERVICE**

MEMBER  
OF



Canada's Largest Network of Optometrists

## CLASSIFIED

### 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.

### YORK:

#### ACW Christmas Sale

Please note that due to the Covid-19 situation, the York ACW Christmas sale and tea that was scheduled for November 21 has been cancelled.

### ST-GEORGES-DE-MALBAIE:

#### All Saints by the Sea

*St. James Anglican Church, Cape Cove, Quebec: Our Story 1875-2011*, recently published, includes the original history book published in 1975 and updated up to the time of deconsecration. This is a fundraiser for the care and maintenance of the St. James' Cemetery. If you have ancestors buried there, or are simply interested in histories of the anglophone communities in the Gaspé, this is the book for you! Send your donation to All Saints by the

Sea Anglican Parish, 236 Ch. Bougainville, St-Georges-de-Malbaie, QC, G0C 2X0. Minimum \$20 - more generous donations gratefully accepted and receipted. (N11)

### 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.

#### What's your story? We can help you tell it.

Check out our programs for aspiring and emerging writers:

- StoryScaping
  - Fresh Pages Initiative
  - Writing workshops
  - Mentorships
- Supporting, connecting, and inspiring Quebec writers.

Quebec Writers' Federation  
qwf.org  
info@qwf.org  
@officialqwf



### ARIES – Mar 21/Apr 20

Aries, creative energies may be high this week. You will have to find a way to channel them into something productive at work. Many ideas will come your way.

### TAURUS – Apr 21/May 21

Emotionally you should be feeling quite well this week, Taurus. It could be a perfect time for spending moments with a sweetheart or relaxing with the kids.

### GEMINI – May 22/June 21

The week ahead certainly will not be boring, Gemini. The adventurous side of you wants to take some risks and try something that is normally off-limits. Move ahead slowly.

### CANCER – Jun 22/Jul 22

It is important to let others have their moments to shine, Cancer. This week, give others their due time, and do not interrupt when someone is offering his or her opinion.

### LEO – Jul 23/Aug 23

Leo, at some point this week you



may find yourself involved in a project that has piqued your interest for some time. As long as it doesn't consume all of your energy, it can be productive.

### VIRGO – Aug 24/Sept 22

Use extra care with your words, Virgo. Some people may not pick up on your sense of humor. There's a possibility that people may take things personally.

### LIBRA – Sept 23/Oct 23

Libra, this week you may find yourself in the perfect position to meet the right person. This person can be a love interest or a new friend. Invite him or her in with open arms.

### SCORPIO – Oct 24/Nov 22

The planets may activate your subconscious mind which could play out in your dreams. Try to pay

attention to your dreams this week and log the important details.

**SAGITTARIUS – Nov 23/Dec 21**  
Restlessness might be consuming you, Sagittarius. You may be tempted to get outside more often or plan a getaway, but unfortunately tasks at home and at work dominate.

### CAPRICORN – Dec 22/Jan 20

Of course you may want to get everything correct on the first attempt, Capricorn. But that does not always happen. Keep trying because practice makes perfect.

### AQUARIUS – Jan 21/Feb 18

You may be feeling a little blue, Aquarius. Make a few minor changes to shake things up. A little change may be all you need to get over the blues.

### PISCES – Feb 19/Mar 20

Increased pressures at work may strain your nerves a bit, Pisces. Time with your spouse, children and/or friends can help.

# Thank You

for your generous donations  
to The Gaspé Spec!

#### Jean E. Walker Doyle

Pointe-Claire, Quebec

#### Mae Bulger

Conception Bay S. NL

#### Bertha Hayes

Shigawake, Quebec

#### Stephen Dow

Port Daniel, Quebec

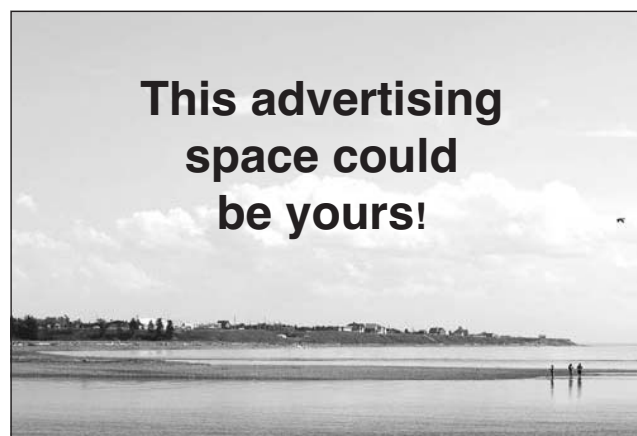
#### Heather Giannakos

Ottawa, Ontario

#### Nora Wand

Pincourt, Quebec

This advertising  
space could  
be yours!



### Grenier & Grenier LAWYERS



Réal Grenier, b.a.ll.l.  
Jules Grenier, b.a.ll.l.

96 Gérard D. Levesque Blvd, P.O. Box 519  
New Carlisle (Quebec) G0C 1Z0  
Tel.: (418) 752-3308 • Fax (418) 752-6935



Tremblay & Barriault, notaires inc  
Notaries & legal counsel

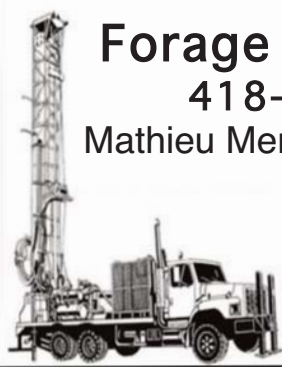
Gaël Tremblay, notary  
Serge Barriault, notary

119B Perron Blvd West, New Richmond, Que.  
Tel.: (418) 392-5282 • Fax: (418) 392-6155  
E-mail: gaeltremblay@notarius.net

FULLY  
BILINGUAL  
SERVICE

### Forage Moreau Inc. 418-392-9501

Mathieu Mercier - Driller/Owner



- Artesian Well Drilling
- Budgetary Price
- Bilingual Service
- RBQ: 5672-1467-01

foragemoreaumercier@gmail.com



By Appointment

### Richard Ste Croix

Denturologist

Construction and repair of dentures.  
We also make dentures on implants.

9 Adams Street, Gaspé Tel.: (418) 368-1525  
Quebec G4X 1E5 Fax: (418) 368-1542



GROUPE  
**OHMEGA**  
GROUP

Going beyond and reliable since 1982



Electricity - Plumbing  
Automation  
Industrial computing  
Counter sales

3 Rue Cerisiers  
Gaspé, Québec G4X 2M1  
Tel. (418) 368-5425  
Fax (418) 368-7290  
www.groupeohmega.com

# Dr. Geneviève Beebe: General Practitioner

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 all young people. Week # 3*

NEW CARLISLE: Geneviève Beebe was born and grew up on the Gaspé, where she attended New Carlisle High School from Kindergarten until Secondary II, then Bonaventure Polyvalent School from secondary III until V.

She enjoyed growing up here and recalls picking strawberries, mowing lawns, and doing maintenance work at the golf course in Fauvel as a teenager. She has always enjoyed being physically active and enjoys the beauty of this region

She studied Natural Sciences at *Cégep de la Gaspésie et des Îles*, in Carleton-sur-mer, then went on to complete her medical degree with *Université de Montréal*, Campus Mauricie in Trois-Rivières. Afterwards, she completed her Family Medicine residency with *Université Laval* in Joliette, which she completed in 2017.

Most of her family on her father's side lives on the Gaspé Peninsula and she has a strong sense of belonging here. Coming back to live and work here after her studies was always a priority.

She currently works as a general practitioner at the CLSC in Paspébiac. Geneviève is a member of the *Group de Médecins de*

*Famille Baie des Chaleurs* and her office is at the CLSC where she is the family doctor to approximately 350 patients and works at the emergency room. She oversees the medical students from *Université de Montréal*, doing their practicum at the CLSC, who come to experience the reality of practicing in a rural region.

Geneviève states, "Being a doctor, particularly working in an emergency department, can be stressful. I try to keep a well-balanced lifestyle, staying physically active and using mindfulness-based practices to manage this stress. Living in such a beautiful region and having nature at our doorstep helps to stay grounded."

She reflects that the most challenging thing about her job is that it is a continuously changing and evolving field. Staying up to date with new disease processes and treatments requires being self-disciplined and participating in various continuing education activities such as recertifications, point of care ultrasound workshops, medical conferences, and journals.

Her schedule cannot be described as typical. It varies between days, evenings, and nights at the emergency room, 8 or 16 hour shifts, in no specific pattern. Here, I can be asked to treat anything ranging from musculoskeletal complaints to more acute illness such as heart attacks. She also works one or two days a week at the office. Her clientele ranges from newborns to the elderly. No work-day is the same.

Geneviève states, "From my experience, women in my field can face certain obstacles that our male counterparts don't. Implicit gender bias is quite prevalent, such as patients assuming that a female practitioner is the nurse. Experiencing unsolicited and inappropriate comments from male patients is not uncom-

mon either.

Although I do not have any children myself, seeing colleagues that do highlights the difficulties that can arise when trying to manage our busy and erratic schedules with family life. I do believe that women's expression of empathy and compassion can manifest differently from men's and can prove to be a valuable asset as a family doctor."

One of her personal goals for the future would be to travel as she has not had the opportunity to do so yet, COVID-19 permitting of course.

She concludes, "The advice I would give to someone when choosing a career path is to pursue something you are passionate about. No job is perfect, but if you are invested in something that you love, the concessions and difficulties that arise will be worthwhile."



Photo: Courtesy of Geneviève Beebe

**Dr. Beebe returned home to the Gaspé Peninsula after her studies because she has a strong sense of belonging and says that was always her priority.**

**GO FOR A  
Modern and Affordable  
Well designed  
Quality home**



**Dream it! Build it! Live it!**

**CHOOSE AN HMC BUILT HOUSE**

Factory-built, sheltered from the weather using a method which reduces costs and production time offering the highest quality standards and the best energy efficiency

IMAGINE YOUR HMC HOME A move in ready home with the decor of your choice and designed the way you want, no hassles, no worries

Representative  
Robert Bilodeau



 **hmc**  
Les Habitations Mont-Carleton

1 877 666-3168  
**hmcmaison.com**  
RBQ: 8000-7883-06



VILLAGE  
Real Estate Agency

**Suzanne Landry**

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

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

# Start your Christmas shopping early!

Give subscriptions to **The Gaspé Spec** this year!

It's hassle-free!  
No tramping through malls!  
One size fits all!  
No assembly required!

## SPEC GIFT SUBSCRIPTION FORM

*I wish to send Spec to the following people:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Your gift message: \_\_\_\_\_

Canada: 1 year: \$46  6 mths: \$25

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Your gift message: \_\_\_\_\_

Canada: 1 year: \$46  6 mths: \$25

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Your gift message: \_\_\_\_\_

Canada: 1 year: \$46  6 mths: \$25

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Your gift message: \_\_\_\_\_

Canada: 1 year: \$46  6 mths: \$25

Mail your form along with your cheque or money order to  
The Gaspé Spec, 208-B Gérard D. Levesque Blvd, New Carlisle, Quebec G0C 1Z0  
or call the office 418-752-5400 with your credit card.

Gift subscriptions can also be purchased at: [thegaspespec.com](http://thegaspespec.com)

*A gift card is sent at Christmas time to let your family and friends know that  
The Gaspé Spec is on its way from you!*