

Nepotism at the CISSS

Nelson **Sergerie**

GASPÉ - The Integrated Health and Social Services Centre (CISSS) of the Gaspé is defending allegations of favouritism in the hiring of staff for the COVID-19 SWAT Team.

Family and close ties between senior management, administrators and employees are denounced in a letter obtained by The GASPÉ SPEC. - In the organizational chart of the SWAT team, the spouse and two daughters of the Director of Nursing, Johanne Méthot, have been hired. Her sister, Nancy Méthot, is responsible for the team in Rocher-Percé.

- The sister of President and CEO Chantal Duguay, France, is co-leader of the Rocher-Percé team.

Chantal Duguay indicates a lack of resources and brings up the specific case of one of Ms. Méthot's daughters. "Ms. Méthot's daughter is studying Nursing Techniques. There is

not a single student in Nursing Technique who is refused at the CISSS. Why would I have refused her? Because she has the misfortune of being Mrs. Méthot's daughter?" says the CEO when questioned following the CISSS board of directors meeting on February 9.

In addition, without even asking the question, Ms. Duguay cited the case of the communications manager and assistant to the CEO, Clémence Beaulieu-Gendron, the daughter of Jean-Luc Gendron, director of quality, evaluation, performance and ethics at CISSS.

"You don't have priority because you know someone in the facility. But if you have a higher skill, we must consider it," Ms. Duguay states.

Other cases

Other people are criticizing this form of favouritism in hiring within the CISSS. Since the story was first



Photo: N. Sergerie

The President and CEO of the CISSS de la Gaspésie, Chantal Duguay.

broadcast on CHNC, several people with the promise of anonymity from journalists, have brought other relationships in the COVID-19 staff hiring to light.

One person mentioned that he was chosen for a position but his candidature was

rejected at the last minute. It was ultimately the father of Caroline Stevens, the human resources manager at the Rocher-Percé local health network, who was hired.

Other sources have mentioned that the daughter and son-in-law of Stella Travers,

a long-time collaborator of the CEO, have also found employment with the organization.

On the sidelines of the CISSS board of directors, the head of Human Resources, Alain Vézina, stated that to deal with the health crisis, the organization hired 330 people, in particular by calling on 262 retirees and 142 students to fill the needs. Thanks, among other things, to the "I contribute" site set up by the Quebec government last spring.

In 2014, the *Journal de Québec* had already highlighted the family ties at the Rocher-Percé health and social services centre. Ms. Duguay was the director there and had said at the time that there had been no favouritism.

The Gaspésie-Îles-de-la-Madeleine Health and Social Services Agency denied the allegations.

More on this topic on page 3

SQDC will open a store in Carleton

Gilles **Gagné**

CARLETON - The *Société québécoise du cannabis*, the SQDC, the public corporation in charge of legal cannabis retail sales and distribution, will open a store in Carleton before the end of 2021. The news is confirmed by the SQDC. About twelve jobs will be created once it is up and running.

It will be the second outlet of the SQDC in the Gaspé Peninsula, after Grande-Rivière's. It will be located in Place Carleton, a small mall that is located in the downtown area. The store will replace AGP Assurance in that building.

The spokesperson of the SQDC, Fabrice Giguère, doesn't comment at length on the new store context but he mentions that the target is to open it before Christmas.

Carleton was chosen "because of its population density

and in order to maximize the supply chain of the SQDC," points out Fabrice Giguère. Carleton and Grande Rivière are both located on the south side of the Gaspé Peninsula.

The new store will offer a complete range of cannabis products, just like the other SQDC outlets, mentions Mr. Giguère. He refuses for now to say if the SQDC will open other stores in the Gaspé Peninsula and Magdalen Islands, given that there is no store on the north side of the peninsula and none in the archipelago, where people must order online, however, the public corporation is moving on with its development plan, he adds.

In the Lower Saint Lawrence region, the SQDC is operating stores in Rivière-du-Loup, Rimouski and Matane.

Maurice Quesnel, director general of the Baie-des-Chaleurs Chamber of Com-

merce, says that he was expecting a second SQDC outlet in the Gaspé Peninsula.

"I was guessing between New Richmond or Carleton. There is more population on this side. It is true that the distance is considerable for the people living on the north side of the coast. Some people already go to Matane or Rimouski for shopping but Sainte-Anne-des-Monts has developed a fine offer of food products over the years and adding the SQDC would complement what is available there. It would also slow down commercial leaks," comments Mr. Quesnel.

He understands that a certain cross section of the population doesn't approve of the promotion of cannabis retail sales.

"It is here to stay though and it prevents, to a certain point, products being sold on the black market, where pro-




Photo: Roxanne Langlois

The new cannabis selling point will be located in the Place Carleton building. It should open before Christmas 2021.

duction does not respect a defined set of standards. Cannabis consumption doesn't translate into drug addiction, a problem affecting a small proportion of the population. The SQDC staff is trained and can give advice. It is not the case

for the cannabis sold on the street," concludes Mr. Quesnel.

Cannabis is also sold in a number of outlets located in Listuguj. Those outlets are supervised by the band council which issued a limited number of permits.



**Now more than ever,
simple gestures are
our best protection
to fight the virus.**

- * Maintain physical distancing
- * Wear a mask
- * Wash your hands regularly
- * Avoid travel to other regions and non-essential trips
- * Get tested promptly if you have symptoms
- * Follow self-isolation guidelines

Let's continue to protect ourselves properly.

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

 1 877 644-4545

Votre
gouvernement 

Québec 

CISSS NEPOTISM: Minister Dubé verifies the situation

Nelson **Sergerie**

QUEBEC - The Ministry of Health has indicated that audits are underway following allegations of nepotism in hiring at the Gaspé Peninsula CISSS.

In an email sent to SPEC, the ministry indicated that it is aware of the situation at the CISSS.

The audits consist of ensuring that no significant

conflict of interest is identified, especially with regard to hiring and direct reporting relationships with senior CISSS executives.

The ministry states that hiring must be made on the basis of the skills and expertise of professionals and not of family ties.

Minister Christian Dubé has not granted an interview on the issue.

Police report

The Town of Gaspé Municipal Housing Board's former director general, Daniel Samuel, faces six charges related to the way he was managing that organization, and fraud is one of them. He also faces two counts of breach of trust, and one count each of forged documents production, use of forged documents and theft. Those crimes allegedly took place between April 2008 and February 2020, when he was working for the Municipal Housing Board, or *Office municipale d'habitation*. He retired in 2018. Daniel Samuel was arrested on February 8. He was released after appearing in court. He committed to going back to court, in Percé, on March 8. The arrest was made following an investigation carried out by the Anti-corruption Permanent Unit, better known as UPAC. The investigation started in 2018.

A 38-year-old man from New Carlisle will eventually face charges of cruelty against an animal, for allegedly kicking a small dog. Sûreté du Québec officers intervened after being informed of the situation, on February 8. The man had posted his actions on social media, which prompted many to denounce those acts. On the video, he appears to kick the small dog twice, and the animal barks. "The man was questioned and released. The file will be submitted to the crown prosecutor for evaluation. We don't know when it will reach the courthouse," explains Sûreté du Québec spokesperson Sgt. Claude Doiron.

Jean Aubuchon, 29, from Val d'Or who was arrested on January 30 after a police chase that took place mainly between Rivière-au-Renard and downtown Gaspé, was sent to the hospital for a psychiatric evaluation, after his third court appearance on February 8. It was supposed to be the date of his bail hearing. Most psychiatric evaluations are called for 30 days but they are completed earlier, sometimes.

Jean Aubuchon faces charges of aggravated assault, the weapon being his car, hit and run, dangerous driving, vehicle theft, mischief on two vehicles and obstruction in the work of police officers. The chase started after the suspect almost hit a police officer with his car. A few moments later, the suspect bumped into that police car several times, making it impossible for the policeman to pursue the suspect. A nail carpet was used in Saint-Majorique to stop the suspect's vehicle but the man still covered many more kilometres before being forced to stop in downtown Gaspé.

Nine COVID-19 curfew-related tickets were handed out by Sûreté du Québec police officers to citizens of the Gaspé Peninsula and Magdalen Islands between February 1 and 7. It brings the total of infractions to 56 since the imposition of the curfew, on January 9. Out of those 56 tickets handed out by the Sûreté du Québec in the region, 44 are related to curfew-breaking and 12 for not respecting the ban on forbidden gatherings. Every infraction carries a fine of \$1,500. The fines now total \$84,000 in the region in one month. Since February 8, the curfew was extended to begin at 9:30 p.m. instead of 8 p.m. The morning curfew limit remains 5 a.m.

CISSS nepotism: Sylvain Roy and the SIIEQ react

Nelson **Sergerie**

GASPÉ - The Union of Nurses, Auxiliaries, and Respiratory Therapists of Eastern Quebec is not surprised by allegations of nepotism on the Gaspé Peninsula.

The president, Pier-Luc Bujold, is happy to see the situation explode in the media, having heard of this issue and asks the ministry to assess the matter. "Is this application of family ties ethically correct? We will follow it closely," he says.

The appointment of retirees returning to the organ-

ization has had an impact on its members. Mr. Bujold cites, for example, the case of the director of nursing, Johanne Méthot. "She is still in the post as a retiree when there are some of our members who applied for that post. There are people who have potentially been wronged there," says Bujold.

The union president believes that jobs should go internally before going to retirees or relatives.

An inquiry requested

Reacting to the allegations, the Member of the Na-

tional Assembly for Bonaventure does not mince his words and calls for an investigation. Sylvain Roy denounces the situation.

"The CISSS, in my opinion, is run like a private company with owner-managers. This is a situation that we have long denounced, but it is clear that these people enjoy protection in high places. This is unacceptable," says the elected official.

The MNA points out that if he hired his brother, his children or his wife, he would be attacked publicly.

Subscribers Like **You**
Make the Difference



Fisheries and Oceans
Canada

PUBLIC NOTICE

Canadian Navigable Waters Act

Fisheries and Oceans Canada hereby gives notice that an application has been made to the Minister of Transport, pursuant to the *Canadian Navigable Waters Act*, for approval of the works described herein, its site and plans.

Pursuant to paragraph 7(2) of the said Act, Fisheries and Oceans Canada – Small Crafts Harbours – has deposited with the Minister of Transport on the on-line Navigable Waters Registry (<https://common-project-search.canada.ca/>) and under registry number **2533**, or under the NPP File Number **2020-303334**, a description of the following works, its site and plans:

Ruisseau-Leblanc Harbour including the following structures: Breakwaters, docks, footbridges, floating docks and anchoring systems, partial dredging of the harbour and channel, located at latitude 48° 4' 40.31" N and longitude 65° 36' 48.68" W, on lots 5 963 060 and 5 963 061, cadastre of Quebec, municipality of Caplan, Gaspésie – Îles-de-la-Madeleine, province of Quebec.

Comments regarding the impact of these works on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the Internet, by sending your comments directly to:

Transport Canada, Navigation Protection Program
1550 avenue d'Estimauville
Quebec QC
G1J 0C8
Email: PPNQUE-NPPQUE@tc.gc.ca

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of this notice. Although all comments related to the above will be considered, no individual responses will be sent.

Posted at Caplan, province of Quebec, this 17th day of February, 2021.

Canada

Gilles Gagné Commentary

Gilles Gagné



Do we choose to be leaders in air pollution reduction or not?

A recent study carried out by researchers from Harvard University and a few universities based in Great Britain reveals that the combustion of fossil fuels like coal, oil and gas prematurely kills 8.7 million people per year in the world. That is 18% of all premature deaths. That is more than the deaths induced by tobacco smoking and malaria. (Note: A death is considered premature if it occurs before the average age of death for the population involved.)

Fossil fuel pollution represents 75% of all the atmospheric pollution in the world. The most recent study carried out in 2020 and based on 2018 statistics doubles the number of casualties evaluated by a previous search realized by The Lancet, a famous medical publication.

According to British and American scientists, the research methods have been fine-tuned over recent years to make more accurate links between pollution and deaths. While there was correlation before, which means similar tendencies between the rise of pollution and the increase of casualties, direct links can now be established.

On the correlation front, the last study also reveals that data collected by satellites have greatly improved the accuracy of pollution measurement and have therefore bettered the mathematical models used to quantify it worldwide.

The adjustment between the publication of The Lancet study and the Harvard - Great Britain universities study stems in an important way from better pollution measurement in China, India and Southeastern Asia, which boast arguably the highest population density in the world.

In that part of the world, 30% of premature deaths

are caused by the pollution induced by fossil fuel consumption. In second place comes Europe, with 16%.

The surprise, if it is one, comes from the holder of third place, Canada. Here, 13.6% of premature deaths are caused by the combustion of oil, gas and coal. The real surprise undoubtedly comes from our lead over the United States, in fourth place with 13.1%.

Montreal's cardiologist and public health university teacher, François Reeves, points out that we have known for decades that atmospheric pollution affects our lungs and heart.

He mentions the Great London Smog of December 1952, five uninterrupted days of static air pollution that killed 4,000 people, according to the medical authorities of the time. The increased combustion of coal during a cold wave characterised by windless conditions formed a thick layer of smog over the city. It was estimated that about 100,000 more people were sick because of the smog effect on their respiratory track. More recent studies suggest that the number of fatalities was probably much higher, maybe in the 10,000 to 12,000 death range.

Professor Reeves adds that recent research proves that fossil fuel combustion affects almost all the organs of the human body. There are proven links between air pollution and brain damage. The incidence of dementia and Alzheimer's disease is higher in areas affected by higher atmospheric pollution. Keep in mind that 75% of that pollution is caused by fossil fuel combustion.

Fatalities are not the only reason to raise a red flag regarding fossil fuel combustion. The overall health conditions of living people represent another great reason. Professor Reeves cites a Health Canada document published in December 2019 that states that air pollution not only causes 15,000 premature deaths in Canada yearly but costs \$114 billion in health-related expenses. That is quite a bill.

Doctor Reeves draws an interesting parallel between our awakening to the bad effects of air pollution and tobacco consumption. It took decades before the general public made a move between the reconnaissance that tobacco was highly detrimental to people's health and concrete sensitization measures and actions to reduce cigarette consumption.

For years though before that sensitization and those

actions were undertaken, scientists knew that non-smokers were by and large in much better health than smokers, and that big smokers were more affected than occasional or light smokers.

It took years before researchers were able to gather enough information to prove what the tobacco companies had kept for themselves; tobacco directly kills people over the long term.

Doctor Reeves compares air pollution caused by fossil fuel consumption to the secondary smoke generated by our cities. Whether people burn oil, gas or coal, it will affect them, like non-smokers were more affected when people could smoke everywhere, compared to the restricted areas of today. In practice, it is now possible to live and stay away from tobacco smoke, when we are careful.

Science makes it increasingly possible to not only make a correlation between air pollution and deaths or illnesses but also to prove the causal link. It is not just a feeling based on numbers. It has certainly proven by satellite-collected data, improved on-land collecting methods and technological means detecting the presence of chemicals in our organs.

So what do we do now? We dig more oil fields and build more pipelines, or we adopt transition methods that will also generate economic growth, but with a lesser environmental impact, through developing solid and well-paid jobs as well, but in sources of energy that reduce air pollution, like wind and solar energy?

It looks like a no-brainer. Do we need to witness court cases opposing oil companies and health authorities before making real air pollution reduction moves, instead of the weak measures generally spearheaded by our governments? Do we need to be the flat-footed witnesses of some other governments rooting for oil, gas and coal? Or can we make decisions that will prevent us from having regrets, 20 years down the road, when the number of air pollution fatalities will reach new levels if we stand still?

Can we, in Canada and Quebec, be bright now and be among the world leaders in air pollution reduction, or do we really need to show the third worst record in the world?

People wondering why it is necessary to reduce oil, gas and coal consumption have food for thought here.



Guest Commentary

Emma Buckley

Roots of wisdom and well-being

Walking up on Mont-Ste-Anne the other day, my gaze was captured not by the dramatic views but by several small gnarled trees. They were poking out of crevices in the cliff face, their twisted forms clinging heroically to the rock. How long had they been there, I wondered, withstanding the wind and the snow?

In a similar rugged environment in Ontario, these trees - known as eastern white cedars - turned out to be much older than anyone thought.

Botanically speaking, the eastern white cedar is not a cedar at all, but Thuja occidentalis, a member of the cypress family. (In Australia a white cedar is another plant entirely, a native deciduous tree, with a bushy, elegant crown. My Granny had one in her front yard which never quite achieved its ornamental potential, being pruned by Granny to within an inch of its life). Thuja occidentalis' small, stunted form is often found clinging to cliffs such as those on Mont-Ste-Anne, but it also favours swampy areas, where it grows taller and more graceful in form. Once upon a time this tree was thought to live to around 80 years or so, but the trees of the Niagara Escarpment in Ontario have been carbon-dated to more than 1000 years, placing them amongst the oldest trees in North America.

The white cedar has some clever methods for staying alive. It is very slow growing, which makes for

greater strength. It has an ingenious protective system that allows some parts of the tree to die without affecting the rest of the tree. (On reading this I thought of an Australian equivalent; eucalyptus trees that ration scarce groundwater by blocking it from reaching certain branches. These branches eventually die and fall to the ground, while the tree itself lives on, infamously known as a "widow maker".)

Australia harbors some ancient wonders that are even more mind-boggling than Ontario's white cedars. West of Sydney lie the Blue Mountains, a region of sandstone gorges and deep, forested valleys, so-named for the oils emitted by eucalyptus leaves which produce a blueish haze. In 1994, a park ranger abseiling in the mountains chanced upon a stand of conifers he thought looked unusual. A specimen taken for study confirmed that the trees matched ancient fossils of a plant that flourished in Australia between 40 and 200 million years ago, alongside the dinosaurs. The plant genus was thought to be long extinct, up until the moment that the trees were discovered in their damp, shady canyon, standing quietly through time.

The tree was named the Wollemi pine for the national park where it was found. Its location was, and still is, kept secret from the public. It too is somewhat of a misnomer; not a true pine, but part of a family of ancient evergreen trees that all seem - to put it most unscientifically - other-worldly, including New Zealand's kauri and the monkey-puzzle tree from South America. Australia's Bunya pine, which drops cones the size of soccer balls, belongs to the same family. (My aunty had an immense Bunya pine in the backyard which we sat half-beside, half-under for Christmas lunches, poised to make a dash should an

errant cone break away.)

Fire swept through the Wollemi National Park during Australia's Black Summer of 2019/2020. Aerial photos of the park taken afterwards show scorched hills abutting a slash of bright green - the 200-odd Wollemi pines still standing in their secret canyon, saved by firefighters.

How many similar wonders have been lost, having never been discovered? It's a timely question, with old growth forests - and all they contain - threatened by deforestation: in Australia, in Canada, and around the world. Old forests are irreplaceable. Like all elders, they deserve to be treated with respect and care.

The Gaspé Spec

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

Publisher:
Penny MacWhirter

News Editor:
Gilles Gagné

Office Manager:
Joan Imhoff

JOURNALISTS:
Nelson Sergerie
Diane Skinner

CONTRIBUTORS:
Cynthia Dow,
Jeanie LeLacheur

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

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.

Canada Québec

Member of: **News Media Canada** **Médias d'Info Canada** **C.M.C. AUDITÉ**

McInnis Cement launches recruitment websites

Company trying to find 15 new employees

Gilles Gagné

PORT DANIEL – Port Daniel's McInnis Cement has recently started two new websites to recruit workers, as the company is trying to fill 15 positions, essentially skilled people, mostly mechanics and electro-technicians. The sites are designed to be user-friendly and include recruiting success stories.

Company spokesperson Maryse Tremblay explains that McInnis Cement wanted to maximize its recruiting efforts through adopting a more laid-back approach.

"Our corporate website is designed to inform the clients of our activities but it is less efficient to recruit workers. The new site is flexible, the tone is different, closer to workers," says Ms. Tremblay. "We have 15 positions to fill right now. We are looking for six mechanics and three electro-technicians, among other positions. The mechanic positions are hard to fill. We have been relying on subcontractors to fill our needs for those positions but we prefer having our own staff," she points out.

McInnis Cement has been operating the Port Daniel cement plant since the spring of 2017. The construction of the facility took almost three years.

"During the start-up, things were going very fast and there was some staff turnover. Now, our staff is very stable and we want to complete the workforce. We have 150 employees in Port Daniel and 222 throughout the McInnis Cement network, including in the offices and the terminals," says Maryse Tremblay.

Four employees recruited by McInnis Cement during previous recruitment campaigns are featured on the new recruitment website.

"The site presents a perspective for the person looking for a job. The writeups are based on the answers of those four workers to our questions. We did not write it for them," she notes.

Since McInnis Cement started hiring employees in 2015-2016, 70% of the recruiting has come from the Gaspé Peninsula.

"Of the 30% remaining, half of them had roots in the region, either directly or through their spouses. It



McInnis Cement has created two new and more user-friendly websites to help with recruitment.

Photo: G. Gagné

leaves 15% of the positions for people without roots here. For them, the localization of the plant is a challenge. There is that perception of the distance. It is the main reason why it can fail. The labour shortage is everywhere. It is up to us to be competitive," says Maryse Tremblay.

"We invite potential recruits to a two-day stay in the area. They visit the plant in depth, they are invited to attend different get-togethers with the employees and with people from the area. We show them the advantages of the Gaspé Peninsula. We organize picnics and meals at the beach in the summer. We want potential employees to understand the reality of the place where they will settle. We want them to be happy," explains Ms. Tremblay.

Finding a place to stay for a newcomer is another challenge, as the rate of vacancy is low in the Port Daniel area, as is also the case in the rest of the Gaspé Peninsula.

"It is a problem. Lodging is difficult to find and it is a handicap in our recruiting efforts. We must deal with that. We must support our candidates in their search for a place to stay. It is mainly for the 15% of recruits coming from outside the area. There are two elements to take into account. The newcomer will not buy a house during the first two days after moving. Renting an apartment for now is a problem because there aren't many units. We see apartments for rent at \$2,000 per month! We are not talking about a palace, just an average apartment. It is irritating. The company doesn't have a whole lot to say. It is up to individuals' decisions," stresses Ms. Tremblay.

The municipalities can hardly intervene over the

short term and it might hamper their image.

"I don't know the solution but I can imagine myself in the shoes of a newcomer. If one arrives somewhere, he or she will likely develop a network in that place and will likely stay close," says Ms. Tremblay.

The lack of daycare facilities is often cited as a major problem in Gaspé Peninsula's labour recruitment but Maryse Tremblay does not hear a lot about that issue.

"Our human resources team says it is not a hassle, maybe because a high proportion of our new employees are coming from the area and already have contacts and a family network here," she says.

Transportation also poses a problem, mentions Maryse Tremblay, considering the suspension of VIA Rail's pas-

senger train service, the uncertainty regarding Keolis Canada's bus service and the exorbitant aerial fares.

"We hear that air travel could cost less soon, with the coming of the TREQ cooperative and that would be a good thing, although it looks as if Gaspé would be their only stop," she stresses, aware that for the workers living in the Chandler or Grand River area, the Gaspé airport is quite reachable.

The job sites appear under the names emploismcinnis.ca and mcinnisjobss.ca. "Some job posts are currently translated in English," mentions Ms. Tremblay regarding recruiting efforts in the Anglophone community.

Maximum production still has not been reached

Meanwhile, McInnis Cement is still in a ramp up

process, in the sense that its maximum annual production capacity of 2.3 million tonnes remains a target that has not been reached.

"We don't reveal daily production numbers, however, in 2020, we increased our capacity by 20% compared to 2019 despite a production halt of one month in May, due to the COVID pandemic. We had to lay off all of our subcontractors, except for rare cases of essential services. We kept producing with a reduced team for a month, then the demand for cement seriously plummeted. We kept producing and we filled all our terminals but at one point, the demand was zero, in May, before picking up and reaching very, very high levels. We figure that we will need two more years before reaching our maximum annual production," explains Maryse Tremblay.

On December 10, the *Caisse de dépôt et placement du Québec* announced an agreement in principle that would lead to a control transfer to Votorantim Cimentos, a Brazilian company owning many cement plants in the world.

"There is nothing new to report on. The transaction is under analysis by the Competition Board. When the transaction was announced, it was mentioned that a closed deal would be reached at the end of the spring or the beginning of the summer. That position still stands," she stresses.

Fewer people working in January

Nelson Sergerie

GASPÉ - Fewer than four in 10 people had a job in the Gaspé Peninsula and Magdalen Islands in January.

According to Statistics Canada, the employment rate was only 38.8% last month with 29,600 people working in the region, down 900 from December and from 2,900 on the same date a year earlier.

The region had 700 more unemployed from December to January. The unemployment rate was 12.4% in January, up 2.1% from December. It was 17.1% in January 2020, but more people were looking for work.

Congratulations,

to Marlene Armishaw of Miguasha,
who came up with an excellent
Gaspesian version of
The 12 Days of Christmas

The version of *The 12 days of Christmas* in the issue of February 3 was, in fact, by Cynthia Dow who was the creator of the contest. Spec apologizes for this mix-up.

12 days of a Gaspé Christmas

On the twelfth day of Christmas,
my true love gave to me:
Twelve treats from CASA,
Eleven games of Bingo,
Ten Tik Tok dances,
Nine windmills turning,
Eight smelts a-frying,
Seven classic movies,
Six grand kids Zooming,
Five candy canes,
Four Irish jokes,
Three flatfish,
Two snowy owls and
An angel on a fir tree.

by Marlene Armishaw

Jules Bélanger, pioneer of the Gaspé Cegep, passes away at 92

Gilles Gagné

GASPÉ – Gaspé-based retired teacher, author and builder Jules Bélanger died on February 5 at the age of 91. He died in his sleep at his home. A regional leader who fought for better media, transportation and education services, he was still advocating, at 90 years of age, for the return of the VIA Rail passenger train.

He is remembered for many battles, including the establishment of a Cegep in Gaspé at the end of the 1960s, something Quebec's Education Ministry was not considering when those colleges were created, as the civil servants and the Quebec City based politicians were considering a centralization of such services in Rimouski.

He also advocated for decades in favour of the establishment of a regional museum, which became a reality between 1974 and 1977, namely the Musée de la Gaspésie in Gaspé.

"I could not accept the fact that our best pieces of heritage were leaving by trailer loads every summer. We needed a place where we could see them, learn about our history," said Mr. Bélanger when interviewed on that topic, years ago. The museum was called

and is still called sometimes "Bélanger's baby."

He was co-author with young historians Marc Desjardins and Yves Frenette of the *Histoire de la Gaspésie* book, a pilot project published in 1981 as the first such regional history book in Quebec. "It took a while landing the museum but it was quicker putting together a local history book," he said in 2016, after receiving from Quebec's Department of Culture the Gérard-Morisset Award for his commitment in heritage protection. It is Quebec's highest distinction in that field.

Born in Nouvelle in 1929, the fourth child of a family of 18, Jules Bélanger studied at the *Collège classique de Gaspé* before pursuing his literature studies at *Université Laval*. From there, he moved to the Holy Heart Seminary in Halifax for his degree in theology. He also studied to get his master's degree in philosophy and completed with success his literature doctorate in France.

He was a literature teacher at the Gaspé Cegep between 1969 and 1987, after also teaching Latin and French at the *Collège classique* he had attended. He was involved with the Catholic Church. His 30-year career in teaching was interrupted at times by his studies.

For years, he was a vital force at *Magazine Gaspésie*, the history magazine founded in 1963 by Claude Allard and Michel Lemoignan, who were Catholic priests. Mr. Bélanger joined the publication in 1966.

Ironically, Jules Bélanger and Michel Lemoignan, two friends in life, were opponents during the electoral campaign


of 1976. Mr. Bélanger represented the Parti Québécois and Mr. Lemoignan was the Union nationale candidate and the latter won.

"I was almost happy to lose. I had run because we didn't have a candidate. Some other people were approached but they were refusing because of the consequences on their


clientele. I decided to go because I had no clients," he recalled in 2016.

Jules Bélanger was also a main force in the Diffusion Gaspésie movement, which spearheaded the creation of the Pharillon newspaper and the Radio-Gaspésie station.

He remained an avid reader until his last days.




21 VERSA SEDAN



S MT

\$199 MONTHLY | **60 MOS. LEASE**
\$0 DOWN

20 SENTRA




SV CVT

\$55 WEEKLY | **39 MOS. LEASE**
\$995 DOWN

20 ALTIMA


S



OR

0% | **60 MOS. FINANCE** | **UPTO \$3,500**
NCF STD CASH


20 KICKS



S

\$51 WEEKLY | **39 MOS. LEASE**
\$995 DOWN

20 QASHQAI




S FWD CVT

\$65 WEEKLY | **39 MOS. LEASE**
\$995 DOWN

20 ROGUE


S



OR


0% | **84 MOS. FINANCE** | **UPTO \$6,000**
NCF STD CASH

21 ROGUE




S FWD

\$339 MONTHLY | **39 MOS. LEASE**
\$1,250 DOWN




20 MURANO

S



OR

0% | **60 MOS. FINANCE** | **UPTO \$7,000**
NCF STD CASH



ROY NISSAN

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

No cruise ships in 2021

Nelson Sergerie

GASPÉ - On February 4, the Minister of Transport, Omar Alghabra, announced new Interim Orders, prohibiting cruise vessels in all Canadian waters until February 28, 2022.

This is another hard hit for the organization that has received several setbacks in the last couple of years, as a result of the health crisis and the situation with the right whales.

In 2021, 25 stopovers were scheduled with some 25,000 cruise passengers while 47 had been cancelled in 2020 due to the health crisis. "Several millions in spinoffs and good visibility on the international market and, of course, an extension of the season will not be there," explains Destination Gaspé executive director, Stéphane Sainte-Croix. In 2018, Escale Gaspésie estimated the economic spinoffs from the cruise ship industry at \$7.5 million.

Since 2017, the organization has also had to deal with the right whale situation, which has caused to date the cancellation of 44 of the 137 stopovers.

In the industry, it is mentioned that even if a 2022 season were to be held, the recovery will remain difficult due to the fears of tourists as the industry received bad press at the start of the pandemic, in spring 2020.

In addition, if there is a season, the fact remains that the right whale will remain an obstacle to the industry, even if the large cruise companies still show a marked interest in the Gaspé as a destination.

Escale Gaspésie's board of directions remains discreet as to what will happen next, pending a meeting. The organization must decide on its survival, but everything suggests that will be put on hold pending a recovery.

Last spring, when the industry was put on hold, Escale Gaspésie already felt that it no longer had much leeway to collect revenue. What the organization now fears is that the workforce that was mobilized each year will find another job and in a labour shortage, it could be difficult to form a team to welcome these travellers.

LÉGER SURVEY: Gaspésians are the happiest Quebecers

Cynthia Dow

In 2006 the Léger marketing firm came up with an index to measure happiness. In its latest edition of *“Le Code Québec”*, a series of books outlining some of the characteristics of the province, respondents to the survey confirmed that Gaspésians are the happiest people in the province.

The happiness index takes into account 25 factors such as sense of accomplishment, health, optimism, authenticity, family relations and environmental awareness.

In an interview with Radio-Canada’s Isabelle Lévesque on January 29, the head of the world-renowned firm, Jean-Marc Léger, indicated that Gaspésians “...live according to their values, their principles, their beliefs and are closer to their own reality.”

For example, results of the survey indicate that Gaspésians place a high value on authenticity and are less likely to accept lying than Montrealers. The

level of happiness in the big city, by the way, was the lowest of the 15 regions studied.

Mr Léger went on to explain that “The other factor is relations between individuals: being acquainted with neighbours, being friendly with neighbours and involvement with the community. So people are closer to their neighbours, and closer to themselves.”

He said in those respects, Gaspésians have lessons to give to other Quebecers.

Mr. Léger added that the Gaspésie is the one region in the province where people are so proud. They identify themselves as being from the region before saying they are Quebecers or Canadians, even if they live elsewhere. “The region remains anchored in people.... If they have lived in Montreal for 30 years, when you ask them where they are from, they say the Gaspésie.”

One of the factors that negatively affects happiness in the area is economic challenges. “In the Gaspé people are more

stressed about losing their jobs, more stressed by money issues... people learn to get along on their own and not wait for help from others.” This impacts behaviour: for example, as a result of financial insecurity, Gaspésians are more likely to buy life insurance than other Quebecers.

The region is one of the most nationalistic in the province, Mr Léger pointed out, and here people are closer to nature.

The survey included responses from over 36,000 Quebecers from all regions of the province. They have an accuracy rate of +/- .52% 19 times out of 20.

If you want to learn more about Quebecers as a whole, Télé-Québec has a documentary series on Fridays at 7 exploring the Code Québec. You can check your own level of happiness at the *L’indice de bonheur* website, in English or French: <https://legerhappinessindex.com/> (With files from Radio-Canada)

Guinness certifies world record for giant turnip

Gilles Gagné

SAINT-OMER – On February 10, Guinness World Records confirmed that the giant turnip grown by Gaspésian gardener Damien Allard is officially recognized as the largest turnip ever submitted.

Surrounded by a technical team, Mr. Allard had followed a very strict protocol when he harvested and weighed his three giant turnips on November 2, 2020. At 29 kilograms, his biggest turnip shattered the previous world record by a whopping 11.3 kilos. Until that day, the previous record was held by an Alaskan gardener.

The two other giant turnips would have shattered the American record of 17.7 kilos as well, because they weighed 24.4 and 22.9 kilos.

Mr. Allard received an email from Guinness World Records about three months after the local technical team sent a complete file to the British organization.

“We are thrilled to inform you that your application for heaviest turnip has been successful and you are now the Guinness World Records Title Holder!” read the email he received.

Damien Allard, who had made an unsuccessful attempt at breaking the world record in 2019, reiterated the intention expressed in November, to do different things with his time during the summer.

“Gardening challenges are mostly over! I will receive the certificate over the next weeks and I will put it in a frame,” he says.

Since 2019, the retired forestry engineer also puts some of his free time in the construction of his sugar shack, woodworking being another one of his hobbies.

Will he set another goal or record for himself, a goal that would be related to his sugar shack production?

“For the sugar shack, I am aiming for a happiness record,” he simply says.

Slight deterioration of COVID situation in the region

Gilles Gagné

MARIA – There was a slight deterioration of the COVID-19 situation in the region between February 5 and 12, with active cases going from four to 10, however, the number of hospitalizations remained stable at three, with a slight decrease in the middle of the week.

It is unknown how many of hospitalized patients currently have COVID. The three cases of the previous week consisted of people who had been hospitalized due to COVID, have since recovered from COVID but who are still hospitalized due to other reasons.

Between February 5 and 12, eight new cases were reported, compared to five during the previous week. Five of those cases were in the Côte-de-Gaspé MRC and one in the Percé Rock MRC. The two cases reported on February 11 were not tied to a particular area of the region.

The update released on February 12 reported five new cases, the highest daily count in the Gaspé Peninsula since the six cases of January 8. The region also went eight straight days without a new case, between January 26 and February 2, inclusively.

As of February 12, the pandemic had infected 1,708

Gaspésians and Magdalen Islanders. It caused 46 fatalities and 1,652 people have recovered, with 10 cases still active.

Meanwhile, the Integrated Health and Social Services Centre of the Gaspé Peninsula confirms that close to 2,000 vaccines were provided during the second week of February to health authorities of the three Native communities of the region.

“Listuguj, Gesgapegiag as well as Gespeg received a total of 1,840 Moderna vaccines. The same norms are applied for the distribution of the doses, starting with the most vulnerable people and taking into account that some people might refuse it,” explains Jean Morin, spokesperson of the region’s CISSS and Public Health Board.

The coronavirus poses a bigger problem for certain cross sections of the population, like people where the incidence of diabetes, respiratory problems and heart problems is higher, and it is the case for most Native communities, hence the distribution of vaccines specific to those communities.

Jean Morin points out that the arrival of 1,000 Pfizer vaccines in the region is expected during the third week of February.

“There are still people in a certain number of private residences for seniors that haven’t received their first vaccine shot yet and they will come first,” he stresses.

“Vaccines will come in at a relatively low pace for a few weeks and then, from mid-March until the end of March, it will pick up until reaching massive arrivals, a real takeoff. We would like it to go faster and we are ready to accelerate the pace but we are a bit caught in the federal-provincial controversy as of now,” adds Mr.

Morin, referring to the existing tensions between the Canadian and provincial governments regarding the acquisition and delivery of vaccines.

Meanwhile, the Listuguj Mi’gmaq Government has received a number of calls asking for clarification on the Government of New Brunswick’s mandatory COVID testing measure, specifically related to accessing essential goods and services across the bridge, for example, regarding medical appointments, groceries, work and other purposes.

“Listuguj community members and residents travelling for essential purposes can continue to cross the bridge without a COVID test. If or when this measure changes, LMG (Listuguj Mi’gmaq Government) will inform community members through our appropriate channels,” stated a message issued by the Native government.

“Chief and Council remain firm in their stance against these invasive measures, and

Cont’d on page 12



SENIORS OUTREACH WORKER
SALLY WALKER

During these challenging times, Sally is here to support individuals 65 years +

- Do you, or someone you know, need a home visit or a phone call?
- Would you like to have more information on available services such as home services, Meals on Wheels, and accessing health services?
- Do you need information or help with forms?
- Computer support?



I am available to chat on the phone or to visit (taking all safety precautions).

Call me at 418-752-5995 or 418-752-0855.



We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria, tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—Haemophilus influenzae type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.

COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 1 Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs).
- 2 Workers in the health and social services network who have contact with users.
- 3 Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults.
- 4 Isolated and remote communities.
- 5 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase the risk of complications but who provide essential services and have contact with users.
- 10 Everyone else in the general population at least 16 years of age.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

Québec.ca/COVIDvaccine

1 877 644-4545

Photography Project - Now You See Us

The title of my photograph is "On the Green." I took this photograph in New Carlisle at sunrise one January morning. I used a Canon Rebel T7 with the flash on and Camera Raw, which is a tool to edit photographs. The use of a small, narrow aperture helped to maximize the depth of field and capture sharp details and a low ISO reduced visual distraction without causing blurriness.



"On the Green" by Taylor Gallan

I wanted the person viewing the photograph to feel at home. Almost everyone in New Carlisle goes to the Green. It has always been an important place to me. Over the years, making a detour to the Green before going to our destination has been a natural thing for me and my friends. It's a place you don't get used to or bored of. I've watched the sunrise from this beach throughout my life and it takes my breath away every time.

Tip of the Week

When you are practicing portrait photography, focus on the eyes. While eye contact is not always desirable in a portrait, sharp eyes certainly are.

Upcoming events:

Photography Workshops animated
by local photographers:

Tuesday, February 16:

Basics with Jennifer Bujold

Tuesday, February 23:

Composition with Mike MacLellan

Tuesday, March 3:

Preparing to Shoot with Sheena Langlois

Tuesday, March 10

Shooting Styles with Kayla Caplin

7 -Days of Photography
Follow Family Ties'
Facebook Page
for more details

Registration info

Elizabeth Dupuis,
Project Coordinator
Edupuis-familyties@hotmail.com
or via Facebook
(418) 752-7265



Give your body and spirit a winter tune-up.

Photo: D. Skinner

PAMPER YOURSELF: A winter tune-up for the body and spirit

Diane Skinner

Pamper yourself with a home spa day. Why? Because you are worth it. If you are unable to get to a spa, which is not likely during COVID, create your own day of bliss at home. Gather all the items you need and get ready to relax and soothe your weary winter self. You can do as much, or as little, as you wish on your spa day however, whatever you choose to include will be worth the effort.

Gather the items

- Candles (battery) to set the mood of relaxation
- Tranquil music
- Cold drink (wine, sparkling water)
- Your coziest bathrobe and slippers
- An aromatic, moisturizing body wash and a bath sponge
- Facial cleanser
- Cucumber
- Face mask or face peel
- Deep hair conditioner pack
- A lovely bubble bath, in eucalyptus or pine
- Nail polish and cuticle oil
- Body moisturizer
- Foot cream, peppermint

Create the scene
"Sometimes the most productive thing you can do is relax."

Put the candles in the bathroom and, if possible, dim the lights. Put on some music, choosing the kind that promotes your inner calm and pour a glass of cold, white wine, a spritzer or a glass of sparkling water.

And so, it begins
Begin by putting a deep

hair conditioning mask on your hair and wrap it in a towel like a turban. Now, use a facial cleanser, many different kinds at a variety of prices are available in drugstores. Breathe slowly. This is your day. Next up is your face mask or facial peel. Take your time. Read the directions and enjoy the process. While the mask is on, place two cucumber slices over your eyes and relax. This will reduce puffiness and dark circles. After the peel or face mask is done follow the directions and then apply a nice rich moisturizer.

Next step, while the deep hair conditioner is still working its magic, are your nails – a mani-pedi if you wish. Take your time. This is not the day for rushing. Allow your nails to dry completely.

Pour a hot, bubble bath and slowly sink in. Take your time and allow the water to work its magical aquatherapy. Drain your bath and shower. Rinse out your deep conditioner and shampoo!

Apply an overall moisturizing body lotion. Rub in peppermint foot cream which will feel cool and relaxing. Admire your newly painted toenails.

Style your hair.

Afterwards

After you tidy up, refill your drink and enjoy a light lunch. Feel good, because you have given your body and spirit a winter tune-up.

Gentlemen, a "Pamper Yourself Gift Basket" would make a very thoughtful gift for your partner. Go to the drugstore with the list and get someone to help you gather all the items.



DON'T MISS THE EXCITING NEW WEB SERIES FOR SENIORS!

FIND OUR EPISODES AT



SEARCH

"WEREALLINTHISTOGETHERQUEBEC"



SEARCH KEY WORDS

"WE'RE ALL IN THIS TOGETHER
SENIORS WEB SERIES"

A COLLABORATION BETWEEN



THIS PROJECT HAS BEEN MADE POSSIBLE IN PART BY
THE GOVERNMENT OF CANADA.



Canadian
Heritage

Patrimoine
canadien

Long and happy marriages: Gaspé style

Diane Skinner

SPEC spoke with couples who live on the Gaspé and have been married for more than 50 years to ask them what they think the key is to their many years of being a happily married couple. What is the secret, or is there a secret, to a long and happy marriage? Maybe there is no one secret, just a lot of togetherness and respect.

February is Kindness Month and perhaps a little bit of kindness helps to sustain a good marriage. But just as every person is unique and different, so is every marriage.

Dennis and Marg Palmer of Wakeham were married in August, 1952. Lifelong residents of Wakeham, they grew up living about half a mile from each other, eventually attending the same school. Marg states, "Everybody knew everybody in those days." Marg is 91 years of age and she laughs when she says that Dennis will be 91 years old in March, so he is three months younger than she is. Dennis says that the secret to their 68-year mar-

riage is respect. He adds, "When you get married, the first thing you have to do is make up your mind and know that marriage is not a piece of cake. A marriage must have give and take."

Kaye and Lorraine Walker of New Carlisle celebrated their sixty-second anniversary this past January 17. They were married in 1959 at St. Andrew's Anglican Church in New Carlisle. Kaye and Lorraine say that they just get along well together. Kaye adds, "Our lives were always busy with work and travel and we had our family. Family brings you together." He says that they love to laugh and he adds that even today they were each sitting in their lazy boy chairs and having a good laugh. Kaye mentions that Lorraine still keeps busy preparing food for others.

Anne and Gordon MacWhirter, who live in Hope, will be married 53 years in June, 2021. They were married in Lanark, a small village in the Ottawa Valley. Anne states that

the key to a happy marriage is, "Don't sweat the small stuff. Pull together on the important issues. Keep the family close."

Carl and Lois Hayes of Shigawake marked their sixty-fifth wedding anniversary this past June. Lois mentions that they could not have a celebration with friends and family due to COVID. Lois feels that in a good marriage, "There is a lot of giving and taking. Always try to see things from the other person's point of view. Always keep a good sense of humour."

Shirley and Loring Campbell, who live in Caplan were married on September 5, 1970. Shirley had some great advice for a happy marriage. "Work at it because there will always be ups and downs. Loring and I always loved travelling together because it made us appreciate everything we had at home. We realized how beautiful the Gaspé Coast is." Shirley also mentioned how important her children and grandchildren are and having their family around has made them a stronger family.

Jean and Albert MacWhirter from Cascapedia-Saint-Jules have been married

for over 60 years. They are both from the Gaspé, but met and were married in Toronto. When Jean was asked the secret to a long, happy marriage

she laughed and replied, "I'm a tough woman!" Then she added, "Marriage is not always a bed of roses. The most important thing is we love one another."



Carl and Lois Hayes have been married for over 65 years but due to COVID could not celebrate with friends and family.

Photo: Courtesy of C. and L. Hayes



Shirley and Loring Campbell were married on September 5, 1970.

Photo: Courtesy of S. and L. Campbell

Kaye and Lorraine Walker recently celebrated their sixty-second anniversary.

Photo: Courtesy of K. and L. Walker.



Dennis and Marg Palmer were married in August, 1952.

Photo: Courtesy of D. and M. Palmer



In June, 2021, Anne and Gordon MacWhirter will be married 53 years.

Photo: Courtesy of A. and G. MacWhirter

Reflections

by

Diane Skinner Flowers



Screen Time

I heard this comment the other day, "I spent all day working on a medium screen and a small screen. This evening I will relax by watching a large screen." It is true that many people work on computers in the day, and constantly use cell phones. In the evening, many watch a large television screen for relaxation. A lot of people find themselves deeply in this "screen world" we all rely on, perhaps too much so.

We use screens to make calls, work, check messages, news, timers, calculators, photos/camera, banking, social media, podcasts, games, ordering items, exercising, entertainment, school, research and more. Since COVID, we are using our screens to a greater extent and perhaps it would behoove us (an old, but still handy word that means necessary, proper or advantageous) to try to cut back on at least some of the screen time.

Set screen-time limits. Try a few ways to cut back on your screen time such as not checking your cell phone every few minutes, limit game time and cut back on Social Media. If your cell phone tracks your daily usage, and if it does, it is likely shockingly high. Establish a goal of cutting back 10% in the next week. Set specific times for checking email and facebook. Both apps can eat up your time.

Read a real book. E-readers are so handy but opening the crisp pages of a book and curling up on the couch is wonderful too. Swap books with friends or even reread an old favourite. I recently reread *Fall on Your Knees* by Ann-Marie MacDonald and enjoyed it as much the second time around - a slightly different reading experience but still remarkable. Audible.ca is not technically screen time, but that is how you access it. Once you have subscribed and logged in, the book is read to you.

Exercise the old-fashioned way. Go for a walk, snowshoe or cross-country ski. If you exercise indoors, instead of using a video or exercise app, put on the music and dance!

Use a recipe book. Instead of reading your recipes from your phone or tablet screen, use a cookbook or your old flour covered index cards with recipes on them. A fun project might be to make yourself a box of those index card recipes with your absolute favourite recipes and even swap cards with friends.

Delete. If you are addicted to a game on your cell phone consider deleting it. My cell phone tells me how much time I waste on Cookie Jam (my weakness) and it does give me a pang of regret to see how much time I have wasted. My goal for this week is to limit the time I spend on the game and to consider deleting it if that does not work.

Entertain yourself with podcasts. Technically, you use your small screen (phone) to access podcasts, but after that you just sit back and listen. There are podcasts to suit every taste. Some are free and some cost. If you subscribe to Spotify, for example, it gives you access to their podcast library, however, you can find podcasts in a number of places and on every topic. You can imagine including education, comedy, arts and entertainment, lifestyle and health, politics, business and podcasts for children.

Limit television. Instead of watching the big screen tonight play a card game or board game. There are so many great games to choose from that can be played as a couple or a family. If you are on your own, play Solitaire or do a jigsaw puzzle.

Control the cell phone. Leave the phone outside of your bedroom. If you cannot resist checking your phone in bed at night, it would be worth leaving it in another room. At the very least, turn off the notifications at 11 p.m. This will prevent your phone from dinging and the screen lighting up.

Try to limit your screen time over the next week. Trying even one of the suggestions will be beneficial, may make you a tad bit healthier and increase actual interactive family/partner time.

Sense of snow

Diane Skinner

In the 1960s we had a simplistic, sometimes incorrect, view of many other cultures. If you were in school in those days, you might recall being told that Eskimos (an incorrect term for Inuit) had 100 or words for snow (a myth), however, both anthropologists and linguists have corrected this notion. The Inuktitut dialect of Nunavik (Arctic Quebec) has about a dozen words for snow and another ten or so about ice. It's important to have these specific words when your survival depends on knowing all about snow and ice. These include:

Aputi – snow on the ground
Anui - snow used to make water

Qanik – snow falling
Qinu – slushy ice by the sea.

What words do we use about snow? As it turns out we have quite a number of words we can use, though some are rare, to describe snow crystals, snowfall and snow cover.

Blizzard – a severe snowstorm with high winds. To technically be called a blizzard, the storm must last more than three hours and have winds of over 40 km/h.
Snow squall – a brief, intense snowfall with strong winds that causes poor visibility

Snow flurry – a light, brief snowfall

Crust – hard snow surface lying on top of a softer layer
Powder snow – new snow which is loose, not packed

Whiteout – a squall or blizzard that reduces visibility to



Snow cover or snowpack refers to the total amount of snow and ice on the ground, including previous snowfalls.

Photo: D. Skinner

near zero

Snowburst – an intense snowfall that produces a lot of snow in a short time

Sleet – snow and rain mixed together

Corn snow – snow that looks like coarse grains. This happens after melting and then refreezing.

Cornice – ice and snow, blown by the wind, make an overhang usually on top of a hill or cliff

Ground blizzard – wind producing a blizzard-like condition, but no new snow falling

Pillow drift – a deep, wide snowdrift across a roadway

Rime – frost that forms by rapidly freezing water vapour

Snow cover or snowpack –

the total amount of snow and ice on the ground, including previous snowfalls

Wind chill – cold air that makes the temperature feel much colder than the thermometer reads

Snow crystal types – four types are snowflakes, hoarfrost, graupel, and polycrystals

Snirt – snow mixed with dirt (not kidding)

If it is a snowy, blowy day and you are stuck inside, grab a pen and list as many compound words as you can that begin with the word snow. For example, snowball.

More than 15 – You are the Snow Queen or Snow King!

COVID:

▶ *Cont'd from page 7*

negotiations with the Government of New Brunswick and New Brunswick Public Health continue. In the meantime, essential travel once a week is allowed without a COVID test," also mentioned the same message.

Non-Natives from the neighbouring communities have also remarked that the proof of a negative COVID test is not required yet to cross the J. C. Van Horne bridge.

The Listuguj COVID outbreak has been over since the end of January.



SNOW CHALLENGE ANSWERS

llwoms ,nawmou ,pdpawous
snowpack, snowsuit, snowdrift, snowbank,
snowcapped, snowdrift, snowstorm, snowbelt,
snowshoe, snowplow, snowflake, snowdrift,
snowball, snowboard, snowmobile, snowblower,



VILLAGE
Real Estate Agency

Suzanne Landry

CERTIFIED REAL ESTATE BROKER AEO
418-752-0792

suzannelandry@royallepage.ca
www.suzannelandry.ca

Friendly bilingual service
from Matapedia to Port Daniel
19 years experience

Announcements...



In Memory

ASSELS: Louis Edmond

September 18, 1906 - November 24, 1980

ASSELS: Sybil Margaret

June 26, 1914 - February 23, 2001

In loving memory of our parents, Louis Edmond and Sybil Margaret.

We do not need a special day

To bring you to our minds.

The days we do not think of you both

Are very hard to find.

Sadly missed, never forgotten. Kenny, Lorraine, Albert, Carter and families.



O'REILLY: Mary Ingrouville

April 16, 1923 - February 27, 2016

O'REILLY: Catherine Mary

August 19, 1952 - February 19, 2020

Five year anniversary for our loving ma, nan, sister and friend. One year anniversary for our dear sister, wife, mom and granny, Cathy.

So very missed and loved by us all. You're our angels watching over us. Love from all your family.

St. Jude's Novena

May the Sacred Heart of Jesus be adored, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us now and forever. Sacred Heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. St. Jude, worker of miracles, pray for us.

Say this prayer nine times a day for nine days. On the eighth day your prayer will be answered.



Four Generations
of Monument Craftsmen
HIGHEST QUALITY - BEST PRICES
MONUMENTS, MARKERS, CEMETERY LETTERING,
LASER DESIGNS AND PORTRAITS

SALES REPS:

Steven Imhoff

418-752-6041

Covering Port Daniel to New Richmond

PHOTO QUALITY

When submitting a photo for this page, please send in a digital photo (jpg) to: specs@globetrotter.net

Card of Thanks, Birth Announcement, Prayer, Engagement, Birthday, Anniversary, Memorial Service announcement:
\$30 (\$35 with picture) up to 20 lines.

In Memoriam: \$30 (\$35 with picture) up to 20 lines - \$40 (\$45 with picture) for more than 20 lines

Obituary or Wedding: \$40 (\$45 with picture) (Max. 300 words)

SUBMISSIONS FOR THIS PAGE MUST BE IN OUR OFFICE
BY WEDNESDAY AT 4 P.M.

Grenier, 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

This advertising
space could
be yours!



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

Distributors of petroleum products: diesel, furnace oil, stove oil, gas and motor oil



Les Pétroles C. Poirier inc.

Proud to serve you!

HEAD OFFICE:

Bonaventure
125 Route 132
Bonaventure, QC G0C 1E0
Tel.: (418) 534-2777
Fax: (418) 534-4210
csc@petrolescporier.com

Chandler

125 Route Leblanc
Pabos, QC G0C 1K0
Tel: (418) 689-2595

Gaspé

216D Montée Sandy Beach
Gaspé, QC G4X 2B3
Tel.: (418) 368-8777



IN BUSINESS FOR OVER 35 YEARS



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



What is old becomes new again!

Don't throw out your old furniture, change it up and make something new...



Individual Chocolate Cakes With Fresh Raspberries



- 1 1/3 cups cake flour, sifted
- 1/3 cup plus 2 tablespoons cocoa powder, sifted
- 1/4 teaspoon baking soda
- 6 tablespoons unsalted butter
- 6 large eggs
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 cup heavy cream
- 1/4 cup confectioners' sugar, sifted
- 1 pint fresh raspberries
- Vegetable cooking spray
- Pinch of sea salt

Preheat the oven to 325°F. Spray a standard muffin tin with nonstick spray or fill 8 of the cups with paper or foil liners.

Sift the flour, 1/3 cup of cocoa, salt, and baking soda into a bowl and set aside. Melt the butter in a small saucepan and set aside.

Combine the eggs and sugar in the bowl of an electric mixer fitted with a whisk attachment. Set the bowl over a pan partially filled with simmering water. The water should not touch the bowl. Using a whisk, beat the egg-sugar mixture until it feels very warm to the touch and all of the sugar has dissolved. Immediately remove the bowl from the heat and transfer it to the electric mixer.

Whip the egg-sugar mixture on medium speed for 3 to 4 minutes until it triples in volume and is very thick and light coloured. Add the vanilla and whip 2 to 3 seconds longer to blend. Remove the bowl from the mixer and gently fold in the flour-cocoa mixture.

Place about 1 1/2 cups of the batter in a separate bowl and fold in the melted butter. Do this gently, as you do not want to overwork the batter. Fold this into the remaining batter. Divide the batter evenly among the cupcake tins. Bake in the centre of the oven for 20 to 25 minutes, or until a toothpick or knife inserted in the centre of one cupcake comes out clean. Remove and cool completely on a rack.

While the cupcakes are cooling, combine the heavy cream with the confectioners' sugar and the remaining 2 tablespoons of cocoa, beat into soft peaks, and set aside.

Remove the cupcakes from the tin and place them on dessert plates. Spoon the whipped cream on top, divide the raspberries among the plates and serve.

GAMES & PUZZLES WORD SEARCH

A A W T C G A E U W J O L Z T I Y R S B
 S M A Z E S L H B S O S S E M A G K R C
 J W A A O B D Z S O P R R E S A E T S S
 G A C J M P F R W S A D D N U Y I K Z H
 H G R U H L E W S J N R F S R C I W E C
 H F J H I Y S E E G O N D O E L O L N H
 O W N A A W H W M E A A M T L A Z Z A E
 S G E L Z C K N E Z B E H S Y Z R I W C
 H F P D S R G M C T M C Y K U T P C K K
 E G D U E Y B U H H P O R P E O U P H E
 O G C P E A R K A Y S R B O I T P B N R
 Z G C R N A L O N I I Z U M S D P G I S
 N W S S Y J L D I P W G S L R S O Z B T
 U O L P U P W U C O U D W H E Z W C I C
 F B I F F O T S A K Y P E L Z S D O H W
 J A P T D J D O L D E C O D E Z D A R T
 T I U M C L P G G M T G B P T S N G A D
 S D R A C A P O H R I O K B A C P J S I
 Z F C E J K F O S C A E M B E B H S R Y
 P Z T W R B N S Z Y O M T B Z U S U Y C

WORDS

ACTION
 BOARD
 CARDS
 CHANCE
 CHECKERS
 CHESS
 CROSSWORD
 CRYPTOGRAM
 DEAL
 DECODE
 FUN
 GAMES
 JUMBLE
 LOGIC
 MAZES
 MECHANICAL
 MEMORY
 PLAYERS
 PUZZLE
 RULES
 SKILLS
 SUDOKU
 TEASER
 WORD SEARCH

Find the words hidden vertically, horizontally, diagonally, and backwards.

HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, you are feeling ambitious this week, so it might be time to try a new hobby or other interest. Write down your goals and see if any align with potential hobbies.

TAURUS – Apr 21/May 21

Taurus, some nice surprises are likely to come your way, especially in your private life. Enjoy every moment as it unfolds and express your appreciation when applicable.

GEMINI – May 22/June 21

Gemini, you are likely to upstage

everyone else this week because people simply cannot get enough of your magnetic personality. If you grow weary of the limelight, take a break. CANCER – Jun 22/Jul 22

Cancer, clear your social schedule in favour of some quiet time at home. Such a respite can provide a great opportunity to reflect and make a new plan.

LEO – Jul 23/Aug 23

Leo, you have a goal to meet someone new and there's a good chance you will discover that person in the days to come. Accept the possibility that hopes and dreams can come true. VIRGO – Aug 24/Sept 22

Virgo, friends often end up filling familial roles. Even though a person

may not be related by blood, certain friends can be relied upon through thick and thin. LIBRA – Sept 23/Oct 23

Even though the holidays are over, you may still want to continue the celebration, Libra. Find a way to socialize with friends or family in a responsible manner. SCORPIO – Oct 24/Nov 22

Scorpio, you may be finished with the business that made last month hectic. Now you are ready to start a new chapter. A calm period is ahead. SAGITTARIUS – Nov 23/Dec 21

Sagittarius, a potentially lucrative opportunity may present itself in the days to come. Consider all of

your options and give equal thought to all of them. CAPRICORN – Dec 22/Jan 20

Capricorn, even if you don't say much, there is a lot of chatter going on in your head. Take some time to find a quiet place and meditate for a while. AQUARIUS – Jan 21/Feb 18

Sometimes you just have to take a risk without vetting all of the possible outcomes, Aquarius. If it feels like it's a good time to make a change, embrace the opportunity. PISCES – Feb 19/Mar 20

This week is the ideal opportunity to show strength and exhibit your organizational skills, Pisces. Don't be afraid to think big.

FAMOUS BIRTHDAYS

FEBRUARY 14

Freddie Highmore, Actor (29)

FEBRUARY 15

Matt Groening,

Cartoonist (67)

FEBRUARY 16

Ice T, Actor (63)

FEBRUARY 17

Ed Sheeran, Singer (30)

FEBRUARY 18

Vanna White, TV Host (64)

FEBRUARY 19

Millie Bobby Brown, Actress (17)

FEBRUARY 20

Trevor Noah, Comic (37)

Molasses: Liquid gold

Diane Skinner

Memories of molasses, thick and dark, and poured onto a plate waiting to be sopped up with a piece of homemade bread. This scene is so vivid to me, sitting at my grand-

mother's large kitchen table so many years ago. At breakfast, or after any meal, my grandmother would bring out that familiar container of Crosby's molasses as the perfect sweet ending to her wonderful home-cooked suppers.

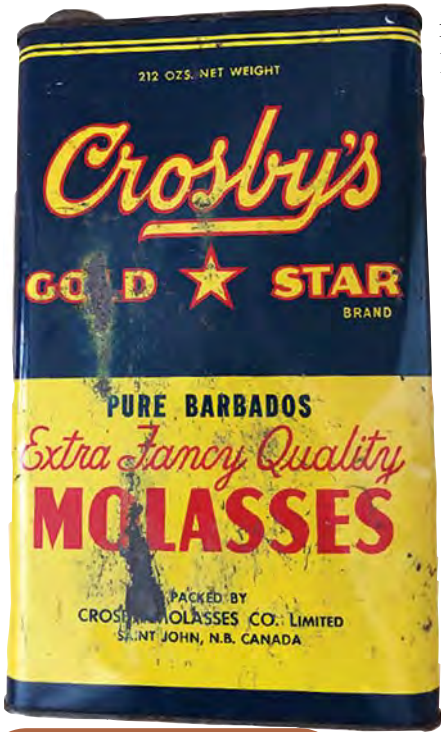
There was always room for a bit of molasses! In the winter, the cold cupboard made the molasses pour ever so slowly onto the plate. Anticipation makes everything taste better!

Molasses, known as treacle in the U.K., is a thick, sticky syrup that is derived from boiled down sugarcane or sugar beets. The sugarcane is mashed to make the juice and then reduced to make a crystal-like sugar. The crystals are removed and a high-grade light molasses is left. The molasses can be boiled down two or three times and each time it becomes darker and spicier. Sugar beet molasses is also pressed to make the juice

and has to be reduced a couple of times to make molasses.

Blackstrap molasses, made from boiling the sugarcane three times, is more bitter but is likely healthier for you. Besides tasting delicious, blackstrap molasses is high in iron, magnesium, vitamin B6 and calcium. It also has the lowest sugar content of any sugarcane product. People who are low in iron can get 20% of their daily iron needs from 1 tablespoon of molasses. On the other hand, refined sugar has little to no nutritional benefits.

Molasses has more uses than being served on a plate. It is the principal ingredient in rum, used in baking including Gaspesian favourites ginger snaps, molasses cookies, gingerbread, barbecue sauce, baked beans and in some types of beer. Molasses was, and still is, a part of Gaspesian cooking. Many old-time recipes for soft molasses cookies and ginger-snaps have been handed down from our grandmothers. Besides being used as a food or an ingredient in baking, molasses is used in animal feed.



An old Crosby's can, likely pre-1970 or older because it uses Imperial measurement (in ounces).

Photo: D. Skinner



Soft Molasses Cookies

- 1 cup molasses
- 1 cup white sugar
- 1 cup melted shortening (Crisco)
- 2 teaspoons baking soda dissolved in ½ cup hot water
- 4 ½ cups flour
- 1 egg
- 1 tsp. salt
- 2 tsp. cinnamon
- 1 tsp. ginger
- 1 tsp. ground cloves

Mix all ingredients well. Roll into balls about the size of a small egg. Flatten slightly on baking tray using bottom of a small glass. Bake at 350°F for about 17 minutes

Molasses can kill you. Molasses once killed over 20 residents of Boston and injured 150 more in 1919. It is known as "The Great Molasses Flood." A huge steel tank full of molasses burst and a wave of hot stickiness, over 2 million gallons, poured onto the surrounding streets. It was not "slow as molasses" that day. The deadly mess poured out at a rate of almost 60 km/h. Many of the people who died could not outrun the flow.

Crosby's, located in Saint John, N.B., since 1879 transported wood and fish to the

West Indies and brought back casks full of what they called, "liquid gold." Still today, the Crosby Company produces molasses for sale to Canadians and beyond.

Molasses is part of our Gaspesian food history. Those memories are sweet in both ways – both the flavour and the old recipes and ways in which we can connect with our collective past with food. One thing I do recall is that no matter how careful you are, that familiar molasses container always had a bit of sticky molasses on the sides!

Feeling blue?

Diane Skinner

February blahs or blues is an expression that we hear every year. It's often a down time for people who have grown tired of winter, lack of sunlight and too much cold with blowy days and nights. Likely, being COVID times, and the restrictions we are facing, those feelings are more common and more intense. But why do we call being down the blues? Nobody ever says "I am feeling orange, purple or brown." But when they say, "I am feeling blue" we know exactly what they mean. According to colour theorists, blue is the favourite colour in the world. So, shouldn't blue mean happiness? Why is it the colour that means sadness?

There are a few theories about why we associate feeling blue with sadness. Blame it on writers, who love to use a strong simile or metaphor to

make their written language more powerful. Going all the way back, over 600 years, to the writer Chaucer, we find he used an example of blue to mean gloominess or sadness and was likely the first author to use blue in this way. He wrote, "with tears of blue and a wounded heart."

The second theory has a scientific basis. According to one study, people who are depressed see colours a bit differently, and blue is a colour that appears more intense to them. This may be what gives the colour blue a bad name.

Blue always comes out on top as a favourite colour. Beautiful things in nature are blue – clear skies and water. There is a significant segment of the population that prefers other colours, notably green and red. The preference for a certain colour has a lot to do with what we associate the particular colour with. If you love fall,

pumpkins and Halloween, your favourite colour might be orange. You have an emotional connection to that colour.

If blue is most often chosen as the favourite colour, which colour ends up at the bottom of the list? That would be dark yellows and browns and, in particular, the mustard variations. Sorry, yellow and brown.

Eye colour tells a different story. We do not choose the colour of our eyes, unless we use coloured contact lenses. Eye colour is all based on genetics. The majority of the world has brown eyes – between 70 and 80%. The next most common colour at 10% is blue. These are followed by hazel (5%), amber, a light brown (4%), gray (4%), green (2%), and violet (less than 1%). Less than 1% of the population has eyes that are two different colours.

Feeling blue is one expression that gives the colour blue a

bad name but there are others that confirm that blue can be a positive colour or one could say, paints a more positive blue picture:

- Blue chip investment
- Blue plate special
- Out of the blue (mostly good, but could be bad)
- The wild blue yonder
- Old Blue Eyes (good, if you enjoy Frank Sinatra)
- Something old, something new, something borrowed, something blue
- True blue
- Bluebird of happiness

This February, hope that you are not feeling blue. Language changes over time, but it is hard to foresee a time when

we might say, "I feel mustardy brown," instead of blue. Blue will just have to continue being badmouthed all through February.



Eye colour is based on genetics, with the majority of the world having brown eyes, followed by blue, hazel, amber, gray, green and violet.

Photo: D. Skinner

ENERGY
TRANSPORTATION GROUP

5727

ASSET-BASED 3PL

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

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

abca⁺

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

diane

**YOU HAVE IDEAS, VISION & DRIVE.
WE HAVE EXPERIENCE,
CONNECTIONS & EXPERTS.**

Designed specifically for **women entrepreneurs.**



CREATING SUPPORTIVE NETWORKS

FREE | February 17 | 12:30PM - 2:00PM

THE SUPPLY CHAIN PROCESS: EXPLAINED & READY FOR ACTIVATION

\$50 | February 19 | 12:00PM - 5:30PM

MAKING FACEBOOK WORK FOR YOU: INTRO TO INSIGHTS, ANALYTICS & ADS

\$50 | February 23 & 24 | 1:00PM - 4:30PM

BUSINESS COACHING

Open to any age and any stage of business, we offer individual and personalized support to help you start, grow or expand your business.

Our entrepreneurship services including business coaching, legal information and accounting clinics are free of charge (with a nominal file activation fee) for clients off the island of Montreal.

WE ALSO OFFER:

- + Speaker panels
- + Networking events
- + Mentorship opportunities
- + A Pre-Accelerator program

INVEST IN YOURSELF AND YOUR BUSINESS

All of our workshops are available as live streaming webinars only. Pre-registration is strongly advised as limited spaces are available.

1-888-614-9788 | [yesmontreal.ca](https://www.yesmontreal.ca)

Funded by:

Canada



A program by

