Listuguj loses Sainte Anne church following a major blaze

Gilles Gagné

A fire destroyed the Sainte-Anne-de-Restigouche church in the Mi'gmaq community of Listuguj during the night of April 26 to 27. The alert was given around 10:30 p.m. and local firefighters, as well as those from the neighbouring municipalities of Pointe-à-la-Croix and Campbellton, were only able to limit the damage to the immediate perimeter of the church, which was a total loss.

The pastoral worker, who lived in the presbytery, was able to leave the building adjacent to the church without injury. Video footage taken during the night shows the steeple falling onto the roof of the building at approximately 1 a.m. Dozens of community members watched helplessly as their place of worship was destroyed.

The fire also ravaged the presbytery and monastery, where the offices of the Indigenous Development Organization Migmawei Mawiomi Secretariat were located.

"The fire affected many people in different ways. There is a sense of loss and mourning. The church was a place of gathering and events for many generations in Listuguj. We also had a lot of documents and information shared by our elders that we hope can either be salvaged or was digitized prior to the blaze. We are going to be processing this for days to come," reacted Chief Darcy Gray, also referring to the documents lost in the monastery.

The investigation is being carried out by the firefighters and the Listugui Police Department, assisted by a Sûreté du Québec expert. The fire could have started in the kitchen of the presbytery, according to the first indications gathered by the investigators.

Originally erected in 1913, Sainte-Anne-de-Restigouche church was heavily damaged by a first fire in 1926.

"It was a major fire but it did not seriously damage the structure. It was possible to re-



Only the walls of the Sainte-Anne-de-Restigouche church re-

build from the walls in 1927," specifies Michel Goudreau, of Société historique Machault, which ensures the heritage protection and the dissemination of historical knowledge of this part of the Gaspé. It was the fourth or fifth church in Listuguj, long referred to as Restigouche. The reach of these churches has transcended the boundaries of the native community for generations.

"All the parishes around were served at one time by the Sainte-Anne-de-Restigouche church, whether we are talking about the closed villages of Saint-Fidèle and Saint-Conrad, or L'Alverne and even Pointeà-la Garde. It was also the case for the small Marieville sector of Broadlands, which was also served by this church as were, in the years 1860-1870, the villages of the Plateaux of Matapedia like Saint-Alexis. The Listugui missionaries served them. Parishioners of Pointe-àla-Croix attended Sainte-Annede-Restigouche until 1982, I think, when their church was built," adds Michel Goudreau.

The popularity of Sainte-Anne's Day and the pilgrimage that took place on July 26 were also used in the late 1950s by the former Federal Member of Parliament for the riding of Restigouche-Madawaska, in New Brunswick, to convince officials from the Department of Finances to release the necessary funds to ensure the construction of a bridge between Campbellton and Pointe-à-la-Croix-Listuguj. A ferry previously linked this part of the Gaspé Peninsula and the New Brunswick town.

Joseph Charles Van Horne showed federal officials the crowded Campbellton wharf on a pilgrimage day in Sainte-



The steeple of the church fell on the building's roof at about 1:00 a.m., a sad sight for onlookers.

Anne-de-Restigouche, without telling them it was a special

"Van Horne told them it's like this every day. He then drove them to Matapedia for a boozy dinner at the Restigouche Hotel and from there they took the train back to Ottawa. He took every precaution so that they did not know that it was pilgrimage day. The bridge was inaugurated in 1960." specifies Michel Goudreau.

The bridge bears his name, J. C. Van Horne.

Agreement is official: Votorantim Cimentos takes control of McInnis Cement

Gilles Gagné

CARLETON - Votorantim Cimentos and the Caisse de dépôt et placement du Québec announced on April 30 that the agreement in principle reached in November for the takeover of Ciment McInnis by the Brazilian company is now sealed.

The amount of the transaction is not being disclosed. Votorantim Cimentos North America will integrate Ciment McInnis with Saint Mary's Cement, an Ontario company that already has two cement plants in that province and three in the

United States. Votorantim will control 83% of Saint Mary's Cement, while Caisse de dépôt et placement du Québec, controlling shareholder of Ciment McInnis since August 2016, will control the remaining 17%.

In an interview with the SPEC, Votorantim Cimentos North America chief executive officer Filiberto Ruiz said the takeover was effective as of April 30 and the integration will take place in two stages.

signed and regulatory approvals obtained. The integration of Ciment McInnis with Saint Mary's Cement will be gradual, noted Mr.

"We take control of the operation immediately. The first stage of integration will take two or three months. We need to get basic operating information. We couldn't do it as long as we were competitors. We can now see all the information. We should achieve full integration of Ciment McInnis in January 2022," stated Mr. Ruiz.

The announcement was Financial agreements are made as the SPEC was reaching its deadline. More information will be published in the next paper.

Some kids aren't doing well. Inviting them for an outdoor activity can do them good.



Discover more ideas

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Police report

COVID-related health instructions are increasingly observed by the citizens of the Gaspé Peninsula and Magdalen Islands, as only four fines were handed out for the week that ended on April 25. Three of the four infractions were tied to the curfew. Even though the Gaspé is "yellow," people from red and orange zones must respect the curfew rule of their region of residence. Since January 9, the Sûreté du Québec has handed out 195 COVID-related tickets, for fines totalling \$292,500.

Myla Lepage-Babin, 27, of Caplan, died on April 25 after fire took an unexpected turn, shortly before 2 p.m., as an explosion sent debris in the air. She was hit by a piece of debris. She was rushed to Maria hospital, where she was declared dead shortly after her admission. Early observations show that a small group of people were burning construction materials when the explosion occurred. A small pressurized metal container located in the pile of building materials could have been the source of the explosion. "The investigation is being conducted by the SQ major crime squad to better understand the causes and circumstances of the event. There were witnesses and they will be questioned during the investigation, but no criminal element is suspected in that affair," said Anick Lamirande, spokesperson for the Sûreté du Québec, the day of the incident. On April 29, Claude Doiron, the regional spokesperson of the SQ, pointed out that no further details will be released since a coroner investigation is now underway.

It has been determined that Jean-François Boudreau, 45, is not criminally responsible of the acts for which he has been accused of following a March 4 incident in Carleton. Mr. Boudreau had locked himself in his car with firearms, triggering a major police operation on March 4. Mr. Boudreau, who lives in Carleton, will now have to appear before the Mental Disorders Review Board, which will determine the next steps for him. He was sent for a psychiatric evaluation a few days after his first court appearance. His firearms have been confiscated and he had his DNA taken. He was facing 12 counts of uttering death threats, possession of a weapon for a dangerous purpose, negligent use of a weapon and negligent storage of weapons.

New charges have been filed against a 38-year-old Maria man who was accused on March 17 of hitting his wife with a hammer. The man appeared via a video-conference at the New Carlisle Courthouse on April 12 and Crown Prosecuror Florence Frappier-Routhier filed two new charges of uttering threats. Those charges are added to six previous charges of assault, assault with a weapon and assault causing bodily harm. Judge Janick Poirier of the Quebec Court also issued an order to prohibit the accused from coming into direct or indirect contact with other relatives. Such an order was already in effect for the alleged victim and the accused's sister. Florence Frappier-Routhier has also asked the media to refrain from releasing the identity of the accused. The man appeared in court twice since April 12, the last time being on April 26 to report on his efforts to find a lawyer. He told Judge Poirier that two lawyers have refused to represent him because of a lack of time. A third lawyer also refused to represent him. His bail hearing will only take place once he gets a lawyer. The accused can qualify for legal aid. The period covered by the alleged crimes goes from January 2004 to March 16, 2021. He is also accused of injuring, mutilating, disfiguring and endangering the life of his wife. On March 17, he allegedly used a hammer to assault her. She fled their house to go to the hospital, where she was treated over a lengthy period. A sixth count was added in the following week as he allegedly failed to comply with a court order forbidding him to attempt to contact his sister and the victim. The man's next court appearance is now scheduled for May10 for a pro forma step consisting mainly of checking if he has found an attorney.

The Sûreté du Québec is warning the public of a telephone fraud scam involving a citizen receiving a phone call from someone claiming to be an employee of a financial institution and informing him/her that they have been the victim of fraud. The fraudster then asks the citizen to validate her or his payment card number, whether it is debit or credit, her or his personal identification number and password in order to have access to the accounts. The police warn that financial institutions do not communicate with citizens with the aim of extracting or demanding personal information such as a personal identification number or password. People should be careful when someone claims to work for a financial institution.

Sûreté du Québec says to always ask for the name of the person and the company they represent. Find the official telephone number of the company or public service that contacted you on your account statement or on a secure website (starting with "https: //"). Check the authenticity of the request sent to you. Never assume that the calling number appearing on your phone is correct. Fraudsters use software or applications to deceive their victims. Do not give out your personal and banking information over the phone unless you are calling and the number is from a trustful source. Beware if you are asked to pay fees by email, phone, wire transfer, or text message. Never send money to someone you don't know or trust.

If you are a victim of fraud, the Sûreté du Québec asks you to contact the local police station or the Canadian Anti-Fraud Center at 1-888-495-8501 or via the Internet at http://www.antifraud centre-centreantifraude.ca/index- fra.htm. This site is the reference when it comes to fraud.



Lobster fishing season started strongly with good landings on April 25.

Lobster fishing season starts with good landings on April 25

Gilles Gagné

SAINT-GODEFROI - The big majority of the Gaspé Peninsula lobster fishermen started the 2021 season on April 24 by setting their traps and making their first landings the following day. In Saint-Godefroi, most fishermen seemed quite satisfied with those first landings. Such was the case for Francis Vautier (in the middle), who brought in about 700 pounds of lobster following the first trip at sea. The catches were delivered to the local plant of *Produits marins Saint-Godefroi*. "It is a fine start. We expect to get a good price this year. Last year, I started the season pretty worried because of the pandemic. I thought that the season would last two weeks or a month. We ended up having a good season because the customers bought our products," says Mr. Vautier. Nearby, another lobster fisherman, Jacques Larocque, landed close to 1,000 pounds on his first day. Other fishermen like Jeffrey Vautier and Luc-José Huard seemed satisfied with their first day of catches, although they were not releasing numbers. As the SPEC was reaching its deadline, the price for the first week of landings was not known yet but most buyers were expecting a price per pound over \$8. The price is now determined by an equation taking into account what is paid by the consumers of the main Quebec markets during the first full week of deliveries, especially in the Montreal area. The price could hit record levels in 2021. The April 24 season kickoff involved all the lobster fishermen based between Cape Gaspé and Bonaventure East.

Arbitration necessary to determine the price of shrimp

Nelson Sergerie

GASPÉ - Arbitration will be necessary in order to establish the price of shrimp for the first part of the fishing season since there is a deadlock between processors and Quebec shrimp fishermen.

Intensive negotiations between the Quebec Fishing Industry Association and the Quebec Shrimp Fishermen's Office began on April 20 and ended on the evening of April 26 in a deadlock.

The Agricultural and Food Markets Authority held an arbitration on April 30 to set prices for the period between the start of the season and June 30. The findings are long overdue.

"We have differences on how the market will recover. We are seeing a slightly stronger recovery, a little more imminent than what the processors are seeing. The upcoming vaccination and deconfinement in the United Kingdom will mean that market conditions will, at the worst, stay the same or at best



Photo: N. Sergerie

improve," says the director of the office, Patrice Element, who does not want to discuss in the public arena the demand from shrimp boats and supply from processors.

Most of the fishermen in Rivière-au-Renard are ready to take off as processors have reaffirmed that they will be able to receive the crustacean starting next week.

Last year, the shrimp fishermen obtained \$1.65 per pound for the large, \$1.35 for the medium and \$0.84 for small shrimp at the start of the season. The first part started late (June 19) and those prices were applied until June 30.

The prices negotiated as of July 1 were set at \$1.20 per pound per large, \$1.00 per medium and \$0.78 per small.

Gaspé Peninsula and Magdalen Islands experience a quiet COVID week

Gilles Gagné

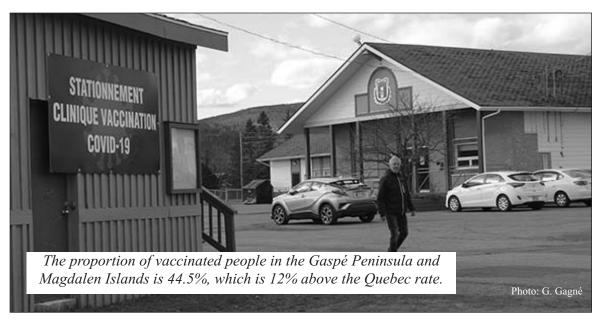
MARIA – The Gaspé Peninsula and Magdalen Islands' Public Health Board reported only 15 new cases of COVID-19 during the last week of April. Between April 24 and 30, the region went three days without a single case and maintained its yellow colour code. The 15 new cases can be compared to the previous week's number of 25.

On April 30, there were only 12 active cases left in the region, compared to 22 on April 23 and 37 on April 16. The decline has, therefore, been steady since mid-April, after a rise following the Easter break.

Within the region, only the Côte-de-Gaspé MRC had

more than five cases as of April 30, with six. The Avignon, Bonaventure and Percé Rock MRCs each had less than five cases. The Haute-Gaspésie MRC and the Magdalen Islands had no cases.

Since the beginning of the pandemic, in March 2020, the number of Gaspesians and Magdalen Islanders who have received a positive COVID test now reaches 1,836, with 53 of those cases being categorized as a variant (either confirmed or presumed). There weren't any hospitalizations as of April 30. In total, 130 people from the region were hospitalized over 13 months because of the coronavirus. Forty-six people have died from COVID-19. The



number of people have recovered now totals 1,778.

As of April 26, in the region 40,445 people were vaccinated, for a proportion of 44.5%. The breakdown of that

number is: Magdalen Islands, 77%, totalling 9,691 vaccinated individuals; compared to 30,754 Gaspesians, for a proportion of 39.5%. In Quebec, the proportion of vacci-

nated people reached 32.4%.

In the Gaspé Peninsula and Magdalen Islands, 3,618 people have already received their second shot. That is 4% of the regional population.

Editorial section

Gilles Gagné Commentary



The light is still tiny at the end of the tunnel

The massive COVID-19 vaccination drive is now underway in Quebec. Starting on April 30, people 50 years of age and over could book an appointment. Prior to that date, they could only get their vaccine during periods when there were AstraZeneca surpluses. Between now and May 14, new age brackets will slowly be added to the vaccine appointment system, until the age of 18 is reached.

That's a major development. It stems from both a positive and a negative factor. The bright spot is that Canada, and the provinces by extention, have securred massive supplies of vaccines from the pharmaceutical companies. The weak spot is that the vaccination drive was extended at large because too few middle-aged people were simply not registering for their first or booster shots.

On Sunday, April 25, only 41,000 Quebecers received a vaccine. The capacity of Quebec's vaccination team reaches 75,000 shots daily. This means that hundreds of thousands of Quebecers over 55 years of age waived an opportunity to get vaccinated that day while younger people were eagerly awaiting for an occasion to do the same but couldn't.

That factor prompted Health Minister Christian Dubé to open vaccinations at large earlier than expected. Mr. Dubé's patience has been put through the wringer since he was appointed to his current position in June 2020. He has had to deal with the population's lack of discipline, with the federal government's delayed acquisitions of vaccines and with the pharmaceutical companies' postponed deliveries, among other frustrations.

Seeing Quebecers, mainly men by the way, deciding to refuse vaccines or delay their shot was a bit too much for him. Seeing people waiving their booster shot appointment because they thought the first one was enough, that false impression of protection following the first dose, also proved too much for the minister. Let's give a shot to the first arm available!

According to recent surveys, about 71% of the Quebec population believe in the protection conferred by the COVID-19 vaccine. Many epidemiology experts think that the herd immunity efficiency will

only be reached once as much as 87% of the population is vaccinated. We are far from there yet.

In Great Britain, the fast-rising vaccination rate led to a drastic drop in the number of hospitalizations due to the coronavirus, from 33,000 a few months ago to about 2,000 recently. That drop carries a name: vaccination, even if the protection rate is not perfect and even if those vaccinated can still be vectors of transmission, although of a lesser degree.

The Quebec situation is currently better than that of most Canadian provinces, as the context has deteriorated significantly in Ontario and Alberta. Nova Scotia and New Brunswick have also improved their protection measures recently.

However, since the beginning of the pandemic, Quebec's record in dealing with the pandemic remains lame. Comparisons speak volumes about the performance difference.

When Nova Scotia issued new sanitary rules at the beginning of April's fourth week because they recorded 67 positive cases in one day, very few observers raised a hand to remark that an appalling number for Nova Scotia translates to 600 daily cases in Quebec. It is interesting to note that Quebec's population felt relief when the daily case load reached a level under 1,000!

In New Brunswick, there was concern when the mark of 35 deaths since the beginning of the pandemic was reached. A proportionate number in Quebec would translate to 385 casualties. Quebec is nearing 11,000 fatalities since March 2020. The tolerance rate is obviously not the same everywhere. The value attached to the word relief is not either.

One can understand that Quebec Premier François Legault is relieved to see the number of daily COVID-19 cases get under the 1,000 mark because around Easter time, it was reaching 2,500 but it remains far from "seeing the light at the end of the tunnel."

We all understand that passing on a cheerful message six or seven weeks from the official beginning of the summer is psychologically more encouraging than saying that, overall, Quebec's performance is subpar, compared to the Canadian average, although Ontario and Alberta are clearly lame performance contenders at the present time as well.

Truth be told, when we look at the pandemic with a broader scope, it looks evident that COVID-19 will likely last many more years if there is no worldwide equity in vaccine availability. That access equity issue is central, according to the World Health Organization. There is no way around it. It is a duty of human solidarity.

If all the countries of the world don't have access to vaccines over the next few months, a fourth, a fifth,

a sixth COVID wave will come after the current third one. As time passes, more variants will emerge and contaminate people from other countries, since travelling remains one of the main future priorities of the people living in industrialized nations, once "normality" comes back.

Blocking borders will only work for a while, like imposing discipline to people. Blocking borders triggers monstrous costs, far more exorbitant than assuring vaccine access to every citizen of every country. Vaccine patents have to be made available to all the companies able to produce them. That is the cheapest and most efficient way to control and even prevail over the coronavirus.

In February, the prime minister of India, Narendra Modi, contacted Canada's Prime Minister Justin Trudeau to offer some help in the access and delivery of vaccines. Less than three months later, India's situation is so bad that nobody can really keep track of the daily number of cases and fatalities.

The mess in what is now the most populated country in the world is food for thought. India manufactures 60% of the world's vaccines. What goes wrong in India will undoubtedly have international repercussions. Those repercussions are unknown now but they spell international collaboration more than ever.

COVID-19 variants only need more time to duplicate, and develop new versions. Specialists cannot predict that the current vaccines will still be efficient against the new versions. So, yes, the light is likely still tiny at the end of the tunnel.

The Gaspé **Spec**

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Closure of nine fishing areas due to a first sighting of right whales in the southern Gulf of St. Lawrence

Gilles Gagné

CARLETON - The Federal Department of Fisheries and Oceans closed nine crab fishing areas on Thursday, April 29, due to the first sighting of a right whale this spring in the Southern Gulf of Saint Lawrence. This observation was made on Sunday, April 25, a little east of the Magdalen Islands. This is the earliest sightof this endangered mammal in this part of the Gulf of St. Lawrence since they started coming further north five years ago.

Fisheries and Oceans Canada closed the nine rectangles for a period of 15 days, effective April 29, in accordance with its rules for the protection of the right whale. Based on the map presented by the ministry, only one whale was seen on April 25. That federal ministry released the information on April 26.

The closed area is opposite



the Grosse-Île sector of the Magdalen Islands, a little to the east, so on the Newfoundland side and not the mainland. One of the nine rectangles is only partially closed. The nine rectangles are located in zone 12F of the southern Gulf of St. Lawrence, characterized by a crab quota of 1,192 metric tonnes. This sector represents

6% of the total quota of 20,128 metric tonnes granted this year in the southern Gulf of St. Lawrence. Each rectangle covers roughly 230 square kilometres. The nine areas therefore cover close to 2,000 square kilometres, approximately 40 by 50 kilometres.

The length of the closure could extend to the entire sea-

son if further whale sightings are made between days 9 and 15 of the crab fishing stop order. For example, as of June 11 of last year, 40 rectangles were closed for the remainder of the season due to repeated sightings in these temporary exclusion areas.

The surface under a closure order was such that many crab fishermen called it "quits" before the end of the season, leaving 11% of the global quota in the water.

In 2020, an additional sighting during a 15-day closure triggered a closure until the end of the season.

An adjustment to that rule is applied this year, as a whale observation before the ninth day will not lead to a closure. Hence, in 2021, the snow crab

fishery will end on June 30, the same date as last year, however, this year's fishing season started on April 2, three weeks before last year. A special effort was made to start the season early, in anticipation of the presence of right whales and also because the past winter was mild and there was practically no ice in the gulf or blocking the New Brunswick ports.

Since snow crab is caught using traps left at sea, fishermen were forced to remove all traps placed in the nine blocks by 5 p.m. on April 29.

Ten right whales died in 2019. Nine of these were in Canadian waters. A few of these mammals died as a result of entanglement in the ropes connecting the traps to the surface. Year 2017 was also marked by many right whale deaths, 16 in fact.

At least two-thirds of the snow crab quota have already been caught in the southern Gulf of St. Lawrence sector. This 2021 quota is 26% lower than last year's.

There are approximately 360 right whales left in the world, and they all are in the waters of the northeast Atlantic. They started venturing into the southern Gulf of Saint-Lawrence because there was not enough food in the Bay of Fundy and around Nova Scotia



We're All in This Together

Diane Skinner

What is totally free and created to help English-speaking seniors in Quebec during the pandemic? What has over 2,000 followers on Facebook and YouTube? Where can you go to watch this bi-weekly series on a myriad of interesting topics? The answer to the first two questions is the web series "We're All in This Together!" To watch the series just go to their Facebook site and click on the episodes that interest you.

You may have noticed over the past four months some full colour ads for this series in The Gaspé Spec. Director Bobbi Jo Hart, who has been making documentaries for over 20 years, tells SPEC that it is the aim of the series to "bring a sense of connection and support to English-speaking seniors in Quebec (and beyond) during the pandemic. Seniors have been the group most affected and the series will provide some distraction for seniors at a time when they are most isolated."

The series has been presented since December 2020 and will run until August 2021. There are 18 episodes planned with the help of a seniors' focus group who help to advise on topics and content. The variety of topics that have been presented so far are fascinating. Episodes have included: Animal Fostering, Gardening in Small Spaces, Flower Arranging, Laughter Yoga, Creative Writing and Mindfulness and Movement. The episode featuring author Louise Penny proved to be the most watched episode, so far – 24,000 views!

Director and Project Manager Bobbi Jo Hart gave us a peek into some topics for upcoming episodes: Eating Healthy on a Budget, Horse Therapy, Indigenous Medicine and Dancing and Being a Tourist in Your Own City or Area Safely. The episodes are beautifully produced, colourful and the presenters are all engaging and entertaining to watch.

Seniors all over Quebec are watching the series and many do so with their families so that it becomes an intergenerational activity. The topics are not exclusively interesting to older adults – people of all ages can enjoy the series.

If you miss an episode, or wish to rewatch one they are all available online at "We're All in This Together" on Facebook or on YouTube.

Notice of interest

Société québécoise des infrastructures

SEARCH FOR LAND AVAILABLE FOR SALE IN NEW CARLISLE OR PASPÉBIAC

Request: D43048

The Société québécoise des infrastructures (Société) invites any interested owner to send information about a vacant lot or a building that is vacant and can be demolished, whether it is a single lot or a combination of several lots (Land), available for sale and meeting the following criteria:

A) Area: The Land must have a minimum area of 11,000 square metres.

B) Perimeter: The Land must be located in the municipality of New Carlisle or Paspébiac.

C) Exclusion: Land in an agricultural zone located in Paspébiac and/or the presence of power lines and railroad tracks on the lot.

D) Municipal services: The Land must be located in an area served by municipal services.

Interested parties may find the free information form to be completed on the following website: www.sqi.gouv.qc.ca, in the section "Faire affaire avec nous", under the heading "Avis d'intention et d'intérêt". For further information, please contact Ms. Marie-Hélène Robitaille at 418 646-1766, extension 3035.

All information forms and required documents must be received **no later than 3:00 p.m. on Wednesday, May 26, 2021** at the Société québécoise des infrastructures, to the attention of Marie-Hélène Robitaille, at the following address: Direction de l'évaluation et des transactions immobilières, 1075, rue de l'Amérique-Française, Québec (Québec) G1R 5P8.

Each Land Proposal (form and required documents) must be submitted in a separate sealed envelope marked: "Notice of Interest - Site Search D43048" Important: This is neither a request for proposals nor an invitation to bid.

This request for information does not constitute a call for tenders or a request for proposals. It is intended only to gather general information on the availability of land for sale. Submissions must demonstrate that the lands available for sale meet or will meet the above criteria.

The Corporation will not be obligated to solicit bids or purchase any of the lands and reserves the right to choose any other method of acquisition.



www.sqi.gouv.qc.ca

An unfortunate fall, concludes the CNESST

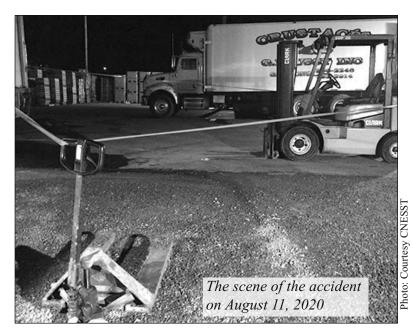
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Nelson Sergerie

PORT-DANIEL-GASCONS - An unfortunate fate explains the death of Gilles Boutin, who lost his life while delivering a shipment of lobsters to the Crustacés G. Roussy factory in Port-Daniel-Gascons on August 11, 2020.

In an investigation report unveiled on August 27, the evening of the accident, after Mr. Boutin had backed up his truck, a forklift operator from the Crustacés G. Roussy company then installed a pallet jack truck on the forks of the forklift truck in order to lift it and put it in the truck to unload the cargo.

Wanting to access the body of the truck, Mr. Boutin positioned his two feet on a fork of the pallet jack truck before it was lifted. As the operator maneuvered to place the pallet truck in the truck bed, Mr. Boutin lost his balance and fell backwards from a height of 120 cm, hitting his head on the as-



phalt. Taken to Chandler Hospital and transferred to Quebec, he died as a result of his injuries on August 22.

"People, to go faster, will want to get on the forklift rather than using other means, but that entails a tangible danger as in the case of this accident because it can cause a worker to fall by getting on the forks of a forklift," says Inspector Martin Reader of the CNESST.

Following the accident, the CNESST demanded that workers operating a forklift truck take driver training and that Crustacés G. Roussy put in place a work procedure to access the truck's load before unloading.

The CNESST also demanded that the employer conduct an annual inspection of its two forklifts as well as an inspection before their use.

Daniel Côté is prefect of the

Côte-de-Gaspé MRC, presi-

dent of the Régie intermunici-

pale de transport Gaspésie

-Îles-de-la-Madeleine, vice-

president of the Union Munic-

ipalité du Québec in which he

chairs the committee on air

transport and the lack of child-

care spaces.

The new Percé wharf is silted up.

Photo: N. Sergeri

PERCÉ WHARF: DFO does not apologize

Nelson Sergerie

PERCÉ - Fisheries and Oceans Canada does not intend to apologize to Percé after the department blamed the Town for not having dredged since the wharf was rebuilt.

DFO wants to move forward "We are looking to the future to carry out the work and we are focusing our energy on dredging as quickly as possible," replied the Associate Regional Director General for Quebec, Sylvain Vézina.

The administrator notes that silting up is something that has been observed elsewhere in Quebec, since there was no ice this winter.

Analyses have been taken to establish the volume to be removed and dredging will be done shortly, and Percé will be consulted.

Mayor Cathy Poirier said on April 22 that there had been no studies for the "L" wharf.

"We did environmental studies that were done before starting construction of the wharf. The results were shared with the new owner: the Government of Quebec. If the Town wants to have the studies, there is no issue with that," replies Mr. Vézina.

A disturbing statement

Percé had asked Fisheries and Oceans Canada to withdraw its remarks attributing to the Town the responsibility for the accumulation of sediment which renders the new wharf unusable. The town administration could not comprehend the ministry's statement against it.

On April 20, DFO blamed Percé in writing in an email "that the work is due to the fact that an accumulation of sediment has been created over the years" because of a lack of dredging on the Town's part.

Daniel Côté embarks on the next mayoral race



Nelson Sergerie

GASPÉ - The outgoing mayor of Gaspé, Daniel Côté, will seek a third term as mayor.

In position since 2013, the outgoing mayor wants to complete current files such as the revitalization of Rivière-au-Renard, the fishing capital and the construction of the Anseau-Griffon aqueduct, if he is re-elected on the November 7.



Daniel Côté announced his intentions on April 29 via Facebook.

His top priority is the sports complex, which did not win Quebec's approval in December.

"This is an issue that must be reviewed to be able to fit into the criteria of government programs. It has to be rephrased so much that for me it is practically a new file," explains the elected official.

The lack of housing and childcare spaces continues to be a barrier to the Town's growth and the outgoing mayor intends to continue the process regarding those files.

Côté does not want to speculate on what will happen next after a possible third term, as he says he never had a career plan. "I still have the energy to make a third one (term). There are so many files to do that I am going for it. We will see more. I do not know the future," said the elected official.

In addition to being mayor,



INVITATION TO SUBMIT AN EXPRESSION OF INTEREST AS TO THE AVAILABILITY OF SPACE FOR LEASE IN SAINTE-ANNE-DES-MONTS, QUEBEC FILE NUMBER: 81001764

Public Works and Government Services Canada is asking interested parties to submit a response by May 11, 2021, with respect to providing office space for lease in buildings in Sainte-Anne-des-Monts, for a term of 10 years commencing between April 1 and September 1, 2023.

To view the complete text of the request and to respond to this invitation, please log on to www.buyandsell.gc.ca/goods-and-services/leasing-of-real-property or contact Emilia Rochetta at 418-998-2066.



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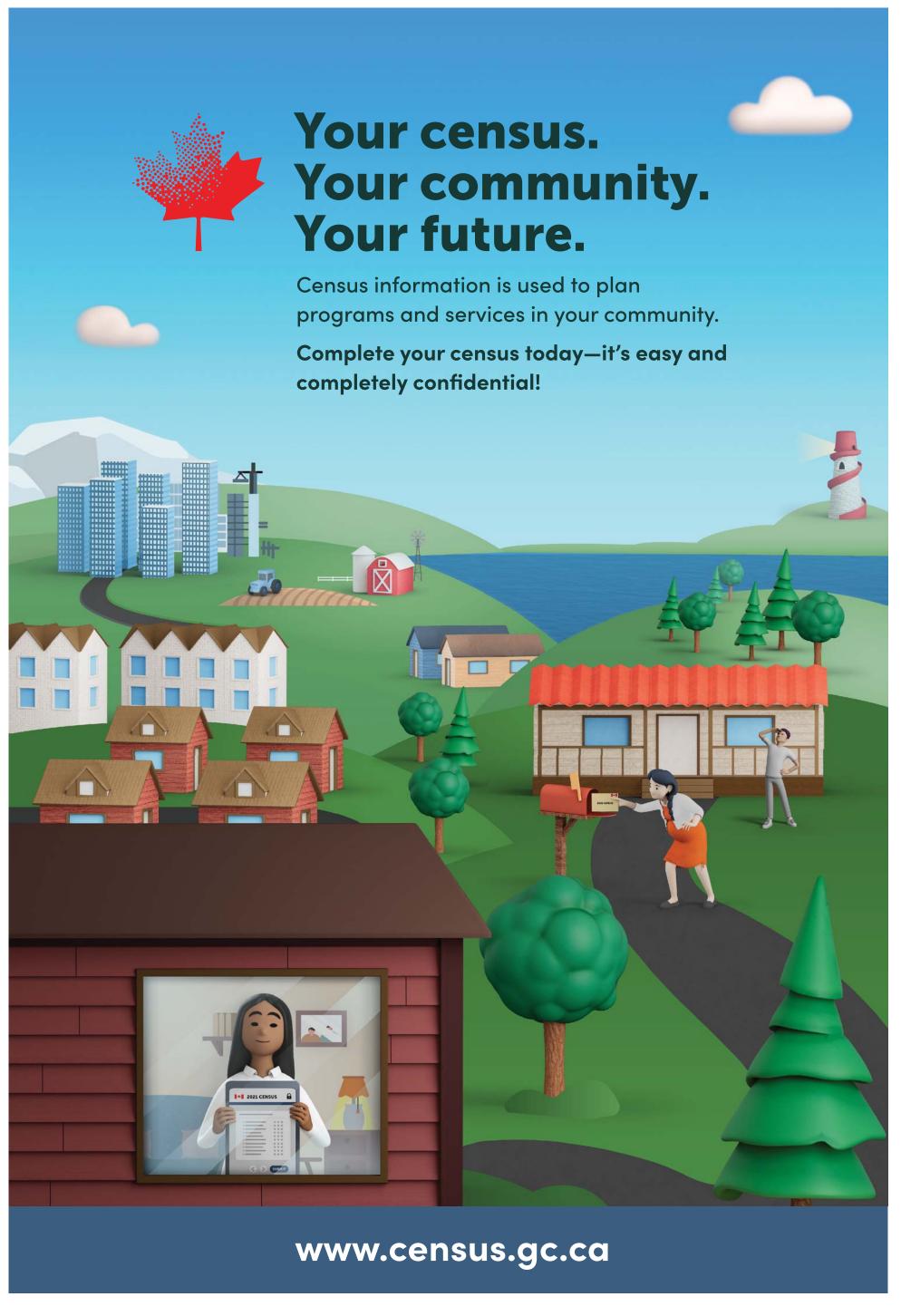
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We all want to know more about COVID-19 vaccination



COVID-19
Vaccination operation

There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 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
- 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** People 80 years of age or older
- 6 People 70 to 79 years of age
- **7** People 60 to 69 years of age
- 8 Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of CQVID-19
- 9 Adults under 60 years of age who do not have a chronic disease or health problem that increases 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

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.

What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

mRNA vaccines: These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.

Viral vector vaccines: These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Protein subunit vaccines: These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."

What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

Québec.ca/COVIDvaccine

1877 644-4545

Québec **



Page 9, May 5, 2021 - Spec

"La Boutique" kicks off 50th season with garage sale May 29

Cynthia **Dow**

NEW RICHMOND: - A popular tourist attraction in New Richmond, and boon to local artists and artisans, is celebrating its 50th anniversary this year.

"La Boutique is the only one of its kind left," Debbie (McInnis) Duthie explained. She was referring to the local handicraft shops established by the Gaspesian Cultural Association in the early 1970s. La Boutique can be found on the main street in downtown New Richmond, not far from St Andrew's United Church.

So far the little shop, which provides a sales outlet for local artisans and artists, has been open every summer but two: in 2012 when Perron Boulevard was being reconstructed and last year due to the pandemic. "We hope to open this year. By the end of May we'll have to make our decision, based on what happens with COVID-19," Mrs. Duthie explained.

Summer visitors can find a treasure trove of handmade articles: knitted goods, paintings, wooden handicrafts, jewelry, jams and jellies, and fabulous quilts, catalans and baby blan-



kets, all at reasonable prices. La Boutique takes 25% of sales to help cover their costs. The last year they were open, 2019, they brought in a gross amount of just over \$9,700.

As treasurer for the little non-profit, Mrs. Duthie explained that while the shop remains closed, certain expenses still have to be covered, like Hydro, commercial insurance and taxes. "There is no money coming in, and no help from other sources. We don't have many expenses, but we do need

a new roof on the back of the building. We tried to look for government help in 2018, the New Horizon grant, but we didn't get it." A previous grant in the 1980s had allowed them to add a kitchen and toilet for the volunteers. It was built by the late Jim Gilker.

They did receive a \$1,000 grant from the municipality in 2014; and a loan from a member in 2012 kept them afloat when closed due to the road work. To help with expenses they hold a garage sale every

year with items donated by members and friends. This year is no exception: Secretary Sharon Leggo confirmed to SPEC that "Our garage sale will be Saturday, May 29 from 8 a.m. to 4 p.m. at St. Andrew's United Church, provided COVID restrictions allow."

In 2019 there were 30 members whose articles were on sale at La Boutique, and 12 volunteers kept the little log cabin open for sales from June to September. "We are running on

a skeleton crew" says Mrs. Leggo, "We had four spares we could call if absolutely needed, but most people worked alone. Out of the 12 regulars, we had to do a double shift once or twice throughout the summer to cover Saturdays."

"I really, really like it myself," Mrs. Duthie said, referring to her shifts manning the little shop, "But I wish we had more help. The visitors note how it's one of a kind, and leave messages saying: 'I love it, I come every year."

A history of La Boutique written by the late Evelyn Bisson notes that the current building was built by Everett Harrison and moved from his property in New Richmond West in 1979. The shop had first opened at the Black Cape United Church in May 1971, then moved to the old Armoury, a former Legion building. At that time a library also run by the Gaspesian Cultural Association was located upstairs.

For more information about La Boutique and its garage sale, you can check out their Facebook page or contact Treasurer Debbie Duthie at 418-392-4508.

50th Anniversary: La Boutique, New Richmond Cultural Association

Sharon Leggo

It all began in 1971, when Lorne Hayes of Shigawake conceived the idea of a Gaspesian Cultural Association. Branches under the association opened in Gaspé, Shigawake, New Carlisle, New Richmond, Escuminac and Matapedia.

The first meeting of the New Richmond branch was held in April 1971 and the shop opened its doors for the first time one month later at the Black Cape United Church.

In 1972, the church was dismantled to provide for the new highway and the shop moved to the old Armoury Building (old Legion Hall) in New Richmond. At that time the organization had a library upstairs and a handicraft shop down-

stairs.

In 1979 the existing log cabin was purchased and moved to its current location with permission from the property owners at that time, Ivan Dow and family. When the property changed hands, the new owners, Kenneth Quinn and family allowed the shop to stay.

In 1981, all other shops under the umbrella of the Gaspesian Cultural Association closed their doors. The New Richmond shop, however, was thriving and the volunteers and artisans had no intention of giving up. Thus, the New Richmond Cultural Association (La Boutique) was formed.

In 1985 the Quinn family allowed La Boutique to purchase the piece of land where

the log cabin sat and the boutique finally had its forever home at 210 Boulevard Perron Ouest.

That same year, a grant application to the New Horizons Program for an addition of a bathroom, kitchenette, storage room, electric baseboard heat, and asphalt shingle roofing was accepted and La Boutique received \$7,912. This was the only grant ever received.

La Boutique has never hired an employee. It has always been fortunate to attract devoted volunteers who were passionate about the success of their shop and determined to keep such an important part of our history alive. One such volunteer is our current president, Blanche Fallow. She has been a member of the organization

since its conception and was present at the first meeting on April 28, 1971.

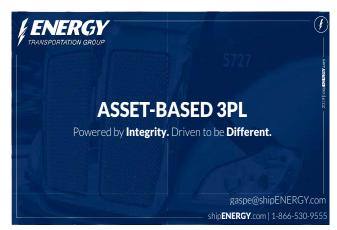
Times have changed, but the talent and resourcefulness of Gaspesians which stems from the ability to utilize what's available was passed on from generation to generation and people take pride in their artistic creations. Our shop still displays items of a traditional nature; sewing, quilting, knitting, crocheting, tatting, weaving, rug hooking and braiding. In addition we display beautiful woodwork items, carvings, natural soaps, lip balms and bath bombs, natural remedies. jewelry, beach art, and paintings on canvas, rocks, and glass. We have jams, jellies, pickles, caramel, fudge and maple syrup. We have cards

displaying local photography. We also have cookbooks and other locally published items.

It hasn't been easy, especially with the recent pandemic, but we think our community artisans need an outlet to display and sell their treasures. Locals and tourists love to browse and be amazed at the incredible talent of our Gaspesians.

We are always on the lookout for new volunteers with fresh innovative ideas to ensure that La Boutique survives for another 50 years.

To find out what La Boutique is up to next, watch for posts on Facebook (La Boutique, New Richmond), email us at laboutique50th@hotmail.com or call Deborah Duthie at 418 392-4508.







Women in the Avignon MRC now have a place to create art and talk, Feminitea

Gilles **Gagné**

SAINT-OMER – Centr'Elles, the women's centre serving the Avignon MRC officially opened on April 15. It is a place for women wanting to create art and talk. The place is called Feminitea and it is located in the basement of Centr'Elles office, in Saint-Omer's former Caisses Desjardins building.

Centr'Elles' coordinator, Nathalie Babin, praised the work of community development agent Donna Lévesque in the steps that led to the opening of Feminitea.

"The project was masterfully managed by Donna Lévesque. She was able to recruit the right people to work with her. This space will be filled with beauty and feminity," said Ms. Babin on opening day.

The project started taking shape shortly after Ms. Lévesque was hired as a community development officer in February 2020.

"Centr'Elles wanted to reach women from the indigenous community of Gesgapegiag; people from the LGBTQ community; young women aged 18 to 35 and women from the Plateaux of Matapedia, who live farther than the oth-



ers from our women's centre. We had a room available downstairs here in the basement. It was being used by other groups but more could be done," explains Donna Lévesque.

Women could already go to the Centr'Elles office but she felt other needs could be filled through using the underused basement.

"I saw the need for a space where women could use art to express their feminism, or to discuss various topics, hold activities. We decided to give the space design contract to a woman, Manon Lévêque, who represents precisely the age group we are trying to reach. We awarded the contract following a call for tenders in October 2020. Manon is an arts student at the Carleton Cégep. Her mandate was to develop the premises taking into account the three communities we serve Anglophones, Francophones and Natives," she adds.

The artist drew a large mural depicting three Gaspesian women from those communities, namely Gesgapegiag filmmaker Heather Condo, the late Newport-born singersongwriter Mary Travers known as La Bolduc, as well as artist, author and filmmaker Maryse Goudreau who lives in Escuminac.

"The organization of the room was done with a small budget, about \$15,000, including the artist's remuneration, the physical arrange- ments of the room. It was, nevertheless, necessary to remove a wall; a stage we had to build and it includes electricity wiring. We recycled materials," further explains Donna Lévesque.

Heather Condo, Maryse Goudreau and Mary Travers represent a lot for Centr'Elles'

"They are sources of inspiration for other women. I also found that three women were not enough. I decided to make a written document, presenting other Gaspé Peninsula women who do a lot of beautiful things. Art is much larger than a message to elites. Maybe women will find their voice through art. There it is, the collection, to inspire other women to create. These biographies, if they are consulted, encourage

other women to make themselves known by organizations, to be recognized by Culture Gaspésie, for example, for a project. This is a document that will never be finished," stresses Donna Lévesque.

The Centr'Elles staff will not be at the centre of all activities of Feminitea. "Any woman can use the space to organize an event, in addition to the activities we organize. Hours of operation will be extended, eventually. We will have a student over the summer. Feminitea is open to everyone, with moments reserved for women," she says.

The Centr'Elles team has in mind an idea of the role Feminitea will likely play if things pan out as expected.

"I come back to the use of recycled materials to furnish the room. This is an example of sustainable development. This is also social development! The idea is to start from the needs of citizens and see how we can meet those needs. It creates a social net and people who have difficulty can bounce back from it. This is why we create a space for exchange and creation. It leads to improved quality of life," says Donna Levesque.

Gesgapegiag citizens Heather Condo and Denise Larocque were on hand for the official launch of Feminitea. So was young singer Simone Fugère, from Carleton, who as a teenager, is part of the age bracket the Centr'Elles employees want to reach.

Competition at Gaspé Airport

Nelson Sergerie

GASPÉ - Real competition will be established in air transport in Gaspé between Pal Airlines and Pascan. The two carriers have agreements with WestJet and Air Canada respectively, which bring prices to approximately \$325 from the beginning of June for a return trip to Montreal. "We haven't seen that often in the background and I hope this healthy competition will last," says Gaspé mayor, Daniel Côté.

Nothing filters out for the Quebec air transport plan, while Ottawa has offered help on several fronts. Mr. Côté would have liked to see a plan quickly as, for now, the free market takes hold in Gaspé.

The big question, however, is the ability of the market to support two carriers.

"If the two players compete for a long time and develop the market with a ticket price that looks good, we will end up with a more developed market with customers on board and that will ensure that there will be room for both," believes the

Gaspé is working on the construction of new hangars to increase the revenues of its airport. After renovating its runway and approaches in 2020 and launching studies for the repair of the terminal, the Town is tackling the air tourism component by building these infrastructures and taking advantage of a federal program.

"The pandemic has meant that there are more and more pilots of small private planes who have requests. In the carriers that serve Gaspé, there are some who would like a hangar to sleep their planes in Gaspé. There are some nice, generous grants available at the federal level," says the mayor.

A rapid response would allow building in the coming months. In the airport development plan presented in 2018, Gaspé also mentioned agriculture to generate additional income, but this component has been set aside for the moment.

Chandler: Court takes Louisette Langlois' request under advisement

Nelson Sergerie

CHANDLER - The Superior Court has taken under advisement the request of the mayoress of Chandler, Louisette Langlois, who wants to overturn the 180-day sanction given by the Commission municipale du Québec.

During the hearing held on April 26, the mayor's prosecutor, Charles Caza, noted three elements to invalidate the decision: Ms. Langlois was not entitled to a full and complete defense before the commission which, according to him, distorted the evidence; that the sanction is disproportionate when it is punitive rather than dissuasive; and that prosecutors play several roles, to

there was jurisprudence on the professional latter point.

responded by showing that the numerous requests from Ms. Langlois' attorney slowed down the process. They stressed that there were stages of "trial and error" in what has been called a "Loto-tribunal" recalling that the mayoress did not testify at the hearing last July to deny this, which is reproached to him. In fact, according to prosecutors, it is a disguised appeal of Judge Sandra Bilodeau's decision. According to them, the decision is reasonable.

The commission had retained 20 of the 21 breaches against Louisette Langlois

which the court replied that under the code of ethics and conduct elected officials of the Town. Commission prosecutors The breaches mentioned include the disclosure of confidential information to citizens in November 2018, March 2019 and September 2019 where the mayoress allegedly disclosed the names or titles of employees who had made psychological harassment complaints to the CNESST. In addition, in March and May 2019, she allegedly sent an email or instant message to a citizen with legal professional fees accounts, all contrary to section 6 of the code. Ms. Langlois has been suspended since January 11.

> The court took the case under advisement.

CHANDLER:

The SDEIC will soon be dismantled



Nelson **Sergerie**

CHANDLER - A page in the history of Gaspésia mill will soon be turned with the remittance of nearly \$390,000 by the Chandler Economic and Industrial Development Corporation (SDEIC) to the Town of Chandler.

The municipal council had decided to liquidate the organization which had handed over its last asset, the Sept-Îles lake dam in February 2020. It is because insurance for the dam costs \$12,000, an amount that will only be \$500 for the Town. Due to the organization's diffi-

cult legal past, the insurance premium for directors was \$35,000.

"It only remained to be validated whether the SDEIC did not still have accounts payable that we received in 2020, including legal fees," says President Tim Sutton. Several projects can be carried out with the sum paid by the corporation.

"The SDEIC will complete the details of the transfer of funds and we will invest in all the neighbourhoods. The announcements will be made in May," specifies the pro-mayor, Bruno-Pierre Godbout.

Among the projects already

mentioned that could receive funds, the development of the land of the former Gaspésia mill by 2023 would be on the program, an option that Mr. Godbout has already put forward. This \$6 million project already has a reserve of \$500,000 in the 2021 budget. The elected official indicated that a good part of the down payment would come from the SDEIC surpluses. Quebec and Ottawa must be called upon for this project.

A final public presentation of the SDEIC's report will be made once the pandemic is



Earth Day: No to the Galt project

Nelson **Sergerie**

the event.

GASPÉ - More than a hundred people took to the streets of Gaspé on the afternoon of April 25 to demand the end of oil exploration at the Galt site, near

This Earth Day march through the streets of downtown allowed the group to carry banners with their message referring to this request.

"We want to say yes to renewable energies... we are strong on this in the Gaspé with wind and solar power. Yes to the real energy transition and no to oil, no to Galt," says one of the organizers, Carol Saucier, member of Solidarité Gaspésie. In addition, The Planet Invites itself to Parliament Gaspé Section, Brume Noire and Environnement Vert Plus also assisted in organizing

A petition against Galt

A petition is calling on the Quebec government to withdraw all forms of public investment in the Galt project. Initiated within the framework of Earth Day, the Member of the National Assembly for Gaspé, Méganne Perry Mélançon, who sponsored the document and participated in the march on April 25, has been opposed to the project since her election in October 2018, because of the risks for the 'environment.

Ms. Perry Mélançon maintains that it is unacceptable in 2021 with climate change, for the government to still finance such projects which have no future for Quebecers.

In her opinion, the petition must be signed in large numbers to send a clear message to the government.

Québec solidaire calls for the withdrawal of Quebec

Solidarity Member of the National Assembly Ruba Ghazal asked Quebec on April 28 to withdraw from the project in which the Liberal Government of Philippe Couillard had invested \$8.4 million to drill the Galt 6 well in 2017.

Ms. Ghazal maintained that Gaspé Énergies was taking government money to sue the government which refused to authorize exploration within 1000 metres of a water environment and asked the court to invalidate article 23 of the Hydrocarbons Regulations.

Minister Pierre Fitzgibbon is willing to sell Quebec's stake... but he cannot find a buyer.

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by

Diane Skinner Flowers



Quiet

Do you like to be the centre of attention in a meeting or get together? Are you the person who listens, but says little? Or are you somewhere in between? The world is made up of many different kinds of people and perhaps the key is for us to understand who we are and to be true to ourselves.

A terrific little book called Quiet: The Power of Introverts in a World That Can't Stop Talking is a non-fiction book that was published in 2012. The main premise of the book is that we often undervalue the importance of introverted people, those we sometimes refer to as shy.

It is estimated that 30 - 50 percent of people are introverts. We are shaped by our genes (born that way) and our life experiences. Generally, people tend towards being one or the other - introvert or extrovert. Introvert characteristics can be a real plus because it means that you listen well, create and contribute but do not look for all the glory. Throughout history many great inventors and writers have been the introverts or the "quiet" people.

Introverts, those people who tend to be quiet and extroverts, who are more outgoing, can be defined by some of their characteristics. Read these over and see where you fit in. Perhaps at different times in your life you can be one or the other or even a combination!

Introvert:

Prefers spending time alone, needs time alone to recharge, avoids being the centre of attention, thinks before they speak, values one on one time with others, prefers being in a quiet, calm place, and thinks deeply about issues and concerns.

Extrovert:

Has a lot of friends, often thinks out loud, likes to be the centre of attention, enjoys large groups of people, loves to be part of a team or group, and tends to make quick decisions.

Being an introvert does not mean that you cannot be successful. History is full of people who are famous, successful and introverted to some degree.

Elon Musk – This mega famous and successful billionaire refers to himself as an "introverted engineer." He often had difficulties speaking in front of groups of people but has overcome that shyness.

Roy Rogers – He was known as the King of TV Cowboys and he self-identified as an introvert. He was a big deal in show business in the 1950s, and said that he had a hard time dealing with the large groups of people around him.

Dr. Seuss – The famous children's author with the unique style (Cat in the Hat, Green Eggs and Ham). He was afraid of meeting kids "for fear that they would be disappointed at how quiet he was."

Steve Wozniak - Along with Steve Jobs, he co-founded Apple Inc. Steve Jobs was the extrovert and Steve Wozniak the introvert. In a sense they complemented each other (yin and yang) to build the world's largest technology company and initiated the personal computer revolution.

Meryl Streep – One of the greatest modern actresses, Meryl is surprisingly known as an introvert. Perhaps her trait of listening intently to others has helped her be such an amazingly skilled actress.

Wherever you are on the spectrum of introvert/extrovert just understanding who you are is important. One is not "better" than the other. You cannot force yourself to be a person that you are not. You are who you are and that's just



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NEWPORT TO NEW RICHMOND Free advice with every visit!









LEGROS: Peter

January 5, 1939 - April 20, 2021

It is with great sadness that we say goodbye to Peter Arthur LeGros who passed peacefully on April 20, 2021, at the age of 82.

He is mourned by his wife Elizabeth (Libby) Newroth, his son Michael, daughter-in-law Tammy, grandchildren Emma and Peter and his daughter Katherine. He is also mourned by his sister Enid LeGros-Wise, brother-in-law Roger Wise as well as his extended family and many friends.

We will remember Peter for his great sense of humour, extraordinary generosity and ready helpfulness. He was a wonderful husband, father and friend, and for many of us a true role model. People who worked with him at Robin's along with many of his friends have taken the time to remind us how fair and trustworthy he was. He will be greatly missed.

The family would like to extend a big thank-you to all medical and support professionals that were so helpful and very kind. Due to the current COVID situation a service will be scheduled at a later date.

Grenier, Grenier & Grenier LAWYERS



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

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To Jesus through Mary

Prayer to the Blessed Virgin (never known to fail)

O most beautiful flower of Mount Carmel, fruitful vine, splendour of heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my Mother, O Holy Mary, Mother of God, Queen of heaven and earth, I humbly beseech you, from the bottom of my heart to succour me in my necessity (make request). There are none who can withstand your power. O Mary, conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this prayer in your hands (3 times). Say this prayer for 3 consecutive days and publish, and it will be granted to you.

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A prayer to St. Jude to be said in cases despaired of

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

M.C.G





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COAST ROUND-UP

COAST ROUND-UP

GASPE:

Gaspe Cancer Foundation

The citizens of the MRC of Côte de Gaspé are asked to please note that the Annual Gaspe Cancer Foundation Membership Campaign is in full swing. The blue registration form can be found in your Publisac. May we remind you that membership fees are \$12 per year. New members have a 30-day waiting period be-

fore being eligible to receive their travel assistance.

If you are a member in good standing, are afflicted with cancer, and must travel outside the region for treatment, you are eligible for the following travel assistance: Chandler \$40, Maria \$70, Rimouski \$170, Rivière-du-Loup \$190 Québec \$210, Montreal and Sherbrooke \$270.

NEW CARLISLE: Heritage New Carlisle

Just published! Now available: The Cox House of New Carlisle by Historian Bob Chisholm. Born and raised in New Carlisle, Quebec. Mr. Chisholm lived in the Cox house from 1936 to 1940. The famous Cox house, built circa 1786, holds many stories from New Carlisle's early days, including the Courthouse and the Caldwell family. Chisholm always had an interest in family history. Included in his various writings, he has had several publications, including the Chisholm Family and his memoirs. Cost: \$20 plus postage and handling: \$5. To order by email: heritagenc@globetrotter.net. Telephone: 418-752-1334 or facebook: centre culturel et d'interprétation Kempfferpage officielle.

ROTARY CLUB WINNERS

The winners for the week of April 11 are: Steeve Loubert, Manon Côté, Gisèle Cormier, Daniel Paulin, Denis Leblanc, Andréa Delarosbil and Ken Willett.

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ANGLICAN CHURCH OF CANADA

Sunday, May 9
New Carlisle

11 a.m. Holy Eucharist

UNITED CHURCH

Sunday, May 9

10 a.m. Hope Town

On the lighter side...

Why do we say ...

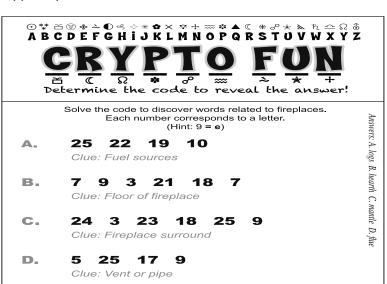
by Gary Briand

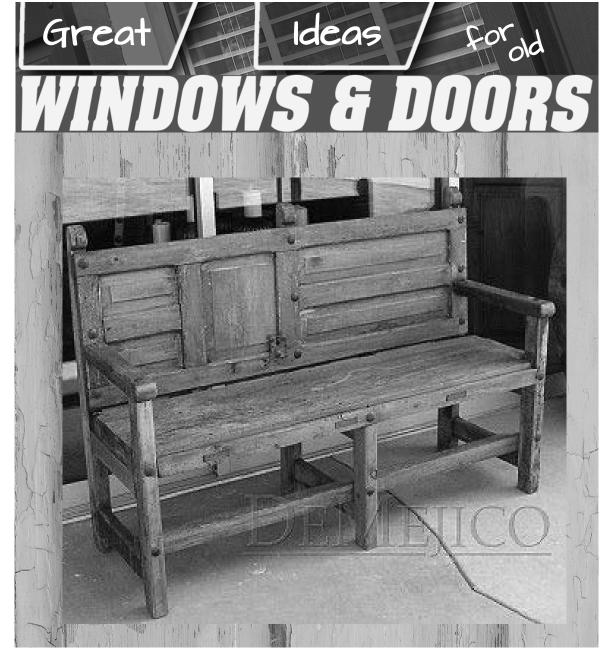
"You're pulling my leg" is a common phrase meaning you're fooling me, making fun of me and putting me on. What is its origin? Two very different explanations have been given.

In very early England, prior to 800 A.D., English hangmen were so inept at their job that the victim's friends or relatives were allowed to pull on a victim's leg to see if he was actually dead. Yet, today, we find it inconceivable that the phrase should only appear in print three hundred years later!

Rather than being gallows humour, the phrase seems to be associated with tripping a person up. Now it is believed that British muggers worked in pairs, with one of them called a "tripper up." By using either a cane with a crooked handle or a piece of wire, the "tripper-up" would cause the victim to fall. At that point, the other thief would proceed to relieve the victim of his wallet. Since this was a ruse and the leg was actually being pulled, it gave use to the expression "you're pulling my leg."

But the second, too, is only a theory. The best we can say is that the phrase has everything to do with a person being tripped up or fooled.







ARIES - Mar 21/Apr 20

Aries, serving others is important, but it also is essential that you take care of yourself. Set aside time for some pampering or at least to enjoy some moments of quiet.

TAURUS – Apr 21/May 21

Taurus, it is important that you take a stand one way or another concerning a relationship with someone close. Taking a stand will benefit both parties.

GEMINI – May 22/Jun 21 Gemini, stubborn minds can cause friction when they interact with one another, but you can be the mediator who steps in. Try to cool tempers and smooth things out.

CANCER – Jun 22/Jul 22

Expect things to go quite nicely for you this week, Cancer. More prosperity should be heading your way and all in all things will flow smoothly at home and work.

LEO - Jul 23/Aug 23

It is time to get on the same page as others close to you, Leo. This could involve making some minor adjustments to your way of thinking, but it will be well worth it.

VIRGO – Aug 24/Sept 22 Important lessons on balance are learned this week, Virgo. They involve how much of yourself you are sharing with others. You may need to slightly scale back the helping hand. LIBRA – Sept 23/Oct 23

Libra, if you feel like you're not getting the attention you deserve at work, you may need to plead your case to a new audience. See if you can move up the chain of command.

SCORPIO - Oct 24/Nov 22

Your mind and energy levels are on an even keel this week, Scorpio. You have the perfect combination to get big projects done. Tackle as much as you can.

SAGITTARIUS – Nov 23/Dec 21 Sagittarius, it is alright to be a bit more selfish than usual for the next few days. You probably have tasks that have been put off for some time. Now is the time to get them done. CAPRICORN – Dec 22/Jan 20

Your desire to get things done is only hindered by the free time you have. This might be an opportunity to take a personal day and catch up on your home life, Capricorn.

AQUARIUS – Jan 21/Feb 18 Give yourself some self-healing time, Aquarius. You have been juggling a lot of different things lately, which may have crowded your mind. Sort it all out.

PISCES – Feb 19/Mar 20 Leave worries at your doorstep, Pisces. This is a week when the sun is always shining and everything seems to fall in place.

FAMOUS BIRTHDAYS

MAY 2 David Beckham, Athlete (46) MAY 3

Eric Church, Singer (44) MAY 4

Lance Bass, Singer (42) MAY 5 Adele, Singer (33)

MAY 6 George Clooney, Actor (60) MAY 7

Alexander Ludwig, Actor (29)
MAY 8

Enrique Iglesias, Singer (46)



Diane Skinner

Eggs come in different colours, not just brown and white though these are typically what we can choose from in the grocery store. Are brown eggs full of nutrients and therefore healthier for you? Are they tastier? The truth is that the shell colour tells nothing about what is inside the egg. The difference is in the breed of chicken that laid the eggs. White eggs and brown eggs do not taste differently.

There can be a difference, however, in the nutrition of eggs depending on what the hen is fed. Also, other factors which affect the health of the hen can make a difference in the taste and texture of the egg. Brown eggs have a pigment in their shells which white eggs do not.

Since the colour of the egg is entirely dependent on the breed of the laying hen what can give you a clue as to what colour eggs your hens will lay? You may be able to tell by examining the hen's feathers or earlobes. Who knew hens have ear lobes, but they do!

The majority of eggs sold in Canada are white. Brown eggs are often more expensive so the store is trying to tell us something (or sell us something) about the brown eggs. It may take more feed, but not necessarily, for laying hens to produce brown eggs and of course the feed is the main expense for raising hens.

What other factors can you consider when buying eggs? Here are some terms you may have noticed in the grocery store:

Organic: These eggs are from

Words and eggs must be handled with care Once broken they are impossible to repair.

chickens that have been fed all organic food. Often these chickens are 'outdoor' chickens – they get to walk around in the open air.

Free range: These eggs come from happy hens who have constant access to water, food and outdoor living whenever they choose.

Cage Free: Similar to free range chickens in that they have access to food and water whenever they wish but they have a larger area in which to roam

Omega 3: These eggs come from hens that have been fed flaxseed, which contains Omega 3. This has health benefits for your body and brain. Though there is not as much Omega 3 as in fish, it still has benefits.

Since the nutritional value of white eggs and brown eggs is pretty much the same, what is the main thing to look for when buying eggs? The answer is freshness. Most people cannot tell the difference in taste between a fresh egg and one that is a bit older, but there is a difference in texture. When you cook a fresh egg, it will be fluffy. Older eggs may be flat when cooked.

Always check the date on the egg carton, but one handy tip when shopping for eggs is to buy the cheapest eggs! Why? That is because most people choose the cheaper eggs so the stock will be replenished more often and the eggs should be fresher.

How to know if an egg is safe to eat

Fill a glass with cold water and slowly drop in the egg. If the egg sinks to the bottom and lies horizontally, it's very fresh.

If the egg sinks to the bottom but the fat end tilts up, just a little – it's about a week old. Go ahead and use it. If the egg sinks to the bottom and stands on the pointy end, it is still okay but should be used soon. It is about three weeks old. If the egg floats to the top, it is stale. Throw it out.



Photo: N. Sergerie

Gaspé is a happy town!

Nelson Sergerie

GASPÉ - Gaspé occupies a prominent place, ranking second among the municipalities where life is good in Quebec.

Gaspé is second only to the municipality of Shefford, in Montérégie, in the 10th edition of the Léger Happiness Index, a ranking of happiness levels, published on April 24 in the Quebecor group dailies.

Mutual aid, human proximity and nature are strong points for Gaspé. "It's a source of pride. This is a sign that the direction we have taken in recent years, investments in the environment, are paying off in terms of quality of life and economic development. Gaspé has always ranked well, but second in Quebec, it's an honour that we collectively receive," commented Mayor Daniel Côté.

When asked what their municipality lacks to reach the top spot: "Everyone is always missing a little something. There is never anything perfect in any municipality. To rank so high is still a great honour and we will continue to work hard to improve the quality of life. We will continue to work on economic development and to attract people. This is the key that led us to this success. Let's continue with this recipe," rejoices the mayor.

Chicken Bones, an old-fashioned candy

Diane Skinner

You either love them or you hate them. Darlene Gallon-Chang says "I loved them! The chocolate inside was a nice surprise!" On the other side, Ruth Flowers comments, "Those are horrible candy. Get back to me when you talk about Licorice Allsorts."

Chicken Bones have been called "a weird Maritime candy" and at first look they are quite odd and not just because of their name. They do not contain chicken or bones! The combined flavours of cinnamon and unsweetened chocolate are as odd as peanut butter and mayonnaise sandwiches. By the way, that sandwich combo was a "thing" many years ago.

Chicken bones were invented in St. Stephen, New Brunswick by Ganong Bros. Ltd. in 1885 and are still immensely popular today. This is despite the fact that hard candies are just not as popular as they once were. Many maritime homes make certain they have a bowl of Chicken Bones available at Christmas time. It is a tradition. In fact, Chicken Bones are the company's biggest seller around Christmas time.



Photo: D. Skinner

The candy is still made by Ganong Bros. Ltd. using almost the same methods as in 1885. The ingredients are placed in giant copper kettles and cooked. After cooling, the pink mixture (the cinnamon part) is mixed by hand with added flavour and colouring. It is laid out on a large table and flattened out. The unsweetened dark chocolate is spread over the top. Then it is rolled into a giant tube. As it is heated, the candy-maker pulls it into a longer thinner rope after which it is cut into small pieces. There are only three candy-makers skilled Ganong who have been trained to do this.

You may be able to buy Chicken Bones elsewhere in Canada, however, you can find them in the Maritimes pretty much all through the year. People from eastern Canada who live elsewhere will order the candy online or have their family send them a supply.

Other companies have tried to duplicate the flavours, but they are not quite the same and Maritimers, including Gaspesians, are loyal to their Ganong Chicken Bones. One American company has made their version with peanut butter, instead of chocolate and then rolls the candy in toasted coconut. Good try, but not the real thing.

Chicken Bones can be crunched or savoured slowly, however, the unique combination of the two predominant flavours – cinnamon and bittersweet chocolate – can be enjoyed either way. If you are a fan of Chicken Bones, you will know that it is hard to stop after having just one.

In 2019 a distillery in New Brunswick partnered with Ganong to make Chicken Bones Liqueur. The liqueur sold out quickly so they plan to increase production. Currently they are available only in New Brunswick, when you can find some in stock.

Nutritional information: ¼ cup of Chicken Bones contains 160 calories and 30 grams of sugar. Ingredients: Sugar, glucose, chocolate, icing sugar, glycerin, natural and artificial flavour and colour.

Cooking show on the Gaspesian Way: Featuring the Black Whale Cookbook

Diane Skinner

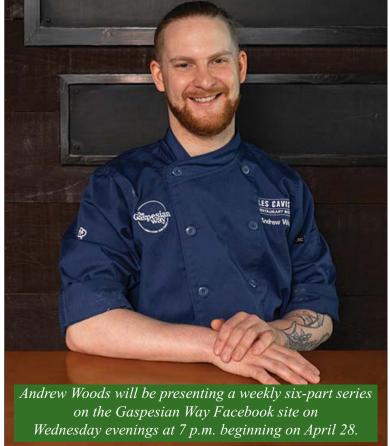
A new six-part video series will be featured online on the Gaspesian Way Facebook site.

Andrew Woods is a souschef who will modernize some of the recipes found in the historic Black Whale Cookbook. The first program was shown on April 28 and the additional five will debut on successive Wednesday evenings at 7 p.m. The series is brought to you by the Gaspesian Way and CASA with funding support from Canadian Heritage.

Andrew was born and raised in New Carlisle, and both of his parents are from the Coast. Andrew moved to Montreal to attend CEGEP when he was 17 and has lived there since.

He comments, "Food was always a source of fond memories of my childhood. When I speak about my grandparents, my first ten thoughts are about food. Both households had their own spaghetti sauce. My Nan made bread, and my Mammi made Coquille St. Jacques and barley soup."

He started cooking professionally at the age of 21 in a cafeteria style job and then attended cooking school. During this time Andrew was hired at his first restaurant job at Les Cavistes Wine Bar,



where he still works five years later! He eventually moved up to his current position of sous chef. He is an avid baker and his love and appreciation of wheat and fermentation has opened the door to other interests such as brewing beer and fermentation of other foods and drinks.

Andrew is now focussed on bringing flavours that are "anchored to our history" such as smoked pine cones, dandelion tea, and using cedar and fir as spices. Using these inPhoto: Courtesy of A. Woods gredients has great nostalgic and nutritional value. "We have much to learn," he says, "from Amerindian food culture."

The Black Whale Cookbook, a charming little book published in Percé in 1948, gives us an idea of what foods were eaten at that time. Andrew says a historical cookbook can give us insight into a culture. Some examples he cites include spruce beer, dandelion wine, rosehip jam and over 17 different recipes for

preparing cod livers. This book, "shows us just how resilient Gaspesians who came from the Old World were. They were determined to make the best they could with what ingredients were available. Then they desired to share these recipes with others," states Andrew.

The six-part series will give Andrew the platform to share some of the classic recipes in an approachable and fun way. His hope is that for some, it will revive some of the joy of cooking. Especially in times of COVID, this is an inspiration for families to prepare some different recipes together. Some of the dishes that will be featured include: Creamed Leeks with Smoked Ham, Confit Onion Tartlet and Pound Cake. In addition, Andrew will pair each dish with a spirit or brew from local artisan producers.

Andrew tells SPEC that his favourite recipe from the Black Whale Cookbook is Onion Tart which he likely would not have found otherwise and he says that he "devoured the whole thing the first time he made it along with some charcuterie." There was difficulty in locating ingredients for more archaic recipes. He comments that he finds it curious that many of the fish recipes in the cook-

book call for the fish to be boiled when baking or poaching would be a better way to prepare such a tender protein. He modifies some of the recipes (no boiled fish!) and remarks that some of the recipes are challenging because they have no ingredient list or no list of amounts for the ingredients.

In the future, Andrew would love to have his own dining room. He envisions deliciously prepared food and a taphouse or brewpub, that offers seasonal menus, foods sourced from local farms and a three to four course beer pairing menu. He mentions offering uncommon ingredients such as cedar, seeds and ancient grains like amaranth and oats that can be used for a lot more than just oatmeal.

This talented, creative sous chef from the Gaspé would like to challenge readers to go out and buy something that they have never tasted before. After trying it, ask yourself if you do or do not enjoy it by considering taste, texture, sweetness, acidity or does it invoke a memory of a similar food? Food preparation should be an adventure.

(Go to the Gaspesian Way Facebook on Wednesday evenings at 7 p.m. to see Andrew Woods prepare some unique dishes.)

Mothers and their young QUIZ

In honour of Mothers' Day 2021 match the mother adult animal with her baby:

ADULTS:

Bear Bee Beluga Cat

Chicken Cow

Deer Dog

Duck Fish

Goat Goose Horse

Jellyfish Kangaroo

Moose Owl Oyster

Pig
Pigeon
Platypus

Sheep Snake Swan

Toad Turkey



- Diane Skinner

BABIES:

cygnet platypup or puggle

joey calf

gosling puppy

calf kitten

cub chick

fawn duckling foal

piglet lamb larva

ephyna squab calf

kid tadpole poult snakelet

spat owlet fry



A mother kangaroo and her baby which is called a joey! Joeys crawl into their mother's pouch immediately after birth. They stay there for about six months. After that they can see, grow ears and hair, and walk on their own.

ANSWERS:

bear - cub, bee – larva, beluga – calf, cat – kitten, chicken – chick, cow – calf, deer – fawn, dog – puppy, duck – duckling, fish – fry, goat – kid, goose – gosling, horse – foal, jellyfish – ephyna, kangaroo – joey, moose – calf, owl – owlet, oyster – spat, pig – piglet, owl – owlet, oyster – spat, pig – piglet, signal – tadpole, turkey – poult toad – tadpole, turkey – poult