

Long awaited traffic lights to be installed at New Richmond intersection

Gilles Gagné

NEW RICHMOND – The Town of New Richmond and Transports Québec have reached an agreement for the installation of traffic lights at the intersection of Highway 132 and Saint-Edgar Road. The increase in traffic during the last years and the expected rise of circulation over the next years will make it safer, says Éric Dubé, mayor of New Richmond.

The Town of New Richmond has been advocating for the installation of those lights since 2013, says Mayor Dubé. Recent development in the industrial park and the rising popularity of the Pin Rouge ski station and its cottages in the summer have led to an agreement that will materialize over the spring of 2022.

“Over the last eight years, we have been asking for it, and we have adopted resolutions in that sense and sent them to Transports Québec every second year. In 2018, the Ministry (of Transport) said ‘yes’, on the condition that the Town pays part of it but I don’t know what happened. It fell through the cracks after that and over the last days, they announced that they will go ahead,” explains Éric Dubé.



The traffic lights at the intersection of Highway 132 and Saint-Edgar Road are expected to be functional in May 2022.

Photo: G. Gagné

“Before that, the intersection was not qualifying, statistics-wise. We couldn’t say that four deadly accidents had occurred there in the last years or so, however, we see accidents with material damage. We hear people saying that they came close to having serious accidents there. With the rising traffic generated by the industrial park, the risk can only increase. People are patient but when you have been waiting for four minutes, you take a chance. We didn’t want to wait until a fatal accident occurred,” he adds.

There are at least three new projects underway in the Industrial Park. “They are all

likely to bring a considerable increase in traffic,” stresses Mayor Dubé.

“Eurovia is building its asphalt plant there. It means 3,000 gravel trucks in and 3,000 asphalt trucks out. Just there, you have 6,000 additional trucks between June and the fall. The waiting time will surely get worse. Then with Ford moving there and Subaru expanding, more people will drive towards that area. I am also aware that another firm that had planned to move to the industrial park in 2023 will do it this year. Other projects are slated for that zone as well,” explains Mr. Dubé.

The probable cost of in-

stalling traffic light is reasonable even if an accurate figure is not determined yet.

“The Town of New Richmond’s share in the funding is not negotiated yet but it will be limited,” says Mr. Dubé, who expects a five-digit number, so less than \$100,000, maybe significantly less.

The relevance of building a roundabout instead of installing traffic lights was assessed over the years. “There is not enough room, with the businesses established on the corners. It would have been too tight. One corner is available right now but we would have had to trespass over a second one and it is not possi-

ble,” he explains.

The cement base of the future traffic lights was installed a few years ago, when Transports Québec made the last adjustments to the intersection, a situation that convinced the Town of New Richmond to keep coming back with the request for traffic lights. “Someone at the ministry knew that one day it would have to come to this,” concludes Éric Dubé with a grin.

The lights of the 19 poles surrounding the intersection will also be changed for brighter and lower electricity consumption LED lights when the new traffic lights will be installed.

4th Range bridge is almost ready

Gilles Gagné

NEW RICHMOND – After close to eight years of waiting and numerous requests sent to the Town of New Richmond; Transports Québec, the Gaspésie Railway Society and the residents of the New Richmond ranges are about to be able to use a brand new bridge on the Fourth Range.

The closure of the old bridge forced some residents of the ranges to make long detours to go to work, visit relatives, run errands and it created a difficult situation for emergency services and school bus drivers. Work started in October and stopped

during the peak of the winter but it resumed early in the spring. The new \$2.8 million bridge will likely be ready for users during the third week of July, points out Stéphane Cyr, director general of the Town of New Richmond, after receiving information from Transports Québec. “We still don’t have the accurate date. Some paving works must be carried out in the Doddridge Lane area and the Third and Fourth Ranges around mid-July. It is possible that the bridge will be available by then. For the moment, the Department (of Transport) doesn’t want to predict an exact date,” says Stéphane Cyr.



New Richmond’s Fourth Range bridge: a matter of days before its opening.

Photo: G. Gagné



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SPEC ends fiscal year with the first surplus in years

Gilles Gagné

NEW CARLISLE – Sea-Coast Publications Inc., the non-profit organization that publishes The Gaspé Spec, declared a surplus for the financial year that ended on March 31, 2021. That surplus reached \$115,940, compared to a loss of \$34,306 in 2019-2020.

Those results were released at the July 3 annual general meeting of the newspaper, which took place at the New Carlisle town hall. It was the first surplus for the SPEC in many years.

The big difference came from advertising sales, as they climbed from \$84,686 in 2019-2020 to \$255,974 last year. That was an increase of \$171,288. In fact, the amount of publicity sold by the newspaper tripled from one year to the other.

That situation was propelled by the Quebec government COVID-19 advertising campaign. The tendency had been noticed on September 12, 2020, when the SPEC held its previous annual general meeting. The deficit of \$34,306 was at the time already counter-balanced by a \$63,000 surplus for the four months following March.

While the Quebec government advertisement had totalled \$1,000 in 2018-2019 for the SPEC, it was adding up to \$77,000 four months into the 2020-2021 financial year and finally reached \$201,510 as of March 31st.

The revenues of the newspaper totalled \$465,621 in 2020-2021, compared to \$274,645 the previous year.

Subscriptions brought in \$62,245 last year, which is \$7,894 more than in 2019-2020. However, that increase was more than nullified by a sharp drop in counter sales, which fell from \$12,492 to \$3,642.

SPEC's publisher Penny MacWhirter explains the situation by the preference for some readers to get a subscription during the pandemic, and also because some stores were not open during the first weeks or months of the COVID-19 crisis. A lot of seniors reading the paper could not receive it from their friends or next of kin during a certain period as well. She mentions that a reorganization

of the newspaper's distribution is currently underway. While a \$17,850 employment grant in 2019-2020 was not renewed in 2020-2021, other revenues made up for that, including a Heritage Canada operating grant, which went from \$43,805 two years ago to \$54,756 last year.

A \$36,008 Local Journalism Initiative grant was received in 2020-2021, for the hiring of Nelson Sergerie in Gaspé.

SPEC also received \$6,928 for local news from the Facebook Journalism COVID-19 Relief Fund. Publisher Penny MacWhirter had applied for the grant at the beginning of the COVID crisis and was pleasantly surprised when SPEC received approval.

Facebook is often criticized for selling advertisements tied to media content received from newspapers without compensating those papers.

In many countries, governments have initiated talks with Web giants including Facebook, Google and Amazon to convince them some of those revenues should be given to the source (newspapers). Canada is one of those countries.

Due to the pandemic, the SPEC did not publish a tourist guide in 2020. That guide must be prepared several months in advance. The uncertainty of a tourist season was reaching its maximum level at the time. It deprived the paper of about \$15,000 in revenues.

In the column of expenses, one noticeable drop characterizes the salaries and benefits budgetary item, from \$134,148 in 2019-2020 to \$115,258 last year but the \$18,890 difference is more than compensated by the Local Journalism Initiative grant received by SPEC.

The printing cost of the newspaper increased by \$9,534 last year but it is essentially because the SPEC had more pages and more colour, notably due to COVID-19 advertising and the colours required for that publicity.

The most striking expense increase came in the form of advertisement agency commissions, as the Quebec and

federal governments deal with private agencies to assure the publicity placement. It went from a paltry \$1,595 in 2019-2020 to \$44,352 in 2020-2021. As publisher Penny MacWhirter stressed during the annual general meeting, when that commission amount is high, it means that the volume of publicity is high as well.

The balance sheet of the newspaper now stands in much better shape than a year ago. Current assets amount to \$232,910 while fixed assets amount to \$4,300, for a total asset of \$237,210.

The liabilities stand at \$85,610 but a big chunk of that sum consists of grants received in advance, instead of payables, which total \$20,842.

The SPEC's net capital totals \$151,600 now, compared to \$35,600 as of March 31, 2020.

In his annual address, SPEC's president Roger Wise pointed out that 2020-2021 "has been a very difficult year for both the board of directors and the dedicated personnel of SPEC. The board has managed to conduct business via Zoom but it lacks the hands-on touch. Similarly, for the same COVID reason, the usual volunteers have not been able to help get the paper out. Accordingly, a great deal of extra work has been placed on the office staff, the journalists and the contributors. They have all faced extraordinary problems to produce their articles and for the publisher to put them all together. We really mean it when we thank them all for continuing to produce a quality paper."

Mr. Wise also thanked Chandler's Ray Venables "for his contribution to the paper. He had good ideas which were refreshing." Mr. Venables' term on the board is up, and he has decided to not run again.

SPEC's president also mentioned that "surprisingly, COVID has not damaged the paper. Two years ago, we were on financial rocks and total shipwreck was imminent but (...) COVID has sent out a lifeboat and (...) we are weathering the storm. To complete the analogy, the crew have come through with flying colours." He finished his address by thanking the paper's staff.

Police report

On June 15 at the Percé courthouse, Michael Athot, 24, from the Val d'Espoir sector of Percé, entered a plea of guilty on charges of dangerous driving causing bodily harm and driving while his licence was suspended. He was sentenced to a 36-month federal penitentiary term. The accident he caused had occurred in May 2020 in Sainte-Thérèse-de-Gaspé. The victim was a 60-year-old woman who sustained serious injuries. The duration of the sentence was agreed upon by both the defence and the prosecution. Since Michael Athot had already served preventive time, that period of close to eight months was subtracted from the three-year sentence. He was not arrested shortly after the hit and run but only in October 2020, five months after the crime.

Michael Athot will also be forbidden to drive a motor vehicle for a period of five years, a period that was also agreed upon by both parties. The second person charged in this case, Julie Laurencelle, 28, returned to the Percé courthouse on June 28, as she was facing three counts of driving while her licence was suspended and of complicity in the May 2020 hit and run. Considering Michael Athot's plea of guilty, the charges were dropped against her. The charges were also dropped against Athot's mother, Rachel Poulin, 49, who was facing a charge of obstruction in the work of the police officers investigating the case. Julie Laurencelle had made the headlines in August 2017 after fatally hitting a woman with her vehicle during an intervention on Highway 132, also in Sainte-Thérèse-de-Gaspé. She served a prison sentence of six months less three days for that hit and run.

Members of the major crimes squad of the Sûreté du Québec in Chandler carried out four drug busts on July 7, in houses on Petite Rivière du Loup Road and Pointe à Bordeaux Road in Pointe à la Croix, as well as on Highway 132 west in Saint-Omer. That was phase two of a large-scale drug trafficking operation that started in March 2021. The police officers arrested two men aged 47 and 55 respectively, as well as a woman aged 43, in connection with drug trafficking. The three people arrested were later released and will be summoned to appear in court at a later date.

The busts yielded almost 2 ounces of cocaine, close to \$40,000 in cash and five cellular phones. The Sûreté du Québec reminds the population that any information relating to the trafficking or production of drugs can be communicated at any time and confidentially to the criminal information center at 1-800 659-4264.



The CAA Quebec Foundation is launching an assessment of fatal accidents that occurred in 2020 in order to make Quebecers aware of road hazards. In 2020, 98 people died on Quebec roads during the 75 days of the summer's peak season. In the Gaspé Peninsula, three people died in the 2020 summer out of a total of eight in the whole year. The roads are particularly busy between mid-June and mid-September on the Coast. Montérégie presented the worst record in Quebec last year as more than a quarter of the people who lost their lives in peak season were involved in accidents that occurred in that part of the region.

Despite numerous awareness campaigns, distraction followed closely by speed continues to create the greatest number of accidents. Also, although fastening seat belts has been compulsory for 45 years in Quebec, the proportion of people killed in accidents who were not wearing their seat belts is very high. In fact, 35 people who died on Quebec roads in 2020 had not fastened their seat belts, points out Marco Harrison, founder of the CAA Quebec foundation and expert in road safety. Mr. Harrison points out that 2021 might be similar to last year, considering that a recent survey on travel intentions indicates that 83% of vacationers wish to stay in the country.

COVID-19: No active case in the region

Gilles Gagné
MARIA – Like in the summer of 2020, the warmer weather seems to have a positive impact on the COVID-19 virus. Only four cases were reported during the 14-day period that spanned between June 25 and July 9. Two cases were re-

ported on June 30 and two others on July 4. However, they were short-lived in the latter case because a day later, on July 5, the Public Health Board reported that there was not a single active case in the region. The situation was still similar four days later.

The vaccination drive is still progressing but the rate of people from the region having received their first shot stagnates around 76.8%, while the rate of the population having received the booster shot is still climbing, at 45.2%. In the first case, the gap

between the regional results and that of Quebec is becoming narrower, since 71.5% of Quebecers have now received their first vaccine. The difference is now only 5.3% while over the spring, the Gaspé Peninsula and Magdalen Islands numbers were regularly 10% or more above the Que-

bec average. As for the second shot, Gaspesians and Magdalen Islanders are still 11.3% ahead of the Quebec-wide proportion of 33.9%. Vaccination drives, either with appointment or not, are conducted regularly in the region.

Editorial page

Gilles Gagné Commentary



VIA Rail and Transport Canada unfit to find solutions

Over the last few weeks, Via Rail Canada has made several announcements pertaining to its services. The number of trains is increasing in the Quebec City-Windsor corridor, the Canadian train is now back rolling on its original Toronto-Vancouver route, instead of the shorter Winnipeg-Vancouver circuit, and the federal government brass announced on July 6 a plan to implement a high-frequency train, this time in the shorter Quebec City-Toronto corridor.

On July 9, just as the SPEC was reaching its deadline, Via Rail announced the August partial return of the Ocean train, between Montreal and Halifax. Partial means once a week instead of three.

If people had doubts about an early fall election, those doubts must be erased by now. The high frequency train press conference was the epitome of a pre-electoral announcement.

Transport Minister Omar Alghabra, Innovation, Science and Industry Minister François-Philippe Champagne and Treasury Board Minister Jean-Yves Duclos were all on hand for the announcement.

It took place in Quebec City, a territory dominated by the Conservative Party. The Liberal Party has to make gains in Quebec's capital area in order to win a country-wide majority in the upcoming election.

The second same day train press conference was held in Trois-Rivières. That city's immediate area has not voted for the Liberal Party since... 1984. Justin Trudeau sure wants to make gains there as well. In fact, the Liberal Party war room, where the main organizers plan the next electoral race, know that they need to make serious progress in Quebec if they are to get a majority in the fall. Quebecers are known to be volatile voters at the federal level.

Truth be told, recent announcements by Via Rail are troubling in many ways, and make transport observers wonder if the current federal government is taking people for fools.

Consider the following elements. Until July 9, Via Rail basically ignored the needs of 2.2 million loyal users, the clientele living east of Quebec City. That is more precisely the population living east of Lévis, called the Appalaches region, the Lower Saint Lawrence, New Brunswick and Nova Scotia. We could add to it part of Prince Edward Island because some Islanders take the train out of Moncton and Sackville.

Since February 10, 2020, Via Rail has operated less than a handful of trains between Montreal and Halifax, so in slightly more than 17 months. The public transporter stopped operating the Ocean train shortly after the erection of the blockades in support of the Wet'suwet'en First Nation in British Columbia. Once all the blockades lifted on March 5, the Ocean train was reinstated, only to be suspended again a week later because of the coronavirus situation. The Montreal-Halifax train has not rolled since.

Until June of this year, the New Brunswick and Nova Scotia governments applied very strict sanitary measures to deal with the COVID-19 pandemic. Travelling from Quebec to the Maritimes was tedious if not impossible.

However, it is now possible to travel to New Brunswick and Nova Scotia.

On May 6, as the COVID situation was improving in the country, Via Rail issued a press release stating that the Ocean train will not resume service until at least November 1st! The electoral context likely changed that on July 9.

It must also be mentioned that in Quebec nothing was preventing Via Rail from restoring the service between Montreal and Matapedia or New Richmond. The rolling material was underutilized nation-wide and it would have been a good way to provide some service back to a cross-section of its clientele, Gaspesians, who have been neglected for years, and often ill served for decades now, considering the effects of cuts that go back 40 years.

Whether the requests came from groups like the Coalition of Gaspesians for the return of the train or from the press, Via Rail has provided quite incomplete answers most of the times or flatly ignored those requests, as it was recently the case with SPEC. The July 9 announcement regarding the partial return of the Ocean train is a paltry compensation.

That behaviour comes from a public corporation, funded by taxpayers money. How should we interpret that longtime overlooking attitude towards the needs of Eastern Quebec and Eastern Canada?

Via Rail's management sure favour the Quebec City corridor as about 60% of the country's population is concentrated there, however, neglecting the rest of Canada is unfair.

If 90% of Via Rail's ridership comes from the Quebec City-Windsor corridor, it is notably because that territory contains the highest concentration of Canada's population but also because the transporter operates more than 90% of its trains there.

Via Rail's management has often stated that the Eastern Canada clientele only contributes a tiny part of the overall ridership. There is no surprise there. Who considers that we are well-served when we only get three weekly round trips between Montreal and Halifax, a train that only touches the Gaspé Peninsula in Matapedia since the service was suspended in September 2013 in New Carlisle and since December 2011 in Port Daniel, Chandler, Grand River, Percé, Barachois and Gaspé? For an undetermined period, the clientele east of Quebec City will only have one weekly train.

Even with a train only coming three times a week, the Montreal-Halifax and Montreal-Gaspé trains were carrying regularly 250,000 people annually ten years ago. What would it be if we could get a daily train? Our performance, population-wise, would be as good and maybe better than that of the Quebec City-Windsor corridor.

There is another reason leading most train transport observers to believe that the Canadian government and Via Rail are taking the majority of the country's population for fools when passenger train services are at stake.

The high frequency train's delivery schedule is not determined yet. Year 2030 is often mentioned but never confirmed by the authorities. If the high frequency train is effectively rolling nine years down the road and according to the parameters that were presented on July

6, it will cover the distance mentioned in the schedules in about the same time as at the end of 1970!

Canadian National's Rapido trains in 1971 and in 1976 covered the distance between Quebec City and Montreal in two hours and 59 minutes, sometimes less, despite being pulled by locomotives limited to 145 kilometres per hour, or 90 miles per hour. By 1997, Via Rail had been able to reduce that time to two hours and 45 minutes. It is more or less the time targeted by that transporter over that stretch nine years down the road! What is the use of building \$12 billion worth of dedicated corridors for electrified train lines between Quebec City and Toronto (the Toronto-Windsor stretch seems to be forgotten by Via Rail as well) if you are not cutting sizeable travel time?

The federal government opted for a high frequency train instead of a high-speed train. The latter's speed must surpass the 250 kilometre per hour. That decision is heavily criticized and lacked ambitions, point out most transport experts. They are probably right.

The greatest shortcoming though derives from the lack of an important time gain for the customers. It would have been possible to use trains rolling at 230 or 240 kilometres per hour, still far from France's 350-plus kilometre per hour high speed trains, but ensuring that the Montreal-Quebec City trip takes less than two hours. That would have convinced an important portion of car users indifferent to environmental matters to make the switch. In the context of the July 6 announcement, that will not happen.

To illustrate the striking inefficiency of that announcement, it might be useful to stress that in 2003 in Finland, some passenger trains were circulating at 260 kilometres per hour on tracks shared with freight trains. There is a 27-year difference between 2003 and 2030 and Canada will still be far from Finland's efficiency then.

The high frequency train choice can still be modified. If the high-speed train is waived, can we at least settle for an efficiency gain for the riders?

Moreover, the \$10-12 billion tab attached to the high frequency train must leave room to capital investment in Eastern Canada trains and other regions of Canada. Other countries, even the ones characterized by a scattered population, have shown that efficient train services reaching out to rural regions favour equitable development, socially and economically

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Gaspesian Antoine Moses wants to break world record for tree planting

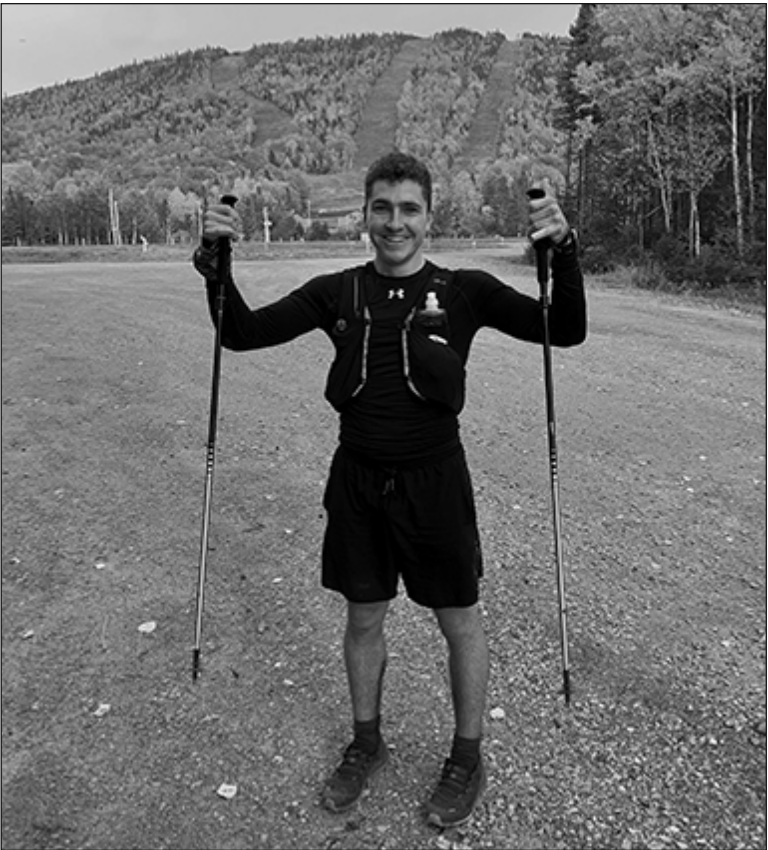
● Gilles Gagné

CARLETON - Antoine Moses, a 22-year-old Gaspesian, wants to try to break the world record for the most trees planted in 24 hours. He wants to make his attempt at the end of July. The record stands at 15,170 trees, but to get there, Antoine Moses would like world record authority Guinness to reduce the fees associated with the approval of his attempt.

The record dates back to 2001. It was set by a planter working in Saskatchewan, Kenny Chaplin. The costs are high if Guinness sends a judge to northern Alberta, where Antoine Moses is working until early August.

"I'm waiting for answers at the Guinness level. I could do it without someone from Guinness there but I would need 10 witnesses for the whole day to be filmed, non-stop. My option is to pay a judge to show up here to formally access the attempt. It costs something like US\$20,000. I am in contact with Guinness to reduce the price, such as having a small discount or a big discount," explains Antoine Moses.

An accomplished athlete in endurance events, he conducted a few tests recently to verify if he could break Kenny Chaplin's record. He



Photos: Courtesy of Antoine Moses

Antoine Moses is an accomplished athlete. His training helps him through the grueling days on the plantation beds.

would like to raise the record to 18,000 trees planted in 24 hours.

"This year I planted 10,000 trees in 10 hours. I'm sure I can plant 8,000 more in 14 hours. I will continue until I can no longer walk," he adds.

He will be allowed to receive minimal assistance during his record attempt, if it takes place.

"Normally, I fill my bags with bundles of 10 trees. I have to unpack them while

planting. During the record, it will be done for me. I'll just have to plant. On a normal 10-hour day, I regularly plant 800 trees an hour," says Antoine Moses.

A thousand trees an hour means he has to plant a tree every 3.6 seconds. He has extensive experience in this field, since he started at the age of 17 for the Groupement forestier Baie-des-Chaleurs,

near his home in Carleton. He has been traveling to Western Canada since 2017. In five seasons in British Columbia, Alberta and Saskatchewan, he has planted over a million trees.

This rather special job was used to pay for his Cegep studies in management accounting, and it will also be used to start a project that he is planning in his region, but there is more to his attempt.

In 2020, one of the members of his forestry gang, Isabelle Brisson, died on a very windy day. She did not return to the planters' camp in the late afternoon and was found in the evening crushed under a tree.

"That summer, people on the team donated their full day's pay to raise money to fund a student scholarship in her honour. We raised between \$25,000 and \$30,000. I intend to donate my amount from the day of the record to this fund," explains Antoine Moses.

If he plants 18,000 trees in his record attempt, he will consequently donate \$2,340 to this fund, at the rate of 13 cents per tree. The scholarship will financially support a second, third or fourth year civil engineering student dis-

tinguished by good academic results and financial need. The scholarship is applicable to someone attending Queen's University, Kingston, Ontario, where Isabelle Brisson was studying.

"My goal is for Guinness to participate by sending a judge for free, or for Guinness to lower the bill. The company that employs me, Blue Collar Silviculture, is also ready to contribute," he says.

The heat

Until very recently, Antoine Moses worked in British Columbia. He and his colleagues experienced the last late June heat wave from a front row seat.

"We had days in the upper 30 degrees. We drink 12 litres of water a day. We sweat it all out. We spent a month in the woods in an area only accessible by helicopter. People collapsed and dozens of people suffered from heat stroke. We do not live under the company's pressure. It is a pressure that the planters are putting on themselves. We are paid by the tree; the more you plant, the more money you make," he concludes.



Antoine Moses' says that some tree-planting areas are quite isolated.

Cathy Martin satisfied with attempt at national chief position

● Gilles Gagné

LISTUGUJ – Even if she did not win the seven people race to become national chief of Canada's Assembly of First Nations, Listuguj's Cathy Martin assures that she has no regret tied to participating in the election won by former Ontario regional chief RoseAnne Archibald. Five rounds of voting were held over two days to select Ms. Archibald.

Cathy Martin pointed out the morning following the publication of the results that "it was a very rewarding, exhausting, and humbling experience. (I am) so glad I entered the race."

The Listuguj councillor had announced her candidacy for the country's top aboriginal position on May 13, the second day of nomination. The elections were held on July 7 and 8.

RoseAnne Archibald be-



Photo: Courtesy of Cathy Martin

Cathy Martin says her attempt to get elected as national chief was rewarding.

comes the first woman to hold the position of national chief. The election punctuated the Assembly of First Nations' 42nd annual general meeting. Besides her and Cathy Martin, the other candidates were Jodi Calahoo-Stonehous, Kevin Hart, Alvin Fiddler, Reginald Bellerose

and Lee Crowchild.

Cathy Martin was the only candidate from Eastern Canada. She was also the first Listuguj candidate vying for that position. She holds a doctorate in education. She is serving her fourth term on the Listuguj band council.

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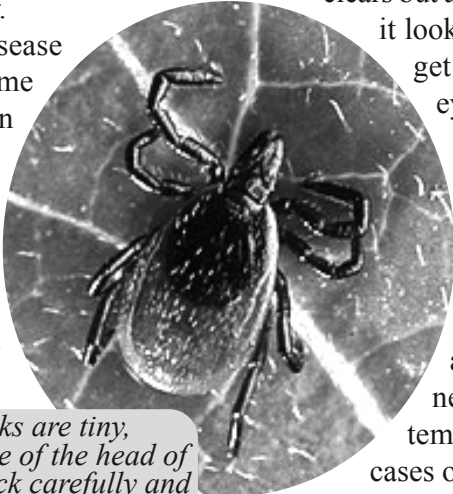
Diane Skinner

In Quebec, deer ticks, the kind that causes Lyme disease, are showing up more often and their range is increasing. As a result, the cases of Lyme disease are steadily rising. Currently in Quebec the regions that have the greatest numbers of deer ticks are along the Ontario border, in and around Montreal, Quebec City and in the Saguenay-Lac-Saint-Jean regions. However, they are spreading east and can travel on birds, though the original hosts are deer.

Lyme disease takes its name from its origin in Lyme, Connecticut, U.S., where many cases were first diagnosed in 1975.

Deer ticks are tiny, about the size of the head of a pin, so check carefully and use tweezers to remove them.

Photo: Wikipedia (Scott Bauer)



Lyme disease is caused by bacteria which is transmitted to humans through a bite from an infected deer tick. Symptoms can occur from three to thirty days after the bite. Some typical symptoms include fever, headache, fatigue and a skin rash. The rash occurs in most infected persons and can appear on any area of the body. The rash begins at the site of the tick bite and may slowly increase in size over a period of days. The rash is painless and is usually not itchy. Sometimes the rash clears but as it enlarges it looks like a target or “bull’s-eye.”

If left untreated, infection can spread to joints, the heart, and the nervous system. Most cases of Lyme disease can be treated successfully with a few weeks of

antibiotics. The illness that some people and animals may get as a result can lead to long-term health problems. These include heart problems, nervous system disorders and arthritis.

Last winter was mild, and the changeable spring weather this year has caused a ‘boom’ in the number of deer ticks. From the years 2014 to 2019, the number of recorded Lyme disease cases in Quebec rose from 125 to 500. It is on the rise and will continue to do so. Scientists predict that 2021 will be a high tick year. Nova Scotia continues to have the highest tick infections of all the provinces and territories.

How does Lyme disease spread?

Lyme disease is spread by the bite of an infected black-legged tick. They attach onto bare skin and feed on blood. Normally, infected ticks need to be embedded in your skin for about 24 to 36 hours before they transmit the disease.

Treatment for Lyme disease

Antibiotics are used to treat Lyme disease. If treated in the early stages most people have a full recovery. If Lyme disease is diagnosed in the later stages of the disease, there may be a longer course of treatment needed.

Risk factors and prevention

1. If you spend time in wooded or tall grassy areas, you increase your risk. Stick to trails
2. Cover up. If you have exposed skin, your chances of having a tick bite increase. They attach easily to bare skin. Wear long sleeves and long pants tucked into your socks.
3. Protect your dog who can also get tick bites by minimizing their time in tall grasses and weeds.
4. Remove ticks quickly. Remember to check your skin and your dog after being out-

side. The tick bite enters your bloodstream from 36 to 48 hours of the tick being attached. If the tick is removed promptly there is little to no risk. Deer ticks are tiny, about the size of the head of a pin, so look carefully. Use tweezers, do not squish it. Then drop it into the toilet and flush.

5. Use a quality insect repellent.
6. Tick proof your yard. Get rid of piles of leaves and mow your lawn regularly.
7. Shower and use a facecloth to rub your skin immediately when you come inside from being in the woods or walking through tall grasses.

Be tick smart

Protect yourself against tick bites. Check for ticks after coming indoors. Remove ticks safely. Check with a doctor if you think you may have been bitten by a tick because early treatment is the most effective treatment.

Lyme disease and dogs

Diane Skinner

GASPE: The bacterial illness caused by a bite from a deer tick can also infect your dog, and other animals, but not cats. The infection enters the dog’s bloodstream through a tick bite. Then it can travel to different parts of the body. Once a deer tick latches onto your pet, it should be removed promptly and, for sure, within 48 hours.

Deer ticks live in thick brush, tall grasses, marshes and woods – all the places most dogs love to walk and explore. Currently most cases of Lyme disease (also referred to as Lyme-positive dogs) are found in southern Ontario, Manitoba, Nova Scotia, New Brunswick and certain areas of Quebec. However, the range of deer ticks is expanding quickly. So, be aware that they exist and could infect your dog.

Ticks cannot fly or jump. They can only crawl. They can be found on plants and when a person or dog brushes by. The tick latches on and crawls until it finds a place to bite.

A dog cannot tell you when they are sick, so watch for these typical canine symptoms: fever, loss of appetite, low energy, stiffness or lameness and joint swelling.

If left untreated, serious conditions such as kidney failure, heart problems and nervous system disorders may occur. These conditions can be fatal.

If you suspect that your dog has had a tick bite, the vet may do a blood test. Often a discussion and examination will be adequate for diagnosis and an effective treatment with antibiotics. This treatment is most commonly for 30 days or in extreme cases, longer.

Can you catch Lyme disease from your dog? Not directly. The disease cannot be transmitted from one dog to another or from dogs to humans. A tick could be carried on your dog’s fur and then latch onto you. If your dog does have a diagnosis of Lyme disease and you have other dogs in the house it is important to watch for symptoms in them because they likely were



Photo: Dr. Banville

Dr. Banville, veterinarian at Clinique Vétérinaire de Gaspé, has both chewable pills and vaccines available for those interested in protecting their pets against ticks.

out in the same environment.

Can you protect your dog from getting Lyme disease? There are several things that you can do. Get your dog vaccinated, but this may not be

appropriate for every dog so discuss it with the vet. Use a flea and tick preparation as recommended by your vet. Inspect your dog after walking in tall grasses and woods. On

dogs, check on the feet and between the toes and on the lips and around ears, including inside. Also check around the tail. Remove ticks quickly with tweezers that you use only for this purpose.

Dr. André Banville, veterinarian at Clinique Vétérinaire de Gaspé, told Spec that he does have the vaccine that protects dogs from deer ticks and Lyme disease but at this point he prefers to give a preventative measure. This is because the Gaspé is currently a low-tick area. He will vaccinate a dog if the owner and dogs are travelling to a location where the deer ticks are more plentiful, such as Granby. Dr. Banville has treated a dog recently who was extremely ill from a bacterial infection from a tick bite, but not the black-legged deer tick.

The preventative measure that Dr. Banville will dispense is a flea and tick medicine for dogs which is a chewable pill whose dose is based on the dog’s weight. It lasts for about 12 weeks and the cost is around \$60.00.

Dr. Banville can administer a blood test if required to determine if the dog has a bacterial infection or Lyme disease due to a flea bite.

“For the preservation of heritage”

Diane Skinner

NEW CARLISLE: Heritage New Carlisle (HNC) has used the funding from the Belonging and Identity in English Quebec Initiative to erect two bilingual outdoor interpretation panels on the site of the Kempffer Cultural and Interpretation Centre. These panels communicate the legacy of two remarkable 18th century German immigrants who influenced life in early Gaspé, especially in New Carlisle: Frederick Ludwig Kempffer and William Vondenvelden. Frederick Kempffer who settled here in 1776 was a paid German soldier for the British during the American Revolution. German surveyor William Vondenvelden's maps

of the southern Gaspé influenced the pattern of settlement across much of the region.

The Quebec Anglophone Heritage Network (QAHN) has partnered with nine community groups from around the province to preserve and share local historical knowledge, with special emphasis on Quebec's English-speaking history. Belonging and Identity in English Quebec will support the development of museum and heritage learning activities in several Quebec regions over the next six months.

Volunteer-run history societies and small museums were hit hard by COVID restrictions during the summer of 2020, with most reporting disruptions in their seasonal pro-

gramming and resulting in a sharp decline in visitor revenue. The Belonging and Identity initiative aims to help heritage groups continue to engage and inform Quebecers about local history and culture during the ongoing pandemic.

The idea behind these installations is to add something to the story of New Carlisle: information that is less known and will create interest as well as add to people's knowledge of local history and sense of belonging.

In addition, the new outdoor garden museum, Espace René Lévesque, receives three thousand visitors during the summer months. Heritage New Carlisle is interested in encouraging those visitors to extend their stay and find



The idea behind these panels is to add something to the story of New Carlisle: information that is less known and will add to people's knowledge of local history.

something worthwhile in the history of New Carlisle, by taking the short walk to the Kempffer property.

Who are Frederick Kempffer and William Vondenvelden?

Frederick L. Kempffer settled in New Carlisle and raised his family. His descendants were here until the mid-twentieth century. Today, there are often Kempffer family members visiting in the summer, and we are pleased to get to know several of them.

William Vondenvelden was more an urbanite and spent nine years in New Carlisle before returning to Quebec City, which was the hub during the eighteenth century. His legacy is in the actual layout and streets of the town. The main road still is the central road. The 'line road' still is a major connecting highway.

Want to know more about these two Germans, one a soldier and the other a surveyor, who came to New Carlisle as a result of working for the British during the 18th century? Visit the panels located at the Kempffer Centre. Attend the official launching of the panels on Sunday, August 1 at 2 p.m.

The Kempffer House holds weekly afternoon teas throughout the summer. (Information is available in the Spec's Coast Round-Up and on Facebook <https://www.facebook.com/centrekempffer/>) Upcoming events include a classical violin concert on July 25 on the Green in New Carlisle and a jazz concert on August 1.

When you visit the Kempffer House, browse the unique items for sale which help to fund this non-profit site.

Strawberry fields forever

Diane Skinner

It's the peak week for picking wild strawberries here on the Gaspé. Elsewhere the season comes much earlier. In Florida and Texas they peak in April. I believe we still had some snow then. If you choose to pick your own field strawberries, you must know that it will take time and a lot of bending over. If you want to buy a gallon of wild strawberries, pre-picked, expect to pay over \$100.

I will not presume to give you too many tips for picking strawberries because, after all, you are Gaspesian. However, first and foremost pick early in the day, the earlier the better. An 85 year old gentleman, here on the coast, goes out at first light to do his picking, usually around 4:30 a.m. The early bird gets the most strawberries. Serious pickers do not tell where their picking spots are. That's sacred. After all each beautiful ripe strawberry is a teeny, tiny step toward making wild strawberry jam. Nobody would fault you for keeping that secret spot for yourself. To do otherwise would be foolish. Choose firm, red berries because they do not ripen after they are picked. It takes about 15 minutes to pick 4 cups if the picking is plentiful. Wild strawberries are usually much healthier than store bought ones because some growers use fungicides and pesticides. These can be difficult to wash off the berry.

The strawberry picking tips to follow are for the absolute beginner. First, hold the berry between your thumb and index finger. Twist and pull at the

same time. Be gentle with that berry, and feel free to pick with both hands. Place the berries into your container. Roll them in, rather than toss. Do not overfill your container because it can pack the berries down.

Strawberries, the only fruit with seeds on the outside, contain only 50 calories per cup. If you pick a quart, or a litre, of strawberries and want to eat them fresh, that's enough for about four people. Perhaps you can serve them with cream.

The weight of the berries depends on the weather conditions. More rain? Heavier berries. Wild strawberries are hardy little things. They grow in a variety of soil conditions. But moisture is another story. Dry weather does not suit them and rainy weather can cause them to rot.

Don't pick too many unless you are freezing them or making strawberry jam. Strawberries can very quickly develop mould at room temperature, and they last just a few days in the fridge. Strawberries freeze well. First wash them, clean any leafy bits off, put them on a cookie sheet until they are frozen and then place them in a container for storing. This way when you thaw them, you will not have a mushy mess, but perfectly frozen individual berries. If you have a vacuum sealer use this method after freezing the berries individually on a cookie sheet.

There is a great deal of differing opinions about how to make strawberry jam. Freezer jam? Pectin or no pectin? Add lemon juice or not? People are shaking their heads. "That's not jam!" Here on the Gaspé most

people prefer the traditional jam made by our ancestors. Berries, sugar, cook, bottle, done. Fifty years ago, strawberry jam was preserved with the addition of a layer of paraffin wax. Today's sealers no longer require this.

You can make strawberry shortcake, strawberry pie, strawberry smoothies, strawberry rhubarb crisp, but strawberry jam? That's the ultimate embodiment of summer. Open that jar in January, spread it on some crispy toast when the winds are howling and your mind is immediately transported to the brilliant sunny days of summer past.



Parks Canada

Parcs Canada



Update to the "Gaspesians from Land's End" permanent exhibit

Forillon National Park

If you were expropriated during the establishment of Forillon National Park—or are a descendant of someone who was—here is an opportunity to share your cherished memories.

The Association of Persons Expropriated from Forillon and their Descendants and Parks Canada would like to add new stories to the "Gaspesians from Land's End" exhibit at Dolbel-Roberts house. So we need your help! We invite you to share your photos, videos or documents with us.

Visit parks.canada.gc.ca/Forillon or call (418) 368-5505 now.

Thank you for sharing the stories of those expropriated from Forillon.



**Even once vaccinated,
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[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Local Market Guide

7 reasons to shop markets

A farmers' market is likely coming to a field or open parking lot near you — if there isn't already one operating nearby.

Local markets continue to thrive and expand as people increasingly realize the benefits of supporting local food providers. Buyers who are not yet familiar with farmers' markets can examine the following seven reasons to break the ice.

1. Enjoy fresh, seasonal foods

Foods at markets tend to be limited to in-season offerings. Some nutritionists suggest eating seasonally available foods is better for your body because humans ate seasonal produce for thousands of years before shipping and refrigeration changed how people

received the majority of their foods. In addition, many people feel that fresh, seasonal foods taste better than the alternatives.

2. Discover new foods

There's always something new at a farmers' market, and this can entice shoppers to expand their flavour palates. Explore interesting, locally grown items. Even children may fall in love with colorful fruits or vegetables and their refreshing tastes.

3. Embrace organic and non-genetically modified offerings

Many farmers' markets offer foods that are organically grown and are produced without GMOs. Farmers'

market retailers also tend to give firsthand accounts of where their foods come from and how they are grown or raised.

4. Indulge in nutritious foods

The vivid colors and smells emanating from farmers' markets indicate just how fresh and nutritious the offerings tend to be.

5. Learn secrets and recipes

In addition to fresh produce, markets may offer baked and other prepared goods. Shopkeepers often mingle with their customers, offering trade secrets and recipe ideas.

Additionally, local families supported by markets generally offer supreme customer service to keep shoppers coming back week after week.

6. Turn the trip into a social excursion

A market can be an exciting and flavourful social gathering place for families and groups of friends, as well as a great place to meet other members of the community. Sometimes farmers also mingle with local artisans, so the market can be a one-stop-shopping locale for locally produced food and art.

7. Save money

Farmers' markets may sell organic produce at a cost comparable or even lower than other retailers. That's because local farmers don't have to transport their items as far as retailers whose foods were shipped from far away places. Any time of the year is perfect for grabbing a tote bag and browsing the wares at a nearby farmers' market where shoppers are bound to find something fresh, unique and delicious.



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Reflections

by

Diane Skinner Flowers



Pick clean!

I can hear my grandfather's voice so clearly in my mind from so many years back. When we went on multi-generational strawberry picking outings, he would remind us many, many times to pick clean. To think of it even now brings a smile to my face.

During strawberry picking season we would all pile into my dad's station wagon or my uncle's truck and what a crowd we were! My grandparents, my parents, a few aunts and uncles, sister, cousins and even neighbours would be ready to drive back to a special strawberry picking spot where we were expected to fill a giant pot.

My grandfather was the unofficial, but it was clear that it was him, boss of the venture. He would point to spots and small groups of one or two would go off to pick. The giant pot, the very same one my grandmother would use to make her heavenly jam, would slowly be filled to the brim. We each held a smaller container and when it was filled we would take our berries and empty them gently into the big pot under the watchful eye of my grandfather. Sometimes he would "tsk, tsk" if he saw a green leaf or two. It was then his role to clean off any leaves stuck to the tiny berries.

It was not all work and no play. My uncle who liked to tease would go into the bushes and shake some branches. Then he would reappear to say that maybe there was a bear nearby in those bushes. My mother who was terrified to encounter a bear would laugh but would also check the area carefully just to be sure.

The story that has been told many times and over many years was that one time my uncle said he saw a bear and a few of the pickers ran for the car, rolled up the windows (in those doors that was the only way to open or close a window) and locked the doors, while forgetting that my grandmother was still picking berries. She was not bothered by all these hysterics. She just kept on picking in her calm, sweet way.

Recently, my cousin reminded me of the time she was picking strawberries and sat on a bee. She recalls my grandmother packing cool mud on the sting. There is not much that a mud pack and a little love cannot make feel better. Then my cousin resumed her picking, of course!

Back then, we did not know about sunscreen, hats, or bug spray. We did not take bottles of water, but perhaps a soft drink or a big bottle of Kool Aid to be shared in plastic cups.

After returning to my grandparents' home, my grandmother would measure out cups of white sugar and add to the berries and then place the giant pot onto the wood stove. She had done this many times before and for more years to come. Her glass jars would be cleaned and ready to receive the jam.

In those days, as children, we did not look at strawberry picking as work or a hardship in any way. It was a task that needed to be done, so we all were part of it. Weren't we lucky to be part of it? I think so and my grandfather was right. Picking clean meant that as soon as we arrived home the berries were ready to be made into jam.

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Happy CAMPERS



Comforts of home while camping

Under the stars with you is my favourite place to be

Diane Skinner

So, you are thinking of going camping but do not like to be too far away from some usual comforts of home? Then you may want to try glamping. Glamping is a portmanteau (combination) of glamorous and camping! This style of camping is perfect for people who want a bit of luxury but also seek the adventure, nature and escapism that camping offers.

Sometimes this more comfortable camping experience is referred to as boutique camping, comfy camping, luxury camping or posh camping. Whatever you wish to call it, you can have a hot coffee, a shower and sleep in a bed or cot.

Glamping is a new term that originated in the U.K. around the year 2005. In 2016 the word was added to the Oxford English dictionary. This is not to say that lavish tent-living did not happen hundreds of years ago. They just did not know they were glamping. In 1520, King Henry VIII stayed in a community of almost 3,000 tents in northern France. African safaris are a contemporary example of posh camping.

Luxury camping may be in a large tent, a tipi, cabins, tree houses, a trailer. RVs or even a yurt. The experience, to qualify as glamping, means that you will not be sleeping on the ground in a sleeping bag. If

your dream is to relax, get away from your busy life, commune with nature and sleep under the stars, posh camping can offer all of this and a hot cup of coffee. Add to this, a real mattress, a toilet and access to water and it may be more acceptable to you as an outdoor-type experience.

The style of camping that you want is very individual. You can add any items that make the experience more appropriate and enjoyable for you and your family. As we age, sleeping on the ground just does not have the same appeal so glamorous camping might be just the answer.

If your bottom line is that you need electricity, means of preparing a yummy meal, lighting and, of course, that hot coffee in the morning then, by all means, make that part of your camping experience.

Traditional camping versus glamping

1. Would you rather sleep on the ground in a sleeping bag or in a bed or cot?
2. Do you like to prepare a hot meal over a fire or a Coleman stove or on a real stove?
3. Do you like to take a private shower or wash in a lake

ANSWERS:

1. More than 40%
2. Canada
3. 423
4. Nile River
5. White Sturgeon
6. Piton

or communal shower?

4. Do you like to get dressed standing up or while wriggling into your jeans in a small tent?
5. If it storms, do you want to sleep in your car or enjoy the pitter patter on your roof?

Many people will choose the ground, cooking over a fire, washing in the lake, wriggling while getting dressed and waiting out the storm.

Glampers will want a bed, cooking on a stove, a hot shower, dressing comfortably and looking out at the rain.

The point is that you have a choice and your nights 'under the stars' should suit the person you are.

THE GREAT OUTDOORS

TRIVIA QUIZ

What percentage of the total land area in North America is covered by forests and other wooded land?

- 10%, 25%, 35%
More than 40%

What country is home to the largest number of lakes in the world?

- China, United States
Canada, Norway

How many national park sites comprise the National Park System in the United States?

- 175, 359, 423, 527

What is credited as the world's longest river?

- Yangtze River, Nile River

Zambezi River, Mekong River

What is the longest hiking trail in North America?

- Appalachian Trail
Eastern Continental Trail
American Discovery Trail
Pacific Crest Trail

What is the largest freshwater fish in North America?

- Largemouth Bass,
White Sturgeon, Paddlefish,
Catfish

Which of the following is not a type of knot used in rock climbing?

- Figure 8, Piton,
Fisherman's Knot, Bowline

Campsite safety tips

The appeal of camping is undeniable. According to The Business Research Company, a market research and intelligence company, the global camping and caravanning market is expected to grow from just under \$40 billion in 2020 to more than \$45 billion in 2021. Estimates suggest the market will grow even more in the coming years, reaching \$56.6 billion by 2025.

Camping has long been a popular pastime for outdoor enthusiasts, but it may have developed an entirely new group of devotees in 2020. Traditional vacations may not have been possible in 2020, when governments across the globe urged citizens to avoid conventional travel as the world found itself in the throes of a global pandemic. In an effort to overcome cabin fever, many people viewed camping as a safe way to get out of the house while still limiting contact with people from other households. That no doubt inspired new generations

of camping fans, many of whom will continue to pitch their tents and sit around campfires long after the pandemic has ended.

Tips

Plan ahead: This includes assessing the skills and physical fitness of those who will be camping with you and choose your site accordingly

Research campsite and surrounding area: Learn about the site, local wildlife, difficulty of trails and nearby facilities

Develop an emergency plan: Always expect the unexpected, bring a first aid kit, go over safety protocols for each activity and have a plan to deal with injuries

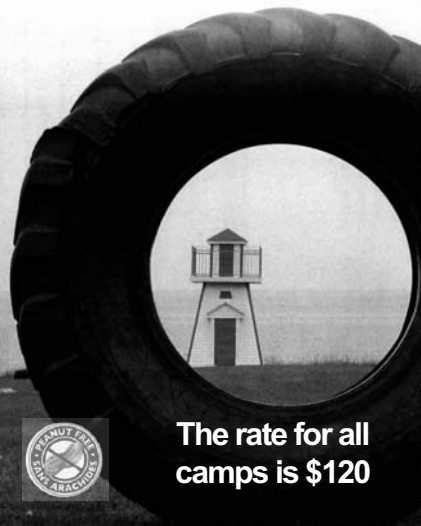
Bring the right gear: Access what equipment you will need for your campsite and each activity. In addition you will need navigational supplies, sun and insect protection, proper clothing, shelter, flashlights, food, water, firestarters, repair kits and tools. A method of communication such as a cellphone or satellite phone are also essential.

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John 5:24

"Very truly I tell you, whoever hears My word and believes Him who sent Me has eternal life and will not be judged but has crossed over from death to life."



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Girls Camp	10 - 12 yrs	July 12 - July 16
Little Campers (B) (boys / girls)	7 - 9 yrs	July 19 - July 23
Boys Camp	10 - 12 yrs	July 26 - July 30
Teen Camp	13 - 18 yrs	Aug. 2 - Aug. 6

NOTE TO PARENTS:

Due to the COVID-19 Pandemic, Fair Haven Bible Camp will only run a day camp this year. Parents are to bring their children to camp for 8:30 a.m. Monday through Friday and campers are to be picked up at 4:30 p.m. each day.

Registration will take place the Sunday before the start of each camp from 3 - 5 p.m. and is first come, first serve.

Required for registration is: The full \$120 fee and a completed registration form.

For further information on all camps please phone:
Daryk and Nicole Legouffe: (418) 391-6309
Nelson Roussy (418) 392-5706 (after 7 p.m.)
Fair Haven Bible Camp
(July and August) (418) 752-5221

Announcements...



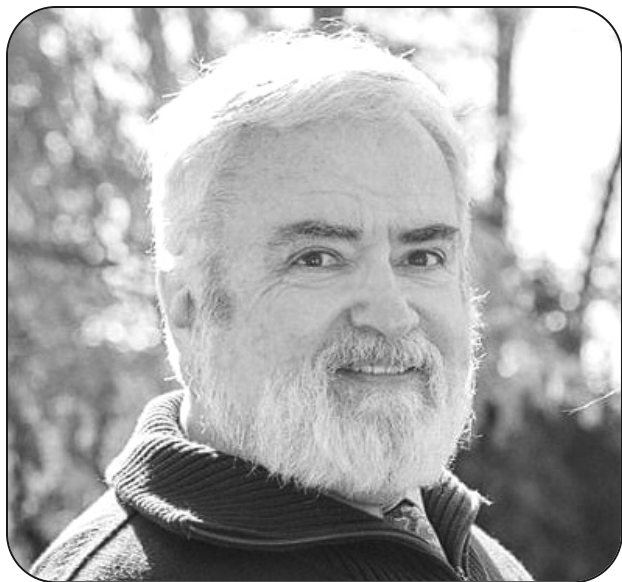
Obituaries

GALLICHAN: Ronald J.

July 15, 1943 - May 6, 2021

Ronnie passed away at home with his loving wife, Hazel, by his side. He is predeceased by his mother, Ella Langlois (Gallichan); his father, Howard; sisters: Alice and Arlene; and brother, Francis. Ronnie is survived by his mother Rowena (Gallichan), son Conrad (Lori), daughter Connie, eight grandchildren and five great-grandchildren. He is also survived by his sisters and brothers-in-law: Iona (Hubert), Janet (Tom), Ann (Con), Peggy (Henry) and Gail (John); brothers and sisters-in-law, Eric, Andrew (Linda) and Michael (Cathy); and many nieces and nephews.

He loved his fishing, hockey (Boston) and Stompin' Tom. Thanks to family and friends for all phone calls, cards, flowers and food. Celebration of life will be held at a later date, In lieu of flowers, donations may be made to Elliot Lake Lions Club in Ronnie's memory.



ROUTH: James Francis Randolph

November 21, 1946 - July 5, 2021

James Routh was the pillar of his family and his community. He passed away suddenly at his home in Grafton, Ontario, on July 5, 2021.

Born in Vancouver in 1946 to Randolph Routh (of Montreal) and Mary Brass (of Calgary), James was raised in Montreal in the Town of Mount Royal. The oldest of four children, James was fiercely protective of his three younger sisters.

An unfortunate accident involving an automobile when he was six years old injured his leg and required years of surgeries and physical rehabilitation. While this may have precluded a career in sports, James was nonetheless a force in school - someone who easily connected with people which allowed him to make friends easily, lead student clubs, and otherwise excel as a person.

James attended Loyola College in Montreal, earning his degree in 1968. Seeking adventure, he would then spend a year abroad, working in the Caribbean

and ultimately sailing on a transatlantic journey to the Azores, then Ireland, before finally returning to Canada.

In 1969, his chosen career path of teaching would lead him on a different adventure when he came across a job posting for a position in Gaspé, Quebec, an area he would have to locate on a map. The big city Montrealer would relocate and quickly make his mark in a small town.

It's in Gaspé where James would teach at an English High School in Pointe-Navarre and ESL classes in Gaspé, and also met his future wife, Helen Buckley, who attended Teachers' College at the same time as he did. They wed in August 1975, and remained in Gaspé until 1998, working for the Eastern Shores School Board, raising three children and teaching at the same elementary school, Belle Anse School. He served as a teacher, head teacher, principal, teachers' union president, along with many other roles. His colleagues loved to work for him. He also had a profound impact on his students, both inside and outside the classroom.

James was a force in his community. He was one of the founders of the Gaspésie Literary Council. He believed deeply that reading was a necessity for success in life. He was an active member of the Royal Canadian Legion and the local Century Lodge Masonic Temple, where he served as Lodge Master. He also served as a volunteer for the Committee for Anglophone Social Action (CASA), Gaspé South Telecasting Syndicate, helped found the Malbay Festival and the Sea Scouts of Douglastown, and served as president of the Gaspé Spec newspaper.

James continued his tradition of community building after his and Helen's 1998 move to Ontario, with active membership in the Royal Canadian Legion, most recently as Zone Commander; the Order of the Eastern Star; the Township Water Board; Police Services Board; and countless other civic-minded endeavours.

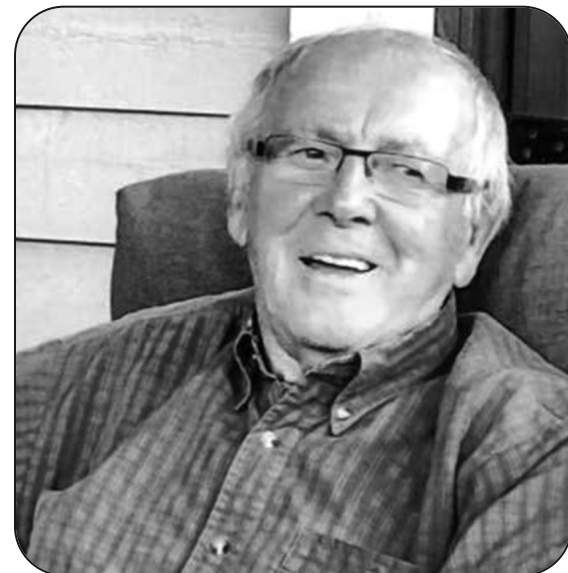
James is survived by his loving wife Helen: three children (Richard, Robert, and Melanie); and their spouses (Tonya, Kimberly and Rui); seven grandchildren (Isaiah, Emmeline, Emilia, Isabelle, Jacob, Madeline, and Riley); and two sisters (Geraldine and Peggy). He is predeceased by his sister Christine. He is sorely missed by his family, friends, former students and colleagues and all others who have been fortunate enough to have met him over the course of his life.

In lieu of flowers, the family is asking for donations in his memory to made to Camp Oochigeas: <https://bit.ly/JamesRouth>

The New Carlisle
Funeral Association
extends sympathy to the family
of Clessy Gallon



Thank you



The family of the late James Keays will welcome you at Gaspé Cathedral on July 27, 2021. Visiting hours 2 p.m. to 2:50 p.m. The funeral will be held at 3 p.m.

We thank all those who expressed their condolences, either by their presence, messages, phone calls, donations of flowers and cards. Your thoughts and presence have greatly comforted us.

Marcella and the Keays Family

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Gaël Tremblay, notary
Serge Barriault, notary

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E-mail: gaeltremblay@notarius.net

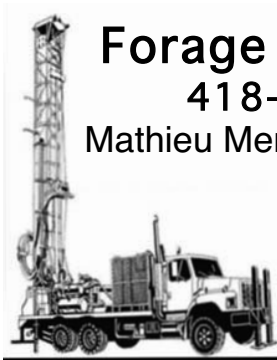
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COAST ROUND-UP

GASPE:
Gaspé County WI
The Gaspé County WI wishes to inform you that they have decided to cancel the 2021 edition of the County Fair in September. The program that was originally created for the 2020 edition of the fair will be used for the 2022 fair. So please keep all of your completed entries and continue working on new ones.

GASPE:
Gaspé Cancer Foundation
The citizens of the MRC of Côte de Gaspé are asked to please note that the Annual Gaspé Cancer Foundation Membership Campaign is in full swing. May we remind you that membership fees are \$12 per year. New members have a 30-day waiting period before 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 \$50, Maria \$80, Rimouski \$190, Rivière-du-Loup \$210, Québec \$240, Montreal and Sherbrooke \$300.

NEW CARLISLE:
Drive-In Gospel Meetings
Meetings at Fair Haven Bible Campgrounds. Sundays at 2 p.m. Rain or Shine. COVID-19 considerations/social distancing will be respected. All are welcome - invite a friend! For more information, please call 418-752-3372.

NEW CARLISLE:
Heritage New Carlisle Upcoming Activities
July 25: A classical concert with musicians Samuelle and Roxane Michaud is being sponsored by Desjardins Caisse Populaire du Centre-

sud Gaspésien. It is a repertoire of two violins, playing classical and summer tunes, that will please everyone. It will be held outdoors under the big gazebo at the New Carlisle Green beginning at 2 p.m. \$10 per person. For more information and tickets, please call 418-752-1334. All proceeds go to Heritage New Carlisle.
Every **Wednesday** until **August 25**, the Kempffer Centre will be holding afternoon tea. There will be two sittings available at 2 p.m. to 3 p.m. and 3:15 p.m. to 4:15 p.m. with options of indoors or the outdoor balcony. \$10 for adults and \$7 for children under 12. A reservation is required by calling 418-752-1334 or by email at heritagenc@globetrotter.net. For your security, the Kempffer Centre now has two air purifiers which will be running at all times during the tea. Also, windows and doors will be open for maximum air flow.

CASCAPEDIA ST-JULES:
Fifty Plus Club
July 17: BBQ with hotdogs, hamburgers and salads will be served at 319, Route 299, from 11 a.m. to 1 p.m. \$12 for adults and \$10 for children under 12. Takeouts available by calling Dorothy at 418-392-4686 or the club on July 17 at 418-392-4338. Everyone welcome.

ROTARY CLUB WINNERS
The winners for the week of July 1 - 10 are: Denise Lévesque, Louis Babin, Sylvain Cyr, Jean-Pierre Landry, Daniel Prentice, Thérèse Richard, Pierre Gravel, Catherine Landry, Catherine Noël and Louise Lemieux.

UNITED CHURCH

Sunday, July 18
10 a.m. Hope Town

ANGLICAN CHURCH OF CANADA
Sunday, July 18

New Carlisle
11 a.m. Holy Baptism

PARISH OF GASPÉ

Sunday, July 11
St. Paul's - Gaspé
9:30 a.m. Morning Prayer

DEADLINE FOR THIS PAGE:
WEDNESDAY AT 4 P.M.

Please send your Classified
or Coast Round-Up to:
holly.smith@globetrotter.net

TIDE PREDICTIONS

Sponsored by the Municipality of New Carlisle



New Richmond	New Carlisle	Gaspé
Saturday, July 17 02:16 a.m. - 0.70m ↓ 08:25 a.m. - 2.00m ↑ 02:35 p.m. - 0.60m ↓ 09:13 p.m. - 2.00m ↑ Sunday, July 18 03:34 a.m. - 0.70m ↓ 09:26 a.m. - 1.80m ↑ 03:24 p.m. - 0.60m ↓ 10:10 p.m. - 2.10m ↑ Monday, July 19 04:57 a.m. - 0.60m ↓ 10:31 a.m. - 1.60m ↑ 04:22 p.m. - 0.60m ↓ 11:12 p.m. - 2.20m ↑ Tuesday, July 20 06:17 a.m. - 0.50m ↓ 11:38 a.m. - 1.50m ↑ 05:22 p.m. - 0.60m ↓ Wednesday, July 21 12:16 a.m. - 2.40m ↑ 07:27 a.m. - 0.40m ↓ 12:46 p.m. - 1.50m ↑ 06:22 p.m. - 0.50m ↓ Thursday, July 22 01:18 a.m. - 2.50m ↑ 08:25 a.m. - 0.30m ↓ 01:50 p.m. - 1.50m ↑ 07:21 p.m. - 0.40m ↓ Friday, July 23 02:17 a.m. - 2.50m ↑ 09:17 a.m. - 0.20m ↓ 02:47 p.m. - 1.60m ↑ 08:18 p.m. - 0.30m ↓	Saturday, July 17 02:06 a.m. - 0.60m ↓ 08:09 a.m. - 1.60m ↑ 02:37 p.m. - 0.50m ↓ 09:06 p.m. - 1.60m ↑ Sunday, July 18 03:23 a.m. - 0.60m ↓ 09:11 a.m. - 1.40m ↑ 03:23 p.m. - 0.50m ↓ 10:04 p.m. - 1.70m ↑ Monday, July 19 04:46 a.m. - 0.60m ↓ 10:23 a.m. - 1.30m ↑ 04:15 p.m. - 0.50m ↓ 11:07 p.m. - 1.80m ↑ Tuesday, July 20 06:06 a.m. - 0.50m ↓ 11:38 a.m. - 1.20m ↑ 05:11 p.m. - 0.50m ↓ Wednesday, July 21 12:11 a.m. - 1.90m ↑ 07:19 a.m. - 0.30m ↓ 12:50 p.m. - 1.20m ↑ 06:11 p.m. - 0.50m ↓ Thursday, July 22 01:14 a.m. - 2.10m ↑ 08:23 a.m. - 0.20m ↓ 01:54 p.m. - 1.20m ↑ 07:11 p.m. - 0.40m ↓ Friday, July 23 02:12 a.m. - 2.20m ↑ 09:19 a.m. - 0.20m ↓ 02:50 p.m. - 1.20m ↑ 08:10 p.m. - 0.40m ↓	Saturday, July 17 01:43 a.m. - 0.70m ↓ 07:33 a.m. - 1.30m ↑ 02:03 p.m. - 0.60m ↓ 08:31 p.m. - 1.40m ↑ Sunday, July 18 03:07 a.m. - 0.70m ↓ 08:36 a.m. - 1.20m ↑ 02:45 p.m. - 0.60m ↓ 09:34 p.m. - 1.50m ↑ Monday, July 19 04:30 a.m. - 0.70m ↓ 09:54 a.m. - 1.10m ↑ 03:38 p.m. - 0.60m ↓ 10:41 p.m. - 1.60m ↑ Tuesday, July 20 05:46 a.m. - 0.50m ↓ 11:16 a.m. - 1.00m ↑ 04:38 p.m. - 0.60m ↓ 11:48 p.m. - 1.70m ↑ Wednesday, July 21 06:55 a.m. - 0.60m ↓ 12:25 p.m. - 1.00m ↑ 05:39 p.m. - 0.60m ↓ Thursday, July 22 12:52 a.m. - 1.80m ↑ 07:57 a.m. - 0.50m ↓ 01:23 p.m. - 1.00m ↑ 06:37 p.m. - 0.50m ↓ Friday, July 23 01:48 a.m. - 1.90m ↑ 08:54 a.m. - 0.50m ↓ 02:15 p.m. - 1.00m ↑ 07:31 p.m. - 0.50m ↓



ARIES – Mar 21/Apr 20
Aries, an unexpected financial windfall that comes your way this week allows you to make some changes. You may move or upgrade your home or car.
TAURUS – Apr 21/May 21
You are looking trendy and fabulous lately, Taurus. Others are taking notice, including your spouse, significant other or potential mates. Expect sparks to fly.
GEMINI – May 22/Jun 21
Gemini, you may be introduced to an artistic talent you never knew you had this week. Develop these skills by taking a class or fine-tuning your skills at home.
CANCER – Jun 22/Jul 22
Cancer, a social gathering may put you in touch with many like-minded, friendly people. Overcome your concerns if you're on the fence about attending.
LEO – Jul 23/Aug 23
An opportunity to meet one of your heroes comes

your way, Leo. Whether he or she lives up to your expectations remains to be seen. Move forward with an open mind.
VIRGO – Aug 24/Sept 22
Virgo, a romantic partner asks you to attend an event that will not necessarily be your thing. Despite that, be supportive of this person and his or her interests.
LIBRA – Sept 23/Oct 23
Don't shy away from the potential for some intense discussion this week, Libra. It could be between you and a significant other and dictate the future of your relationship.
SCORPIO – Oct 24/Nov 22
Scorpio, you're in the mood for love, so channel your sensuality and plan a one-on-one evening with the person you love. Make it a spectacular date night.
SAGITTARIUS - Nov 23/Dec 21
Someone new on the scene catches your eye, Sagittarius. You'll like what he or she has to say and this could be a catalyst for the formation of a lasting friendship.
CAPRICORN - Dec 22/Jan 20
Some difficult decisions must be made this week, Capricorn. You may have been avoiding them for

some time, but it's time to approach them head-on.
AQUARIUS – Jan 21/Feb 18
You are motivated to be close to your romantic partner this week, Aquarius. Express your love and engage in a gesture that illustrates your feelings.
PISCES – Feb 19/Mar 20
A trip down memory lane makes you wish you could speak to someone who is no longer in your life, Pisces. Try to track this person down.

FAMOUS BIRTHDAYS

- JULY 11
Alessia Cara, Singer (24)
JULY 12
Rachel Brosnahan, Actress (31)
JULY 13
Ken Jeong, Actor/Comic (52)
JULY 14
Conor McGregor, Fighter (33)
JULY 15
Gabriel Iglesias, Comic (45)
JULY 16
Carli Lloyd, Athlete (39)
JULY 17
Donald Sutherland, Actor (86)



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Dr. Stacey Starrak
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Top 12 Essentials Camping Checklist

- ✓ Tent
- ✓ Sleeping Bag
- ✓ Pillow
- ✓ Water
- ✓ Soap
- ✓ Fire Starter
- ✓ First-Aid Kit
- ✓ Multi-Use Tool or Pocket Knife
- ✓ Flashlight or Head Lamp
- ✓ Toilet Paper
- ✓ Quick-Dry Towel
- ✓ Garbage Bag

Six-Pack of Fun Camping Activities for Kids & Families

1. Make s'mores.
2. Write an original campfire song.
3. Use sleeping bags to run a "potato sack" race.
4. Go on a nature scavenger hunt.
5. Create a BINGO board using items in nature.
6. Play a game of flashlight tag.



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Be Wise



Cannabis and Older Adults is factual information about cannabis for older adults. Easy to understand, written in clear language, the Be Wise booklet is meant to help older adults make wise decisions about cannabis use.

Published by Active Aging Canada, research has been gathered from across Canada and around the world about older adults and cannabis. The result of that work is presented in this comprehensive booklet.

Bright, easy to read, the facts about all forms of cannabis are discussed openly, and the information about cannabis is presented in an objective manner. As well, throughout the book, Active



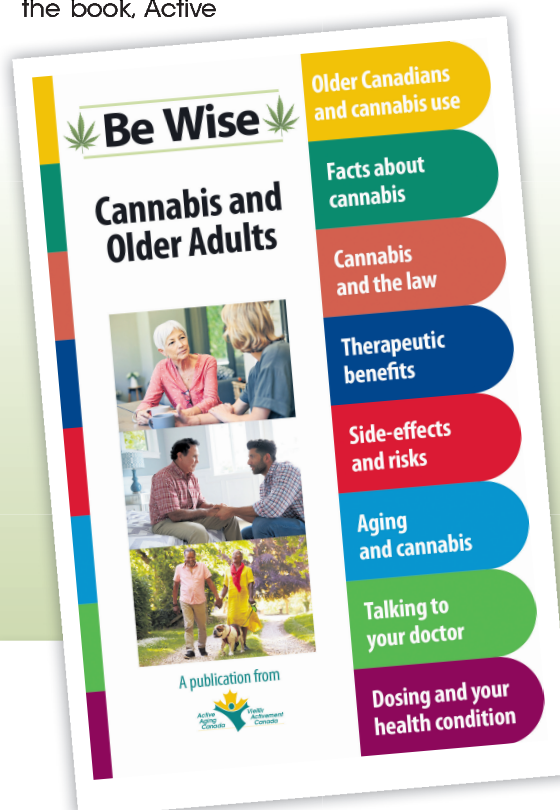
Stock photos. Posed by models.

Aging Canada promotes a message of moderation and healthy active living.

Authored using Active Aging Canada research, reviewed by experts, tested across Canada with older adults, the Be Wise booklet is designed to help older adults know the facts about cannabis before they decide whether or not cannabis use is for them.

Be Wise is available in 16 languages (English, French, Farsi, German, Greek, Italian, Korean, Mandarin, Polish, Portuguese, Punjabi, Russian, Spanish, Tagalog, Tamil and Vietnamese) as well as in Braille and in e-pub form and podcasts (English only).

Active Aging Canada is a national charity. Request your free copy of Be Wise booklet. Visit www.activeagingcanada.ca to download a digital copy or fill out the order form for a free mailed copy.



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