

New Richmond's Rotary Club donates \$18,875 to 27 community organizations

Gilles Gagné

NEW RICHMOND – The Rotary Club of New Richmond hands out \$18,875 to 27 Bay of Chaleurs's community organizations, as part of its donation program. The vast majority of those organizations either work with youth or seniors. The donations of \$18,875 that occurred on September 21 were raised during the Lucky Calendar Campaign.

New Richmond's Rotary Club was founded 55 years ago. It has 15 active members and distributes about \$30,000 annually.

"Rotary Clubs form an international organization. There are 32,000 clubs in the world and 1.2 million members. The idea is to give back to the community and to help people. Rotary Clubs donate about \$800 million annually. They have an impact. They change lives. It is a non-political, non-religious organization," says Jean-François Binette, New Richmond's club president.

The New Richmond club faces a recruiting challenge, admits Mr. Binette. "We want to raise our membership. Across the world, 25% of the members are women. We should aim for the same thing here," he adds.

The theme for the current



Photo: G. Gagné

The recipients of the Rotary Club's donations received their cheques on September 21 in New Richmond.

Lucky Calendar Campaign is lighthouses, and it will cover a larger area, as the New Rich-

mond Rotary Club members want pictures of lighthouses located everywhere on the Gaspé

Peninsula.

"We would like to donate \$22,000 to \$23,000 next year

out of our calendar sales," specifies Yvon Goulet, a very active member of the club.

Salmon dinner organized by the Rotary Club for seniors \$1,820
Rotary Club (support to the youth), \$1,500
 Rotary Club (community support), \$1,055
Fondation santé Baie des Chaleurs, \$1,000
 Organisme gaspésien des personnes atteintes de cancer, \$1,000
Maison de la famille MRC-Bonaventure, \$1,000

LIST OF ORGANIZATIONS THAT RECEIVED DONATIONS

Fondation étudiante de New Richmond, \$1,000
Knights of Columbus (Christmas baskets), \$1,000
 Relay for Life, \$500
Linda Lemore Brown Foundation (cancer), \$500
 Fonds Leblanc
 Lobo Turcotte, \$500
Ressources d'aide aux personnes handicapées Gaspésie, \$500

Volunteer Action Centre, \$500
Figure Skating Club, \$500
 Maison des jeunes (New Richmond), \$500
Eagles' Club Cascapedia-Saint Jules, \$500
 Saumoneaux (swimming club), \$500
Association des TCC-ACV, \$500

Cascapedia 50-plus Club, \$500
Association des personnes handicapées
Action-Chaleur, \$500
 Club de ski alpin, \$500
Mutual Aid Club, \$500
 Maison Oasis : \$500
La Passerelle (mental health), \$500
 LIFE Club, \$500
Club de soccer (New Richmond), \$500
 Naval League, \$500

MUNICIPAL ELECTIONS: Several races for mayor in the region

Gilles Gagné

NEW CARLISLE – There is quite a bit of interest in the November 7 municipal elections along the Gaspé Peninsula's south shore, as the number of candidates was rapidly increasing towards the end of September, given that the period to submit candidacies ended on October 1, a few hours after SPEC's deadline.

In New Carlisle, Wilfrid Larocque, who made an unsuccessful attempt in 2017, is making a second attempt at the

mayor position. As of September 30, he was to face two opponents, Benoit Maltais and David Thibault, who was a councillor during the last term. Incumbent mayor Stephen Chatterton is retiring after 12 years in municipal politics, including eight years as mayor.

In Paspébiac, an election with at least two mayoral candidates was emerging, with Nelson Holmes and Marc Loisel already registered. Current mayor Régent Bastien has decided to retire after this term.

In Shigawake, incumbent

Mayor Colette Dow will try to maintain her position. Outgoing councillor Rolande Couture-Beebe will also be running for mayor.

The incumbent mayor of Hope Town, Linda MacWhirter, still had no opponent as of September 30. It was the same case for the incumbent mayors, Éric Dubé in New Richmond; Denis Gauthier in Saint-Siméon; Genade Grenier in Saint-Godefroi; and long-time mayor Hazen Whitton of Hope.

David Duthie was the only

registered candidate for the position of mayor of Cascapedia-Saint-Jules on September 30. Gaétan Boudreau has already announced he is not running again.

In Percé, incumbent mayor Cathy Poirier will face opposition from Olivier Lafontaine who has no known experience in local politics.

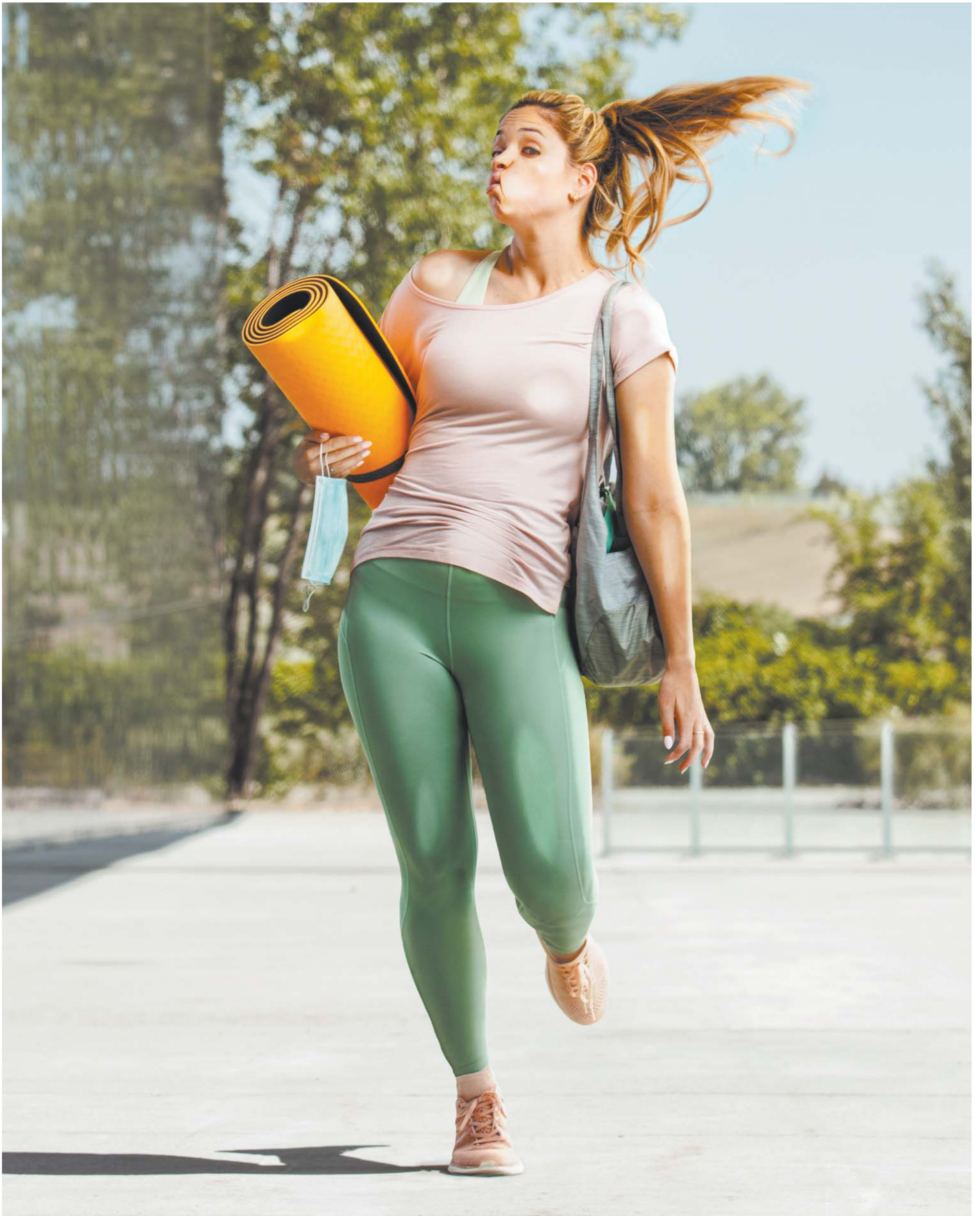
A day before the closing of candidacies it appeared Daniel Côté, incumbent mayor of Gaspé, would be re-elected by acclamation, as he was the only candidate for the position

he has held for eight years.

In Chandler, a former councillor, Marie-Claire Blais; Gilles Daraîche; and Denis Pelchat, an incumbent councillor, are all vying to replace Louise Langlois, who is retiring from politics.

In Grand River, Gino Cyr, the incumbent mayor, was the only candidate for that position a day before the candidacy closure.

In Port Daniel-Gascons, incumbent mayor Henri Grenier,



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**Votre
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Québec 

Police report

The Sûreté du Québec investigators remain puzzled about what happened to Nadia Lantin, a 51-year-old woman from Chandler who was last seen on September 22 at about 5 p.m., when she left work from the local IGA supermarket on René-Lévesque Boulevard West. Her vehicle was located on September 23 along an all-terrain vehicle trail of the ZEC des Anses.

"We have no hypothesis to start a precise investigation. The car was far in the woods. There was no visible trace of her walking in the woods. From the moment we found her vehicle, the perimeter search was gradually extended. We haven't found anything, not a piece of clothing or anything else. We are swimming in mystery," points out Sgt. Claude Doiron, spokesperson of the Sûreté du Québec.

"The search and rescue means deployed are considerable. We used ATVs, four-wheel-drive vehicles, on-foot volunteers, the canine squad, helicopters over two days on Monday and Tuesday (September 27-28). On the seventh day of the search, we concentrated on brooks and rivers, using boats when required. We used drones and we called back the canine squad. We still have nothing," says Sgt. Doiron.

Nadia Lantin's car was towed to a sheltered place where forensic experts conducted an in-depth search in the vehicle in an attempt to find clues. The car was locked when it was found in the woods.

"Her husband called the emergency services late on September 22. We proceeded in starting a search that night but bigger means were deployed the following morning. We must say that two days of heavy rain (September 25-26) didn't help at all. That's when the first intervention of the canine squad was stopped," adds Sgt. Doiron.

Nadia Lantin stands 1.50m (5'4") and weighs 73 kg (160 lbs). Her hair is black and reaches her shoulders. Her eyes are brown. She was wearing her uniform when she left the grocery store. People who might have seen her are asked to call 911. In addition, any information that could allow Nadia Lantin to be found can be communicated, confidentially, to the Criminal Information Center of the Sûreté du Québec at 1-800-659-4264.

David Guy, a 37-year-old man from Maria charged with several counts of assault, will have to find a new lawyer. First charged on March 17 with assault, assault with a weapon and assault causing bodily harm to his spouse over a period extending from January 2004 to March 16, 2021, the man came back to court on September 16 for his pro forma preliminary hearing. However, his lawyer, Legal Aid attorney Hugo Caissy, of the Amqui office, filed a document to Judge Janick Poirier in order to cease occupying his responsibility, invoking "irreconcilable differences" with the accused to explain his decision.

David Guy told the court that he agreed with the request despite finding himself without a defence attorney. The case has progressed slowly to the September 16 point due to the difficulties the accused had in finding a lawyer. It took him four months before first agreeing with Hugo Caissy, who presides over the Legal Aid lawyers in Eastern Quebec.

Judge Poirier accepted the accused's request. The pro forma preliminary hearing inquiry was postponed until October 25 to allow time for research.

David Guy allegedly used a hammer to hit his former wife. Although his identity could have been released in March by the media, criminal prosecutor Florence Frappier-Routhier had asked journalists to refrain from making his name known since the end of the winter because of the alleged victim's great vulnerability and all the media coverage of this case. However, her situation has changed, notes prosecutor Frappier-Routhier. "The alleged victim is no longer in the region and has come a long way since the March 17 events. She is more stable and I don't fear that she will pull her complaint off."

David Guy must also face charges of having injured, mutilated, disfigured or endangered the life of his former wife. Florence Frappier-Routhier doesn't expect to lay additional charges in that case.



Photo: G. Gagné

Passerelle sells \$4,000 worth of vegetables at public market and September 22 open house

Gilles Gagné

NEW RICHMOND – The Passerelle, the New Richmond based organization helping Bay of Chaleur residents coping with psychological problems and distress, sold approximately \$1,000 worth of vegetables during its September 22 open house, a sum that propels its summer sales to \$4,000, if the summer public market revenues held at Taylor's Point are included.

"At least 100 people came to our open house. The money is used to improve the pay of our gardeners, who are on a work reinsertion program. They are entitled to collect an additional amount of \$200 per month. The work reinsertion program gives them \$130, and we add \$40 per month. The money cleared by the Passerelle is used to buy compost and install fences around its gardens. Some of our gardeners have little working experience and they are proud to produce 90 pounds of carrots and 45 pounds of tomatoes. All our production is organic. It requires additional care," explains garden coordinator Daniel Jacques. The gardens are located on the Leblanc family land in New Richmond West. That "very productive piece of land," points out Mr. Jacques, has welcomed the Passerelle gardens for 20 years. Out of 11 gardeners this year, two were coming from the Anglophone community.

MUNICIPAL ELECTION:

▶ Cont'd from cover

who has served several terms, is also alone for the top position.

In Matapedia, outgoing mayor Nicole Lagacé did not have any opposition as of September 30, and four of the municipality's six seats were not coveted by a single candidate that day.

In Ristigouche-South-East, incumbent mayor David Ferguson was the only mayoral candidate registered 24 hours before the end of the candidacy period.

In Pointe-à-la-Croix, incumbent mayor Pascal Bujold, who owns a business and whose volume of municipal work increased significantly since the beginning of the pandemic because of the sanitary measures applied by the New Brunswick government at the expense of the Avignon-West population, finally decided to run for another term. Former mayor Jean-Paul Audy will try to regain a position he held for several terms.

In Escuminac, Bruce Wafer was the only mayoral candidate as of September 30. He is trying to get the nod for a third term.

In Caplan, outgoing mayor Lise Castilloux faces Renaud

Boissonnault.

In Saint-Alphonse, outgoing councillor Cynthia Thérien Samson is pitted against Josiane Appleby for mayor. Current mayor, Bertrand Porlier, has decided to retire from municipal politics after close to two decades as mayor.

The candidate for mayor of Bonaventure, Benoit Poirier, remained until September 30 the only person who had confirmed that he will be part of the race against incumbent mayor Roch Audet, who has already confirmed his interest in a third term.

In Nouvelle, school teacher Rachel Dugas is trying to take the leap to the position of mayor. She has occupied a seat of municipal councillor for eight years. She will be opposed to Ivanhoë Caissy. Incumbent mayor, Yvan Saint-Pierre, has announced

that he will quit politics.

In Maria, Jean-Claude Landry was the only mayoral candidate as of September 30. He would succeed Christian Leblanc, who is not trying to win a third term.

Long-time Murdochville mayor Delisca Ritchie-Roussy will face opposition from Chantal de Bellefeuille.

Meanwhile, four candidates, all men, want to replace incumbent Rocher-Percé MRC prefect Nadia Minassian, who is leaving politics. They are former prefect Maurice Anglehart, former MRC director general Mario Grenier, former Chandler councillor Luc Legresley and Samuel Parisé.

The SPEC will run a more complete wrap up of the municipal elections in its next edition, given that all the candidates will be confirmed by then.



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COVID situation remains stable in the Gaspé Peninsula and Magdalen Islands

Gilles Gagné

MARIA – The COVID-19 situation in the Gaspé Peninsula and the Magdalen Islands remained relatively stable in the region during the week that spanned between September 24 and October 1. Fourteen new cases were diagnosed during that week, one less than the previous week.

On October 1, the region reported 13 active cases, two less than the week before. All of the 14 new cases were located in the Avignon MRC. Most of those cases are tied to an outbreak that occurred in Campbellton, New Brunswick. That outbreak af-

ected the Mi'gmaq community of Listuguj.

By extension, the Campbellton outbreak probably affected the Eastern Shores School Board, as one student of the Escuminac Intermediate School received a positive coronavirus test.

"An elementary student tested positive for COVID Monday evening (September 27). Public health recommended staff and students in contact with the student to be tested. There were no other positive cases," explained Hugh Wood, Director General of the Eastern Shores School Board.

Considering the new guide-

lines, "the only student that must stay home is the positive student," added Mr. Wood.

At first, the Regional Integrated Health and Social Service Centre (CISSS) recommended the immediate return of high school students and staff and a 10-day quarantine for the elementary students as a precautionary measure because the younger students are not vaccinated. However, the CISSS later recommended the other students to return to school on October 1, instead of October 8.

Meanwhile, the vaccination rate of Gaspésians and Magdalen Islanders stood at 81.6% for the first vaccination and

78.2% for both. This compares to the 81.3% and 77.7% corresponding rates of the previous week.

Liaison nurse hired at the CISSS for Gesgapegiag and Listuguj

The CISSS, in collaboration with the Mi'gmaq communities of Gesgapegiag and Listuguj, announced the hiring of a liaison nurse. The nurse, attached to the Gesgapegiag health and social services centre, will work directly with the CISSS and the two health centres to allow continuity in the care and services offered to the populations of the two First Nations communities.

This nurse will be the link

between the services of the CISSS and those of the communities. In addition, she will be responsible for setting up the Mi'gmaq cultural awareness program developed by the two communities. Chantal Duguay, president and chief executive officer of the CISSS is delighted with this project and supports that "it is the extraordinary collaborative work that has materialized with this hiring, a project led by the three authorities."

The announcement is not directly linked to the pandemic and represents the conclusion of talks conducted over an extended period by the interested parties.

Editorial page

Gilles Gagné



Commentary

Government needs to change its way of thinking

Over recent months, the federal government has bragged about creating the National Day for Truth and Reconciliation, a day supposed to accelerate the healing process between Ottawa's past actions, first and foremost those tied to the horrible residential school system.

However, since 2019, the same government expressed legal opposition to two Canadian Human Rights Tribunal decisions that granted Native children and their families \$40,000 in compensation for the removal of children from their home since January 1, 2006. Those decisions were not linked to residential schools.

On September 29, a few hours before the first National Day for Truth and Reconciliation, the Federal Court issued a judgement stating that Ottawa's request for a judicial review of two Canadian Human Rights Tribunal rulings concerning First Nations children was rejected. Judge Paul Favel's verdict could force the federal government to pay between \$2 billion and \$2.5 billion in compensation.

The 2019 human rights court decision found that Ottawa had "willfully and recklessly" discriminated against Native children on reserves by failing to provide funding for child and family services. The \$40,000 compensation amount, justified because federal authorities unnecessarily put children into care outside their homes, was determined in that judgement.

The second human rights tribunal decision was rendered in 2020 and pertained to criteria determining who among the children would have access to services.

Federal Court Judge Favel wrote in his September 29 verdict that the federal government had not established that the compensation decision by the Human Rights Tribunal was unreasonable.

According to the Assembly of First Nations, up to 54,000 Aboriginal children could be admissible for compensation, maybe more. That would put the compensation bill in the vicinity of \$2.2 billion.

For now, Indigenous Services Minister Marc Miller says that officials from his department and the Justice Department are reviewing Judge Favel's verdict. The minister, nevertheless, opened the door to handing out compensations for children pulled out of their homes by an ailing system of child welfare. Some of his department's civil servants, he adds, have conducted a parallel

exercise to pinpoint a compensation model that would be applied to those who have suffered discrimination.

Minister Miller also stressed that two class actions have been filed regarding future compensations, as if it could explain the current standstill regarding the September 29 decision. He committed to engaging in "out of the public eye" discussions, to avoid re-traumatizing children and their families.

Well, why not determine right away that no further legal battle will take place in that case? If a National Day for Truth and Reconciliation must be seen as a new start in the relations between Natives and non-Natives, why wouldn't the federal government preach by the example, and pull itself away from a legal action that it has already lost three times? Why couldn't such a decision be made quickly?

All Native leaders, John Martin of Gesgapegiag being one, remind the government of that aspect regularly, express concern about the fact that truth and reconciliation is not the end of the line, and that the healing process is barely started and will require some time.

Truth, reconciliation and healing will come faster, and maybe solely, if government leaders change the way they deal with the country's First Nations. There is no way around that.

Changing the way governments deal with the First Nations could mean stopping spending billions of dollars in legal procedures against the Natives, especially after three unfavourable decisions made by recognized authorities like the Canada Human Rights Tribunal and the Federal Court.

According to research conducted by former New Democratic Party's Member of Parliament Romeo Saganash when he was still in politics, the federal government spends annually between \$500 million and \$1 billion in a number of court cases against various Native communities or individuals.

The number seems quite flexible but the main reason stems from the fact that all federal ministries refuse to divulge their budget earmarked to oppose Aboriginal citizens in court cases. In that regard, only the Indigenous Services Ministry envelope is known, and the tab amounts to about \$125 million yearly.

What is the use of bragging about the establishment of a National Day for Truth and Reconciliation, if in the adjacent building, government officials and lawyers are working to sabotage healing efforts?

Ministers and government officials justify their recourse to court appeals and the necessity to review judgements through declaring that they must do so "for the benefits of all Canadians".

Truth be told, the benefits of all Canadians is currently hampered by decades of unjustifiable decisions regarding the First Nations. What does \$2.2 billion represent for a country that has spent hundreds of billions of dollars since the beginning of the pandemic, in some cases amounts of money that were hardly justifiable?

Economically speaking, the cost of truth, reconcilia-

tion and healing will exceed \$2.2 billion but it is urgent to tackle the issue seriously. It doesn't only pertain to economics, however. Making happier and healthier an important cross section of the Canadian population will benefit society in all walks of life.

It is a no brainer. It is a new way of envisioning stakes that should start now.

Speaking of starting now, or not starting now we should say, there is a premier in Quebec, François Legault, who is once more trailing behind on Native affairs, just like the federal government is.

Mr. Legault justified his government's refusal to call a holiday on National Day for Truth and Reconciliation by saying that Quebec cannot afford another day off. He invoked productivity purposes.

Reading that is better than being blind. It is, however, the only advantage of the premier's statement, because the rest stinks.

Again, we conclude that Mr. Legault cannot see past accounting notions. If you work eight additional hours in a year, you will produce more, he says.

What if you work eight fewer hours, but in a context that makes hundreds of thousands of Native citizens happier, and feel as if they really count for the rest of the society? What if that day off allows people to reflect on the way they could integrate better with their First Nations neighbours, something that was clearly visible in Gesgapegiag on September 30, an activity attended by dozens of neighbours?

What about taking into account some sort of national happiness index? Wouldn't the seemingly important loss of productivity be overcompensated by an improved general feeling of mutual understanding between Natives and non-Natives?

It looks as if such reflection still hasn't reached François Legault's vision of the Quebec society.

The Gaspé Spec

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C.M.C. AUDITE

FAIR program supported 102 projects and injected \$7.1 million in 2020-2021 in the Gaspé Peninsula

Grants sparked investment of \$41 million

Gilles Gagné

SAINT-ALPHONSE – The FAIR program, which is mainly designed to support economic ventures, granted financial contributions totalling \$7,155,529 to 102 businesses and organizations in the Gaspé Peninsula for the 2020-2021 period that ended on March 31.

The amount supports the completion of projects that have generated or will generate investments of \$40,959,996, creating or consolidating 229 jobs in the meantime. It means that the private sector invested close to \$34 million in those ventures.

FAIR stands for Fonds d'aide aux initiatives régionales, or regional initiatives assistance fund. The wrap-up of the last year was made on September 23 at the Rosario Poirier Incorporated sawmill and wood processing plant in Saint-Alphonse. That company founded in 1973 benefited from the FAIR program over the last year.

Rosario Poirier Inc. acquired a loader with the support received from the FAIR program. On the average, FAIR provides between 15% and 17% support to the entrepreneurs qualifying for it. On the average, it translates into a ratio of a \$1 grant leading to \$5.50 of private investment.

Patricia Poirier, director of financial services at Rosario Poirier Incorporated, explains that the new loader has eased the fluidity of the production process.

"Thanks to the new loader, we have cut the number of production stops. The old loader was often being repaired. This acquisition will allow us to maintain a good production pace," she says.

The FAIR program provided \$139,000 for the acquisition of the loader, worth \$700,000. The company also qualified to receive support for another project, the modernization of the pallet component production line, conducted over two years.

Rosario Poirier Inc. was founded in 1973 by the local entrepreneur who gave his name to the company. Mr. Poirier is still involved in the firm's daily affairs, to help



Natural Resources minister Jonatan Julien, left, and the members of the Poirier family, with company founder Rosario on the far right, gathered outside the Saint-Alphonse plant to show the equipment acquired by the firm through the FAIR program.

Photo: G. Gagné

his son Luc and his wife Anne and their three daughters, Vanessa, Laura and Patricia.

The company provides work to 40 people year-round. "Since 2014, we have concentrated our activities in the processing of aspen. It is our specialty. We get aspen from the public forest and private woodlot owners. We essentially make components of pallets," explains Luc Poirier.

The volume of aspen bought by the company amounted to 66,000 cubic metres in 2020. The sawmill used to process coniferous species as well but stopped seven years ago. "We traded what was left of our coniferous volumes for aspen," he adds.

Minister Jonatan Julien, who presented the yearly results of FAIR, was glad to see the participation of Gaspésians in the program.

"We see that there is a demand for that and it works because people often need that additional help in order to take on the challenge awaiting them in business. There is risk involved and we are there to mitigate that fi-

ancial risk through contributing with them (business people). So, there is a need for that and we see that there are people who want to develop the Gaspé Peninsula," pointed out Minister Julien, who is responsible for the region for the Quebec government.

He attended the presentation of results on behalf of the minister of Economy and Innovation and the minister responsible for Regional Economic Development, Pierre Fitzgibbon.

"The many initiatives supported by FAIR will generate structuring investments for the Gaspé. Thanks to the support of this fund, these projects will contribute to the socio-economic development of the region and the vitality of its communities. Our government is working with businesses and local players to develop all regions of Quebec," mentioned Minister Fitzgibbon in a press release. "Gaspé Peninsula entrepreneurs are resilient, but above all committed to the growth of their community. The dynamism of the Gaspé Peninsula is based on their determination and their will-

ingness to mobilize and carry out major projects in terms of investments and job creation. I therefore underline the completion of those hundred initiatives, and I reiterate that the Government of Quebec remains in action to support businesses in the region,"

added Minister Julien. The financing of the FAIR program is guaranteed for two more years, pointed out Minister Julien.

Economic development ventures took the bulk of the 2020-2021 projects and budgetary envelope, as 84 projects received money for a total of \$5,943,000. Those projects generated \$39,170,000 in investment.

Three companies received funding to hire professionals. The FAIR contribution amounted to \$121,771 and led to an investment of \$509,583.

Five leisure and tourist infrastructures were granted \$690,000 out of a total investment of \$766,663. Eight projects in need of coordination received \$265,417 for initiatives totalling \$294,908 and two innovative projects received \$135,400 for a total money injection of \$218,000.



JOB OFFER

Family Ties is searching for a **Collective Cooking Animator** to investigate needs, establish services to allow more participants to have access to healthy food and to develop cooking skills through the creation of new collective cooking groups.

Qualifications:

- Strong communication skills in English: both oral and written
- Dynamic, self-motivated, organized, able to work independently and with large groups
- Ability to work in partnership with service providers
- Must have a valid driver's license and have own means of transportation
- Knowledge of the Canadian Food Guide and healthy food choices
- Ability and experience in working with school aged children
- Basic computer skills, ability to keep simple records and gather statistics
- Flexible hours – Evening and weekend work may be required
- Bilingualism will be considered an asset
- Successful applicants will be required to pass a police screening

Education / Work Experience

- Post-secondary education required
- Relevant food-related work experience will be taken into consideration
- MAPAQ Food Handling and Safety Course, and First Aid qualification an asset

Salary and Work Period:

- The salary of the Collective Cooking Assistant is \$18 per hour
- 28 hours of work per week
- The duration of the work is from October 25th, 2021 to September 9th, 2022

We thank all candidates for their interest, however, only those selected for an interview will be contacted.

Please forward resumes to the director, Heather MacWhirter, at the following address no later than Friday, October 15th, 2021.

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UPA and ACFA hire a psychosocial worker for farmers experiencing problems

Gilles Gagné

SAINT-SIMÉON – The UPA, the Union des producteurs agricoles, and an organization called ACFA unite to make a social worker available, Audrée Bourdages, to intervene with farmers experiencing various problems, including psychological and mental health issues.

Audrée Bourdages was raised on a dairy farm in Bonaventure and has three years of experience as a social worker. Through working three full days in assisting the farmers of the Gaspé Peninsula and Magdalen Islands, she will provide valuable help, especially in making farmers express their problems in confidentiality.

Guy Gallant, a cattle farmer who is director general of the Gaspé Peninsula and Magdalen Islands UPA, points out that the service was needed in the region.

"There are many men involved in agriculture and men don't ask easily for help. Besides, a farmer is never sick. We cut ourselves, it bleeds and we tell ourselves that it is going to stop bleeding at one point. We are the last ones to nurse our injuries or psychological problems, (...) The problem is that farmers are often in denial. They almost never ask for help. The danger with that approach is that once they are in distress, or desperate, they can opt for a quite unfortunate action," explains Mr. Gallant.

The regional UPA received support from the region's Public Health Board in this initiative, and \$21,000 for ACFA, which means Au cœur des familles agricoles which literally means to in the heart of agricultural families. That organization has worked for years to alleviate the psychological burden experienced by farmers.

The work schedule of Audrée Bourdages will be flexible, as she can pair her new responsibilities with her other job. She will be available to work with farmers over three days, from Tuesday to Thursday inclusively, between 8 a.m. and 4 p.m.

"My job will be to go and meet farmers if they want to, and make sure that they feel well, mentally, well enough to manage their enterprise. I will check their level of stress and talk about their problems, like the lack of rest and the absence of relief. I was raised on a dairy farm. My in-laws operate a cattle farm. This job joins two subjects of interest for me, farming and psychosocial interventions," explains Ms. Bourdages.

A Quebec-wide organization, ACFA is presided over by Nathalie Roy, who used to own four pig farms while raising her three children.

"Thirteen years ago, my farms would have been dismantled if I hadn't been able to count on psychosocial support. That intervention turned a dismantling process into the suc-



The hiring of Audrée Bourdages (in centre) was made possible through a wide partnership involving many organizations

Photo: Courtesy Ville de Gaspé

cession of our agricultural activities (...) My son took over the farm last year. The psychosocial interventions definitely saved our farm twice. I wouldn't be around if it hadn't happened. I was completely overwhelmed," says Ms. Roy.

For now, the hiring of Audrée Bourdages is secured for a year but the UPA and ACFA are already working for the ensuing years. "It is only secured for a year because we obtained the funding very quickly, in less than a year because there was a small envelope available and we successfully applied to get it. We are told that getting the program in less than a year is quick," points out Guy Gallant.

Audrée Bourdages will provide support, in both French and English, to all farmers based in the Gaspé Peninsula and the Magdalen Islands. She

started her mandate on September 23.

Regional UPA president Michèle Poirier is very glad to have Ms. Bourdages around.

"We agricultural producers are subject to several stress elements, whether they are human or out of our control like the weather. When an agricultural producer is doing less well, his business is directly impacted, which can accentuate the difficulties experienced by that producer. Having Ms. Bourdages with us in the field near producers and accessible will be undoubtedly be an additional asset for our region," says Ms. Poirier.

She also wishes to mention the important contribution of regional stakeholders in the organizational process as well as in seeking funding. Those stakeholders are the Integrated Health and Social Services

Centre of the Gaspé Peninsula and Magdalen Islands, the Regional Department of Agriculture, Fisheries and Food of Quebec, Gaspésie Gourmande as well as local UPA unions located in the Avignon, Bonaventure, Côte-de-Gaspé, Haute-Gaspésie and Percé Rock MRCs, as well as in the Magdalen Islands.

ACFA is a non-profit charitable organization that is a pioneer in helping farmers going through difficult times. The ACFA's network is made up of 13 people who provide service in nine regions in Quebec.

The Regional Federation of the UPA of the Gaspé Peninsula and the Magdalen Islands is a union organization regrouping 350 producers. Its mission is to promote, defend and develop the interests of agricultural and forestry producers in the region.

CISSS cardiac surgery data provokes debate

Nelson Sergerie,
LJI Journalist

GASPÉ - The Minister of Health defers to the Auditor General on allegations of nepotism and falsification of documents at the Gaspé Peninsula Integrated Health and Social Services Centre. The organization defends the data cited by the member for Bonaventure.

The independent Member of the National Assembly, Sylvain Roy, questioned the government on September 23 at the National Assembly on the governance of the CISSS following the facts revealed since February on the Gaspé health network.

Before parliamentarians, Sylvain Roy spoke of threats to destroy careers, interfer-

ence with the Department of Youth Protection, intimidation, and destruction of documents.

"I have here a report of medical acts declared by the CISSS in 2019 which declares to have done 1557 cardiac surgeries. The problem is that heart surgery is not done in the Gaspé," says Mr. Roy.

"If there are facts that are deemed reprehensible, if in certain cases a CEO had to be removed, there was no hesitation in doing so. We will continue to do so. But I want to have very clear facts before taking action," replied the Minister of Health, Christian Dubé.

The Gaspé Peninsula CISSS took a few days to react. On September 29, the organization put the data into

perspective.

"We are talking about outpatient visits and not surgeries performed in the operating room," says the director of financial resources of the CISSS, Jean-Pierre Collette.

It can be outpatient appointments related to surgery or diagnosis of specialists coming to the region. "This statistic really does not include operating room activities. This page does not show that there are cardiac surgeries in the Gaspé," adds Mr. Collette.

The CISSS is not withdrawing any funding because these actions are part of regular activities. The auditor has opened an investigation into the Gaspé Peninsula CISSS. The report is expected in the spring.




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Close to 150 people participate in Gesgapegiag's National Day for Truth and Reconciliation

Gilles Gagné

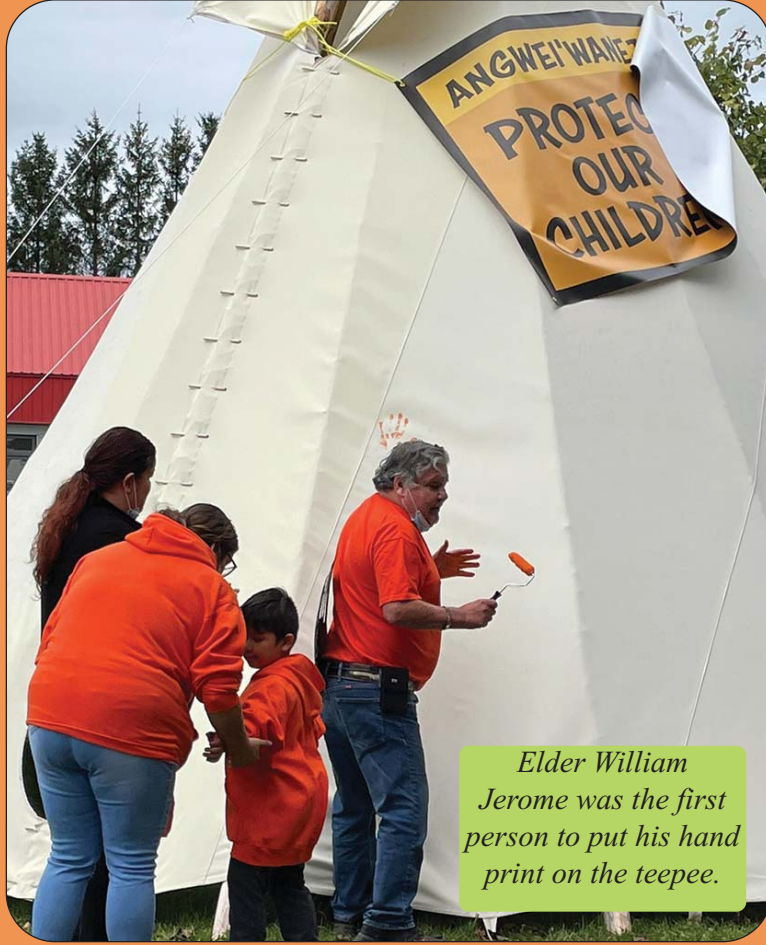
GESGAPEGIAG – About 150 people in Gesgapegiag participated in Canada's first National Day for Truth and Reconciliation on September 30. September 30 is also Treaty Day.

The activities started with a gathering at Wejwapiag School where Gesgapegiag Chief John Martin and elder William Jerome made speeches, explaining why the first National Day for Truth and Reconciliation is important and why there are many steps ahead before completing the healing process.

"I am very happy to be at this gathering and I am extremely happy to see all the children because this is what this day is about (...) Thousands of children died in the residential school system. Many survived but had to carry all their life the burden of that system," said Chief Martin in his opening remarks.

"It was very hard for the children who grew up in that system. Once they became adults, it was hard for them to hug, to show love. The effect was felt for generations (...) The loss of language and culture had wide, wide consequences," added John Martin.

He told the audience that he met Quebec's Minister of Education Jean-François Roberge and told him that "we need to change the mindset; we need to develop a curricu-



Elder William Jerome was the first person to put his hand print on the teepee.

Photo: Emmanuel Renaud

lum that takes into account our history, where you are going to tell the truth about the history, about what happened to us. If we change the curriculum together, people sitting here in front of us 25 years down the road will show more compassion, more understanding," explained John Martin.

He welcomed the people from outside Gesgapegiag who attended the gathering. "I see people from Nouvelle, Maria, from École bois vivant (in New Richmond)" said Chief Martin. He underlined the presence of recently re-elected Member of Parliament Kristina Michaud, representing the Avignon-La Mitis-Matane-Matapédia riding. Gesgapegiag is part of

her territory. She received a warm round of applause from the crowd.

For his part, elder William Jerome praised his parents for their role in the protection of the Mi'gmaq language after he attended a school outside Gesgapegiag.

"The only thing that made me stronger

was my parents. It is very hard, when you speak Mi'gmaq with your friend to have people put tape on your mouth. I decided that nobody would ever prevent me from speaking my language. I got stronger," explained Mr. Jerome.

He deplored that it took more than 80 years before Canada acknowledged the bad effects of residential schools on Natives.

He also expressed his gratitude that Gesgapegiag citizens fought hard for the return of a school to their community in the 1970s and early 1980s "so that their children and grandchildren will not be beaten with a strap because they speak Mi'gmaq," stressed William Jerome.

After his speech, he went outside the school and was the first person to put an or-

ange handprint on the teepee of family generations.

Orange is the colour of a girl's sweater that had been given by her grandmother before she started going to a residential school. The teachers forced the girl to take it off in order to put on a uniform.

Dozens of people imitated William Jerome and put their hand print and often putting both hands on the teepee. Non-Natives were invited to take part in that important symbolic activity.

The numbers vary sometimes but at least 150,000 Natives were sent to residential schools in Canada between the last part of the 19th century and until the 1970s. At least 2,000 of them never came back.



Chief John Martin and Member of Parliament, Kristina Michaud, were glad to meet for the National Day for Truth and Reconciliation activities in Gesgapegiag.

Photo: Pénélope Garon



Gesgapegiag Councillor Aaron Condo says, "I'm proud that Quinn can embrace her Mi'gmaq culture, unlike so many in the past, who had to fear being sent to residential schools."

Photo: Emilie Woods



Chief John Martin applied his hand print with conviction on the teepee.

Photo: Pénélope Garon

National Truth and Reconciliation Day celebrated in Gaspé

Nelson Sergerie,
LJI Journalist

GASPÉ - The first National Truth and Reconciliation Day was marked in Gaspé as approximately 100 people marched through the downtown streets of Gaspé on September 30. Aboriginal flags opened the march downtown.

The majority of participants wore orange, a colour designed to draw attention to the reality of residential schools. Orange Shirt Day was launched in 2013.

On the front lines, the Chief of the Micmac Nation of Gespeg, Terry Shaw, was present. He hopes the day becomes a time to reflect on the past, including citing the history of residential schools where, in recent months, hundreds of children have been found buried in backyards in British Columbia



The Chief of the Micmac Nation of Gespeg, Terry Shaw, and Councillor Sylvie Cassivi.

Photos: N. Sergerie

and Saskatchewan and other provinces.

The chief hopes that the day will bring changes for the future. He calls for more support from governments, deploring that Quebec did

not recognize the day. "The fact that the province of Quebec does not recognize the day as such is unfortunate. I think it's time for Quebec to recognize it as the federal

government has done," explains Mr. Shaw.

Councillor Sylvie Cassivi of Gespeg testified with emotion on the plight of children in residential schools. "I am

a mom. It really touches me. It's important that people understand. People should not be afraid to ask questions about what happened," Ms. Cassivi said with tears in her eyes and a tremor in her voice.

After leaving the arena and walking through Adams Street and Montée de Wakeham, the march ended at the Birthplace of Canada, where Jacques Cartier took possession of the land in the name of the King of France.

"It belongs to us. This is our Earth. Jacques Cartier planted a cross there, but it has always belonged to us, to Gespeg, the natives, the Mi'gmaq," recalled Councillor Emily Roberts.

The Children of the Nation placed orange stones around the Wigwam installed at the Birthplace of Canada to commemorate the victims of the residential schools.



A hundred people walked in the streets of downtown Gaspé.



Participants were proud to wear orange shirts during this walk.

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THEGASPESEC.COM

CHANDLER:

Bruno-Pierre Godbout aims for re-election of Newport seat

Nelson **Sergerie**,
LJI Journalist

CHANDLER - After having flirted with the idea of running for mayor of Chandler and the prefect of Rocher-Percé; the councillor of Newport, Bruno-Pierre Godbout, finally has decided to try to renew his mandate as councillor for Newport.

Mr. Godbout wants to continue his work in this district. "I still have a desire to represent and defend the citizens of Newport. Over the past four years, I have worked on several infrastructure projects: the arena, the fire station, etc. Over the next four years, I really want to focus on improving the quality of life for the citizens of Newport," says the outgoing

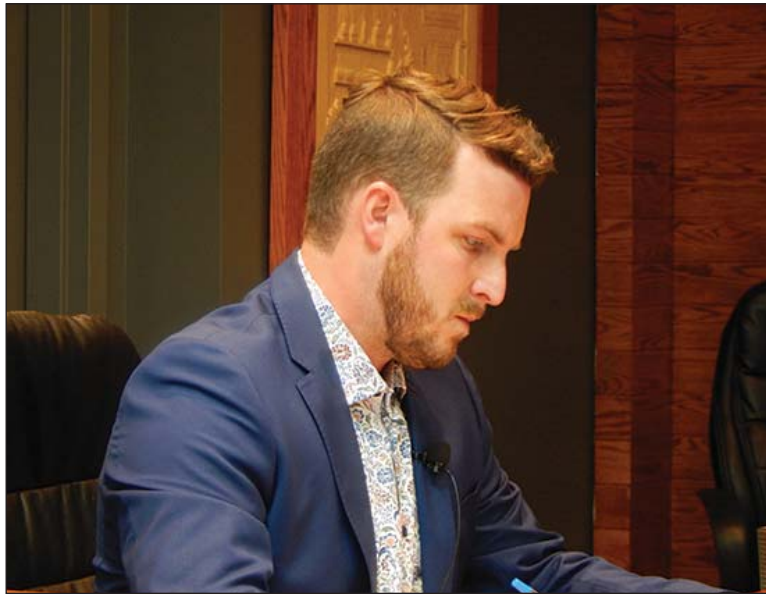


Photo: N. Sergerie

Bruno-Pierre Godbout will try to remain councillor for Newport.

councillor.

As explanation for changing his mind regarding the prefect position, he says, "For personal and professional

reasons, I really want to stay in the Newport area."

As Spec was going to press, the outgoing councillor was opposed by Claude Gre-

nier who had already submitted his nomination.

An eventful term

Mr. Godbout's expense accounts have given rise to controversy. He replaced mayor Louisette Langlois during her suspension between January and July. During that period he requested a reimbursement of \$1,672.50 for a trip to Quebec from May 26 to 29 in order to make representations on files including grant applications for asphaltting and the development of the land of the defunct Gaspésia. However, no detailed agenda had been provided as to who was met and when.

Citizens claimed in sworn statements sent to the Municipal Integrity and Investiga-

tions Commissioner that they saw Mr. Godbout in various public places and at his residence at the same time.

Councillor Denis Pelchat had posed questions to the town council in June, noting that the pro-mayor had filed two bills totalling \$3,200 in May and for nearly \$7,000 since taking office as mayor.

At the September council meeting, a citizen requested information on the status of the file, but the council wasn't able to provide any answers.

Both the Commission municipale du Québec and the Commissioner for Municipal Integrity and Investigations did not want to indicate whether an investigation was aimed at Councillor Godbout.

Municipal officials: intimidation is low in the region

Nelson **Sergerie**,
LJI Journalist

CARLETON-SUR-MER - A phenomenon more present in large centres, municipal officials in the Gaspé state that bullying and harassment on social networks are an isolated phenomena in the region.

Only one notorious case is mentioned: the mayor of Carleton-sur-Mer, Mathieu Lapointe, had to deal with a difficult situation at the end of

last winter.

"It was pretty intense. We had death threats - myself and other members of the municipal administration - but it is an isolated event," says the mayor.

After a stand-off with police, Jean-François Boudreau, 45, was arrested on March 4. He was facing seven charges including one for death threats against the mayor. He was also charged with criminal harassment and possession of weapons for a

dangerous purpose. He was found not criminally responsible for his actions due to a mental disorder

The New Richmond mayor, Eric Dubé, has never been personally targeted. "We are people rooted in our communities. We are very well known. We do not experience what (elected officials in) big cities live," says Mr. Dubé.

The mayor of Gaspé and president of the Union of Quebec municipalities, Daniel Côté, was subjected to

attacks last year.

"It happens that there is bullying happening on social media. I experienced it with the beach saga a year and a half ago," explains the mayor. There was a situation of individuals camping illegally and not respecting the environment.

Despite everything, the phenomenon is extremely rare. "In the Gaspé, in general, things are going well. I think that's part of the whole Gaspé resilience," he says.



Photo: Carleton-sur-Mer website

The mayor of Carleton-sur-Mer, Mathieu Lapointe.

End of the adventure for The Gaspé Project

Nelson **Sergerie**, LJI

CAP-D'ESPOIR - The Gaspé alternative rock group *The Gaspé Project* is ending their adventure. This is what the leader of musical training, Thierry Haroun, announced, six years after embarking on this adventure. By their own admission, the group feels like they've walked around the garden.

"We produced two albums in barely four years. Two creative albums, it must be said. It's intense. It was an incredible, fantastic adventure," says the artist. Proud to have produced the album and the promotion from the Gaspé, the group toured in the region and in Montreal, making it a point to play only its songs, which closed the doors to some diffusion opportunities.

Among the places where the group has performed: opening at the Festival musique du bout du monde in Gaspé, Festi-Plage in Cap-d'Espoir, the Shigawake Fair, opening act of a Normand Brathwaite show in Chandler, also at the Verre Bouteille in Montreal and at the Ketch in Sainte-Flavie.

"We held our end. The people who came to see us came for our lineup. Yes, there is a risk, but it is really worth it," he says to emerging artists who should not be afraid to do so.

The song of which *The Gaspé Project* is the most proud of out of their twenty compositions is Paper Mills dedicated to the ex-workers of the Gaspésia plant in Chandler.

The Gaspé Project's music has been heard all over the world on alternative rock networks. Thierry Haroun will continue to compose and has no idea what will happen next. He is currently the office manager of the Liberal Member of Parliament for Gaspésie-Les Îles-de-la-Madeleine, Diane Lebovillier.



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Thankful: Let's talk turkey

Diane Skinner

Thanksgiving is upon us, and this summer just flew by. We understand autumn has arrived; the leaves are turning colours and the nights are cold. We cannot fight it, and one morning we will wake up to that first snow, the one we all find lovely.

Thanksgiving, this year on October 11, is an annual holiday held on the second Monday in October. This day has been set aside to celebrate the harvests and other blessings in our lives.

The official recognition of this day in Canada has been observed since 1879. The first Thanksgiving celebrations moved around a lot! At first it was held in November and often at the same time as Remembrance Day.

Finally, the Governor General of Canada, Vincent Massey, stated in 1957, "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to

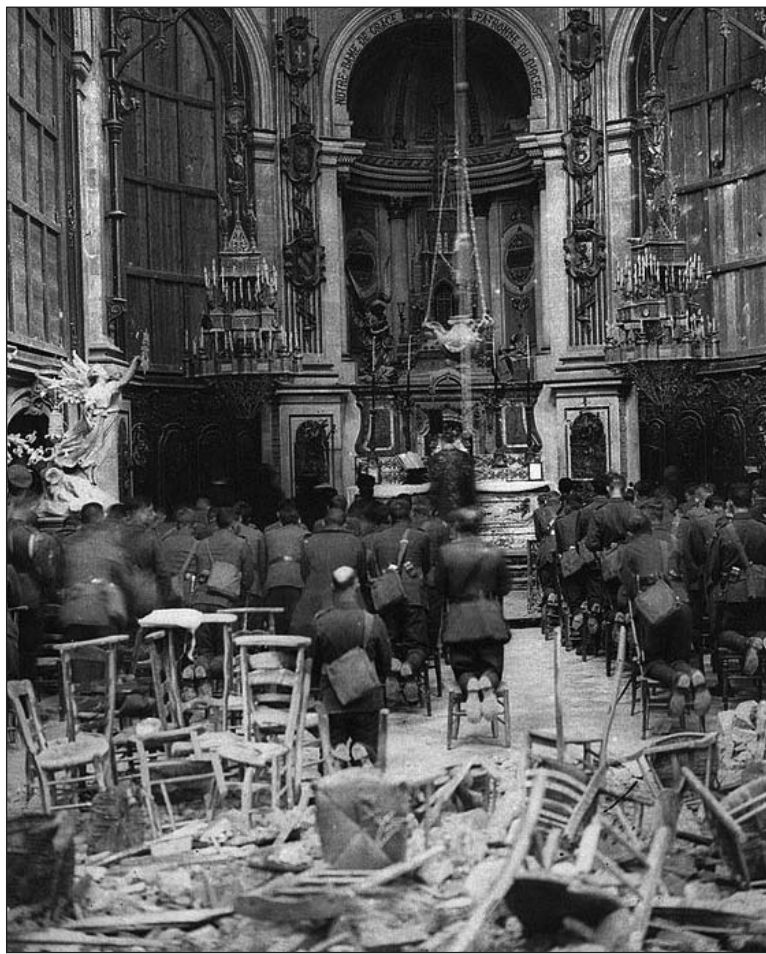


Photo: Archives of Ontario

Canadian troops attend a Thanksgiving Mass in the bombed-out Cambrai Cathedral, France, in October 1918.

be observed on the second Monday in October." It was settled.

Thanksgiving Day (in French: Jour de l'Action de grâce) is a statutory holiday in

most of Canada and an optional holiday in Prince Edward Island, Newfoundland and Labrador, Nova Scotia and New Brunswick.

During the Thanksgiving weekend, homes and churches decorate with corn, wheat, pumpkins, gourds and cornucopias. Special hymns are sung at church services. The most common day for Canadians to eat their Thanksgiving feast is on Sunday. Then Monday's dinner will be provided with delicious leftovers.

The traditional meal includes turkey, stuffing, mashed potatoes with gravy, cranberry sauce and a smorgasbord of garden vegetables. Dessert may include pumpkin pie or apple pie. Almost 90% of households who make a Thanksgiving supper, choose turkey. The other 10% choose ham or roast beef.

bisher held a feast of Thanksgiving in Newfoundland. He had a great deal to be grateful for because he and his crew had sailed back to Newfoundland after searching for the Northwest Passage. It was a rough voyage: storms, bitter cold and they got lost!

The meal was not very tasty because all the food they had was onboard the ship. Most likely they ate salted beef and mushy peas.

Though Frobisher was the first European to celebrate Thanksgiving in Canada, Indigenous people have a long history of celebrating the fall harvest

Give thanks

Everyone celebrates Thanksgiving in their own way. This has been a year of unexpected events and challenges. Use this day to take a moment and think about what you're thankful for. This might be a good time to start a Gratitude Journal. Being grateful is a good practice all year long.

Sir Martin Frobisher

About 400 years ago, the British explorer Martin Fro-

Thanksgiving Thoughts

"Even in the trials of life, if we have eyes to see them, we can find good things everywhere we look."

"Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good."

"When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself."

"He is a wise man who does not grieve for the things which he has not but rejoices for those which he has."

"Wear gratitude like a cloak, and it will feed every corner of your life."



Traditional Thanksgiving Poem

Thanksgiving is here, so our minds have turned
To what time has taught us, to what we've learned.

We often focus all our thought

On shiny things we've shopped and bought.

We take our pleasure in material things,
Forgetting the pleasure that friendship brings.

If a lot of our stuff just vanished today,
We'd see the foundation of each happy day
Is special relationships, constant and true,
And that's when our thoughts go directly to you.

We wish you a Thanksgiving you'll never forget,
Full of love and joy—your best one yet!

Have a wonderful
Thanksgiving and
consider this comment,
"What is essential is
invisible to the eye."

Thanksgiving Trivia Quiz

1. When is Canadian Thanksgiving?
2. Why is Canadian Thanksgiving before the American Thanksgiving?
3. Why do we keep the wishbone, let it dry and then break it?
4. Canadian Thanksgiving is a statutory holiday in Canada, except in what provinces?
5. Why do we eat turkey on Thanksgiving and not some other kind of bird?
6. Why does eating turkey make you sleepy?
7. When is American Thanksgiving celebrated?



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Grace's Pickles: A fall tradition

Diane **Skinner**

There are many fans of mustard pickles, commonly known as Grace's Pickles on

the Gaspé. It is a delicious condiment and if you have never tasted it, after one spoonful you just might be hooked. Of course, homemade

pickles are the very best. This is a traditional recipe passed down over many generations. Searching online will provide many variations of Grace's

Pickles, but the traditional, tried and true method is the most authentic. Grandmothers know best!

Grace's Pickles can be served by the spoonful with just about any main dish, including beef, pork and

chicken. It pairs well with hot dogs, hamburgers and sandwiches.

Try making potato salad with it – all you need to do is add it chopped a bit more finely to your usual recipe of eggs, potatoes and mayo.

Grace's Pickles

- 7 large cucumbers
- 7 large onions
- 3 tbsp. salt
- 2 ½ cups vinegar
- 2 cups water
- 3 cups white sugar
- ½ cup flour
- 3 tbsp. mustard
- ½ tsp. turmeric
- 1 tbsp. celery seed
- 1/2 tsp. pepper
- 1 tsp. ginger

1. Peel cucumbers, remove seeds, then dice or cube.

2. Chop onions small.

3. Place in a large bowl and add salt. Allow to sit for at least a few hours, or overnight.

4. Drain slightly and add vinegar and water.

5. Cook for about 10 minutes until transparent.

6. Add the following: 3 cups white sugar, ½ cup flour, 3 tbsp. mustard, 1 tbsp. celery seed, ½ tsp. pepper, ½ tsp. turmeric and 1 tsp. ginger.

Cook for 10 – 15 minutes. Makes about 7 half-litre Mason jars. Bottle and seal. Store in cold cellar or fridge.

For the cook who likes to go off the beaten path, you can substitute zucchini or cauliflower. Thanks for this traditional family recipe from the Campbell Family Cookbook.



Grace's pickles are made using a traditional recipe passed down over many generations.

Photo: D. Skinner

Reflections

by

Diane Skinner Flowers



Lifelong Learning

Just this past week, I have heard this comment twice – “Maybe you are too old for that.” I wholeheartedly disagree and my response to this is, “I like to think I am not too old for anything.”

There is always something that you can learn. This, of course, is not limited to school learning but that is certainly one way of continuing to learn. Perhaps you want to learn a new hobby or a skill. Go for it and do not allow anybody to imply or outright state that you are too old to do so. You are not. “Where there is a will, there is a way.”

Lifelong learning is good for your brain. Learning new skills or acquiring knowledge keeps your brain cells working. It helps to counter the pitfalls of aging such as memory loss. Learning new material or skills can help to keep dementia at bay. Keep learning. Keep your brain healthy.

Learning can connect you with other adults. Human interaction is necessary for our social and emotional well-being. Again, this is a way of keeping your brain in tiptop shape. It is also fun, and fun is good. It keeps you in touch with the outside world.

Learning something new can keep you in touch with the massive changes that are occurring. Technology is the biggest change in our modern lives and if we do not keep up with it, we can be left behind. If you want to know about something, a world of knowledge (and a good dose of misinformation) is at your fingertips. As part of your continued learning, learn to discern false news from real. The first step is to identify genuine trusted sources.

Learning is fulfilling. It boosts our self-esteem. We can reflect on our past achievements and successes but learning something new assures us that we are still capable.

Learning can make you happier! If you are busy acquiring a new skill, you have less time to worry about small things. Your mind is meaningfully occupied. Learning cannot stop you from getting older – but it will make you feel proud and happier.

You have lots of choices of what to learn and how. You can take actual online classes, but you can learn in many other just as valid and meaningful ways. Have a friend teach you to knit, crochet or make a fishing lure. Join a Book Club. (Reading is learning.) Learn to drive a standard car or truck. Learn a new hobby or pastime – bowling, paddle boarding, kite flying, canoeing, scrapbooking, soap making, try a new recipe, learn to change your oil or check your tire pressure. The world is full of things to learn. It is a world of endless possibilities.

Discourage those comments such as, “You are too old for that!” Prove those doubters wrong. Then they will have learned something new.

Just a thought: Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.

Namaste: The practice of yoga

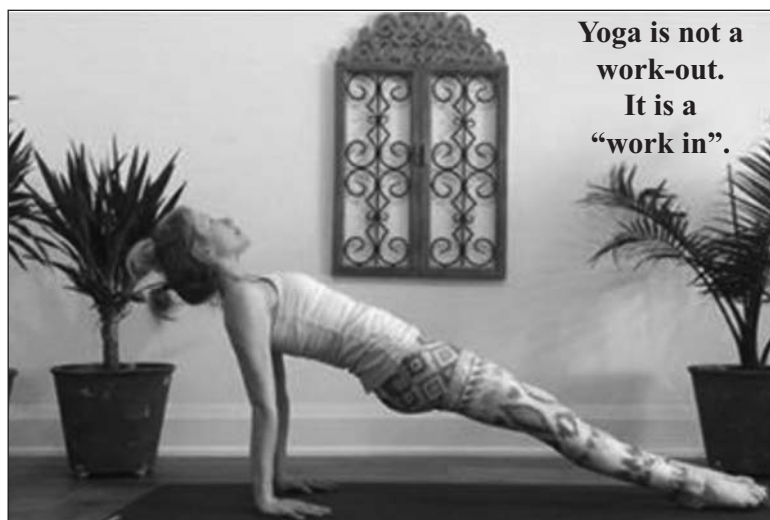
Diane **Skinner**

Yoga is a practice for the mind and the body. It gives a sense of peace and helps to reduce stress. In yoga, there is a pose for everything, including animals and trees. The ancient yogis who came from India, lived in the caves and mountains and observed the movements in nature: trees, animals, weather and night skies. From watching the natural world, they created yoga.

It is a way to exercise the body and the mind at the same time. Yoga makes the practitioner feel at peace. At the same time, it increases strength and flexibility.

Practicing yoga also incorporates a philosophy which teaches happiness. This life view puts forth the concept that the body and mind should be in balance. Without this balance, we cannot experience this peaceful, happy feeling. The combination of yoga breathing, poses and mindfulness brings harmony. Balance is achieved.

Yoga can be practiced by all ages, body types and level of physical ability. The inclusion of yoga in elementary schools is a growing and popular part of the curriculum. The benefits for students (of



Yoga is not a work-out. It is a “work in”.

Photo: D. Skinner

The practice of yoga is a way to exercise the body and mind.

any age) includes increased flexibility, improved balance and coordination, strengthened mind-body connection and raised self-esteem and confidence.

Yoga does not require special, expensive equipment. For thousands of years there was no yoga equipment at all. The only original requirements were simple: body, mind and spirit. Yoga practiced in modern times usually requires a yoga mat, a towel, comfortable clothing and, for more advanced students of yoga, blocks and straps.

Look for yoga classes in your area. A skilled yoga teacher will modify the exercise for all types of participants. If you are in a yoga class, it will become apparent

quickly what you can do and what your physical limits are. Feel free to communicate with the instructor.

Be cautious if you want to try some yoga that you see on television or You Tube. Do not push yourself out of your comfort zone or attempt any poses that cause strain or make you feel uncomfortable. You should not ever be in pain. Slow and gentle is your mantra.

At the conclusion of your class the instructor and participants often clasp their hands together in front of their body and offer the respectful “namaste.” It is an expression of appreciation and respect towards the others. It can be used as hello or goodbye. Namaste.

Announcements...



In Memory



ASTLES: Mary Beth (née Hocquard)

In loving memory of a dear wife, mother and grandmother who passed away on October 11, 2019.
*Your nature was loving and giving,
 Your heart was made of pure gold.
 And to us who truly love you,
 Your memory will never grow old.*

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



LEMIEUX: Sydney

In loving memory of a dear husband, father and grandfather who passed away October 2, 2001.
*Even though it feels like it happened yesterday,
 20 years have come and gone since you passed away.
 Memories we have of you come each and every day,
 In our minds and in our hearts forever you will stay.*

Loved and missed always by Sarah, Wayne, Linda, Gloria, Jason, Laura, Nicole and Kay.

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

In Memoriam:

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

Obituary or Wedding:

\$40 - (\$45 with picture) Max. 300 words

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

Grenier, Grenier & Grenier
 LAWYERS



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

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 New Carlisle (Quebec) G0C 1Z0
 Tel.: (418) 752-3308 • Fax (418) 752-6935



RENOUF: Charlene

November 19, 1978 - October 12, 2008

Our daughter, step-daughter and sister, loved and forever in our hearts and on our minds by Mom, Darin, Adam (Melody, Gideon, Sybil, Nathaniel and Caleb) and Christopher (Bethany, Benjamin and Claire).

BENWELL: Rebekah

October 4, 2001 - October 12, 2008

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

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

*No one hears the footsteps
 Of the angel drawing near,
 That took from earth to heaven
 The ones we loved so dear.
 The road into the sunset
 Is the road we all must tread,
 And while it brings us sorrow
 When loved ones go ahead,
 There's always comfort knowing
 We will meet again someday,
 When all grief and pain is over
 And the clouds have passed away.*

RENOUF: Charlene

BENWELL: Rebekah

Thirteen years ago on October 12, 2008, our hearts were broken with the sudden death of our beloved daughter Charlene and our beloved granddaughter Rebekah who died accidentally. We cherish their memories.

*Nothing can take away
 The love our hearts hold dear.
 Fond memories linger everyday.
 Remembrance keeps them near.
 Not dead to us who loved them,
 Not lost, but gone before,
 They live with us in memory
 And will forever more.*

Lovingly remembered, sadly missed, no one can take your place, Da (Billy), stepmom (Micheline) xoxox.

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Tremblay & Barriault, notaires inc
 Notaries & legal counsel

Gaël Tremblay, notary
Serge Barriault, notary

119B Perron Blvd West, New Richmond, Que.
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 E-mail: gaeltremblay@notarius.net

FULLY BILINGUAL SERVICE

RENOUF: Charlene
BENWELL: Rebekah

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

*When death walks by with quiet tread
 To touch loved ones who've been led
 Away from sleep, away from pain
 To wake in joy, to live again.
 You'll hear them on a whispered breeze
 A calling bird in swaying trees.
 Do not weep long but lift your eyes
 You'll see their glory in God's skies.
 They'll be there in swallows' flight,
 Their eyes in stars on a velvet night.
 Their courage strong in every tree.
 Their name carved well for eternity.
 Hide not your love within your heart
 For they will always be a part
 Of you and everything you do.
 For death is not when love is true.*

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

RENOUF: Charlene
BENWELL: Rebekah

In loving memory of my granddaughter Charlene and great-granddaughter Rebekah who died accidentally on October 12, 2008.

Gone but not forgotten.

We will always remember your beautiful smiles. Miss you, Na (Dorais) and family xoxoxo.

Thank you

The directors of the Gaspé Cancer Foundation would like to say a special word of thanks to the following people. To Ron Mundle and Cynthia McDonald who have worked tirelessly since March 2020, during the Covid-19 pandemic to assure the proper functioning of the foundation and to all those who helped with the March campaign by selling membership cards. Also, thanks to the following who have organized fundraisers: Deborah Touzel & Carolyn DeVouge, Patricia St Croix, Ola Tapp, Winnie Francis, Susan Vardon, and the Fondation Santé Côte-de-Gaspé and to Tracy Wolfe for the constant computer updates and Hélène Beaulac for composing our letters of thanks. Also, thanks to others too numerous to mention: our volunteers, those behind the scene who are essential to the operation of the foundation and our faithful supporters.

The office at the Gaspé Hospital is still closed to members. Please continue to mail your travel assistance forms to our main address: P.O. Box 6078, Gaspé, QC G4X 2R6. After confirmation of membership, a cheque will be sent to your address on file. You may download the travel assistance form on our website: fcg-gcf.com as well as renew your membership by paypal, make donations or write memorials.

President, Tony C Patterson



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COAST ROUND-UP

GASPE:

Shoebboxes for Sailors

Please be advised that there will be no collection of shoebboxes for sailors for the 2021 season. However, donations would be greatly appreciated. All donations can be sent to: Quebec Seamen's Club, 150 Dalhousie, C.P. 80, Hauteville, Quebec, QC G1R 4M8.

GASPE:

Gaspé Cancer Foundation

The office at the Gaspé Hospital is still closed to members. Please continue to mail your travel assistance forms to our main address: P.O. Box 6078, Gaspé. Qc G4X 2R6. After confirmation of mem-

bership, a cheque will be sent to your address on file. You may download the travel assistance form on our website: fcg-gcf.com as well as renew your membership by paypal, make donations or memorials. If you are a member in good standing, are afflicted with cancer, and must travel outside the region for treatment, you are eligible for travel assistance.

NEW CARLISLE:

St. Andrew's Anglican Church

Please be advised, due to the Covid-19 regulations, there will not be a Harvest Supper at St. Andrew's in New Carlisle this year. A small organizing committee has been formed to ask members of St. An-

drew's Anglican Church to make a financial contribution toward our Harvest Supper Fund. Any individuals interested in contributing can put their donations in the church plate marked "Donation toward Harvest Supper" along with their name, amount, and church envelope number, if applicable. If preferred, your donation can be given to Chris (Fraser) Ward (418-752-6837) or Norma Chedore (418-752-6214). Donations made by cheque should be made payable to St. Andrew's Anglican Church. We thank you for your support!

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.

CASCAPEDIA-ST-JULES: Fifty Plus Club

Bingo has resumed for the season. Card pricing is \$10 for 3 cards and \$1 for each extra card. All activities are scheduled to return depending on the Covid-19 situation. Everyone is welcome to attend.

ROTARY CLUB WINNERS

The winners for the week of September 26 are: Yves St-Pierre, Paul Cyr, Lisa Powell, Rolande Comeau, Josée Cormier, Gaétane Bourdages and Magalie Bujold.

UNITED CHURCH

Sunday, October 10

10 a.m. Hope Town

ANGLICAN CHURCH OF CANADA

Sunday, October 10

New Carlisle

11 a.m. Holy Eucharist (Confirmation)

Shigawake

3 p.m. Evensong

PARISH OF GASPÉ

Sunday, October 10

St. Matthew's - Peninsula

9:30 a.m. Morning Prayer

On the lighter side...



SUDOKU

		8			1		2	9
1					7			3
9		6			3	8	1	5
	1					3	4	6
		4	6	3		2	9	
			1			5	8	
5			4	9				
8		1						4
		7			2	6		

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

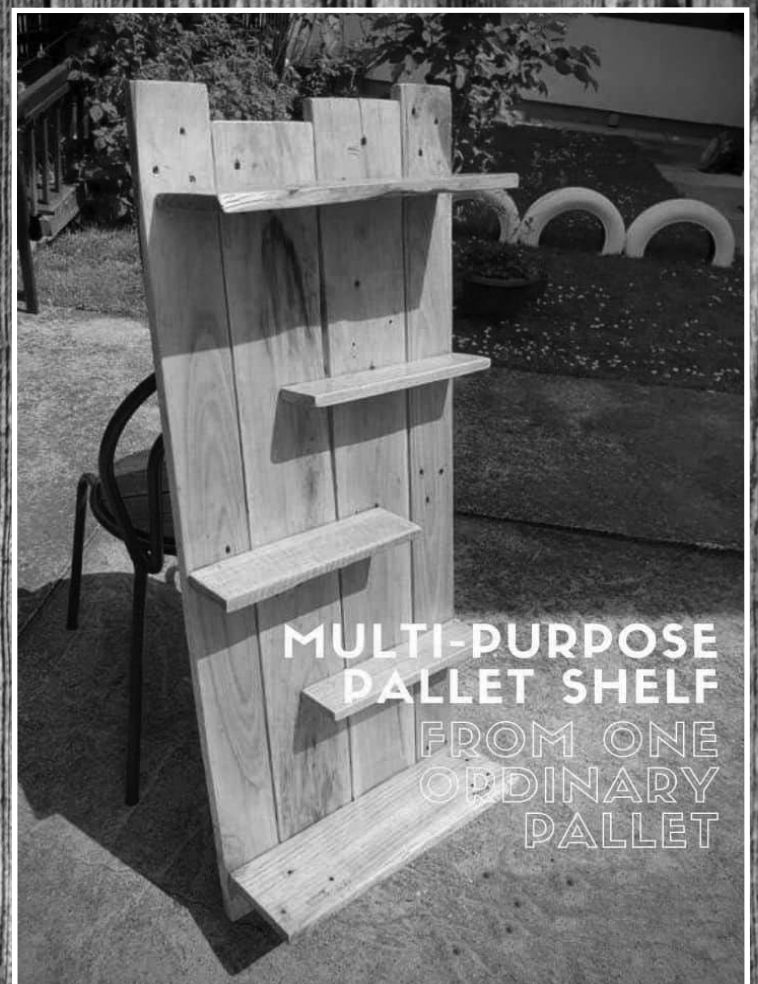
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	9	7	3	1	2	6	5	8
8	2	1	7	5	6	9	3	4
5	6	3	4	9	8	1	7	2
6	3	9	1	2	4	5	8	7
7	8	4	6	3	5	2	9	1
2	1	5	8	7	9	3	4	6
9	7	6	2	4	3	8	1	5
1	5	2	9	8	7	4	6	3
3	4	8	5	6	1	7	2	9

ANSWER:

RECYCLE REPURPOSE REUSE

LOOK WHAT YOU CAN CREATE WITH USED WOOD PALLETS.



MULTI-PURPOSE PALLET SHELF FROM ONE ORDINARY PALLET

HOROSCOPES

ARIES - Mar 21/Apr 20

Aries, be gentle with your approach this week as you look to persuade someone. You don't want to scare anyone away by being too flashy or forward.

TAURUS - Apr 21/May 21

This is a great time to go out and try to grab yourself a bargain, Taurus. Head to a thrift store or garage sale, or even test your negotiation skills at a car dealership.

GEMINI - May 22/June 21

Gemini, situations that have slowly

been building will finally come to a head this week. A resolution will be better than the roller coaster you have been on recently.

CANCER - Jun 22/Jul 22

Cancer, you may have little motivation this week. One or two days of relaxation could be just what you need to recharge. Expect to reemerge full of renewed vigor.

LEO - Jul 23/Aug 23

Leo, issues involving your finances take centre stage. It is time to do some long-term financial planning and get all of your ducks in a row. Ask for assistance if you need it.

VIRGO - Aug 24/Sept 22

Virgo, someone may be trying to slow you down, and you're not hav-

ing any of it. Keep yourself busy at all times this week and assess your priorities.

LIBRA - Sept 23/Oct 23

Libra, concentrate on a creative project that you have been pondering for some time now. Explore your imagination and don't hesitate to utilize it.

SCORPIO - Oct 24/Nov 22

Scorpio, a little homework can help your cause as you seek to persuade others to see things from your perspective. Some credibility can go a long way.

SAGITTARIUS - Nov 23/Dec 21

This may be a very expensive week for you, Sagittarius. You're finishing up on projects around the house and may enjoy a weekend getaway to a

spa or resort.

CAPRICORN - Dec 22/Jan 20

Try to connect with people on a deeper level this week, Capricorn. You can then strengthen your friendships and get to know one another even better.

AQUARIUS - Jan 21/Feb 18

Spend some time alone where you can centre and concentrate on the bigger picture, Aquarius. You may have to make a few adjustments to an existing plan.

PISCES - Feb 19/Mar 20

Pisces, take action so others know you are dependable. This may pertain to work or assisting a friend with a task that needs completion.

FAMOUS BIRTHDAYS

OCTOBER 3

Gwen Stefani, Singer (52)

OCTOBER 4

Melissa Benoist, Actress (33)

OCTOBER 5

Jessie Eisenberg, Actor (38)

OCTOBER 6

Jordan Matter, Photographer (55)

OCTOBER 7

Lewis Capaldi, Singer (25)

OCTOBER 8

Nick Cannon, TV Host (41)

OCTOBER 9

Bella Hadid, Model (25)



Photo: Mountain Ash berries)

Mountain ash berries, also referred to as “rounds” are very plenty this year.

Look for the signs: A harsh winter to come?

Diane Skinner

*See how high the hornet's nest,
'Twill tell how high the snow will rest.*

Our ancestors could not look at their cell phones for weather forecasts, instead they read the signs from nature. From years of watching and remembering, these signs could give them some warning of the winter to come.

According to the Farmer's Almanac, “Grab your gloves and fetch your fleece.” Their prediction is that the winter of 2021 and 2022 will be a “yo-yo” winter with very changeable weather with intermittent periods of heavy snow with notable “polar coaster” swings in temperature.

We know for certain that there will be snow, but the prediction is that, in addition, there will be notable month to month variances in the amounts.

Nature provides some clues as well. We just need to recognize what she is telling us. These clues are often right outside our door.

Mountain ash berries (rowans berries) which are also referred to as rounds by many Gaspesians, are very plentiful this year. The significance of this? It predicts some heavy snowfalls.

Other signs of a hard winter:

November is unseasonably warm.

The hair on the back of cows' necks is extra thick

Hazelnut trees are full of nuts.

Locally grown onion skins are thick and tough.

Birds migrate early.

Spiders are spinning more and larger webs.

Woodpeckers sharing a tree.

If a cold August follows a hot July,

It foretells a winter hard and dry.

Lots of fog in August.

Pigs gathering sticks. Have any readers witnessed this first-hand?

When the leaves fall from the trees late.

As high as the weeds grow,

So will the bank of snow.

Thunder in the fall

Our Gaspesian ancestors' survival depended on being prepared for a harsh winter. They had to plan well ahead. Looking and understanding the signs in nature helped them to know what was to come. Yet, stick-gathering pigs? Can this one be true? It did not work out well in the fairy tale, The Three Little Pigs, but perhaps stick-gathering pigs have learned from the fairy tale!

The beauty of autumn is at our fingertips and with it brings Thanksgiving. It is a time of blessings. There is always something to be grateful for. It's a feeling of kindness and an open heart. Thanksgiving is just that!

Thanksgiving is not time to think of what we don't have, but to think of what we can do with what we have. Gaspesians regularly carry a plate filled with blessings throughout the year and at Thanksgiving it's no different.

Helpfulness along with unconditional love and thinking of others is why our community is so strong.

It's difficult to put COVID-19 on the back burner, but let's be positive with an open mind while improving friendships. Let this Thanksgiving be the best yet. Always keep in mind that Thanksgiving can be everyday with a little effort on our part to help others.

Ken Ross, New Carlisle



TRIVIA QUIZ ANSWERS:

1. The second Monday of October
2. Our harvest season is earlier in Canada because we get colder weather sooner.
3. Ancient Romans used to pull apart in the quest for good fortune. The British adopted this practice and brought the custom to North America. At first, they would pull apart the bones of wild turkeys. The actual word “wishbone” did not exist until the 1800s. Just grab an end with a friend, make a wish and pull! If you get the bigger piece, your wish will come true.
4. Nova Scotia, Newfoundland and Labrador, New Brunswick and PEI.
5. Turkeys are large, larger than a chicken, so will feed a larger group or family. Historically, chickens and cows were considered important to keep because they give eggs and milk. Sadly, domestic turkeys have been bred for their large size and their quick growth.
6. Blame it on tryptophan. It is an amino acid which produces serotonin, a feel-good chemical. There are other foods that contain tryptophan such as spinach, eggs, soy, cheddar cheese, tofu and fish.
7. They celebrate on the fourth Thursday of November.

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Gaspesian Way Festival - Part 2

Diane Skinner

DOUGLASTOWN: - The Gaspesian Way Festival, Part 2, was held on Saturday, September 25, in and around the Douglastown Community Centre and in the Holy Name Hall. The organizers of the festival, Isabelle Martin, Director (Douglastown Community Centre); Dave Felker (The Gaspesian Way) and Anne Nober, project coordinator (Vision Gaspé-Percé Now) were very pleased at the huge turnout of over 300 people.

This was the second Gaspesian Way Festival and it featured musicians, artisanal workshops, skits, a market, music, food and more! There was something offered for all ages including: bake sale, spray painting workshop, community organizations information booths, traditional dance workshop, BBQ, and beer tasting. Children also enjoyed making crafts with

Amie Chicoine from Vision Gaspé-Percé Now.

Douglastown loves music and there was no shortage of talented musicians at the festival. Performers included Jordan Duguay, le Trio Bafam, Nadine Landry and Sammy Lind and Les moules marinières.

Those who attended between 10 a.m. and 9 p.m. enjoyed a fun-filled day. The audiences responded enthusiastically and showed their appreciation by cheering and clapping loudly after each performance. Organizations who shared information were appreciative of the opportunity to network with each other and the community.

Comments posted on the Gaspesian Way Facebook page were very positive and included: "It was a fantastic festival, loved the vendors, good

food and ended with the best music. Huge thank you to all involved!"

"Great entertainment"

About Nadine and Sammy: "It was a great evening of entertainment. Very talented couple! So glad we went out to see them."

About the Holt Name Hall being open: "Wonderful. So nice to see the old Holy Name Hall again."

Festivals are a positive step towards getting back to normal. Anne Nober comments, "Festivals create a sense of belonging. It had been a long time since the last Anglophone event/festival so the community here in Gaspé were ready for this event. It is vitally important to share times together, especially an event that in-

On stage is the traditional dance orchestra along with a dance workshop.



Festival organizers, (left to right) Anne Nober, Isabelle Martin and Dave Felker.

Photos: Courtesy of Gaspesian Way

cludes live music."

This was Part 2 of The Gaspesian Way Festival. (Gaspesian Festival part 3 was held on October 2 in New Richmond) These events are designed to highlight and support the English-speaking cultural community. "The intention is that this founda-

tional festival will be something that can be used to launch or develop other festivals," states Anne Nober.

Partners who supported the second festival are: QAHN, CASA, Canadian Heritage, SADC de Gaspé et SADC Rocher Percé and Holy Name Hall.



One of the many booths at the market held at the Douglastown Community Centre.

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