

Gaspesian team wins Quebec-wide snow sculpture contest

Gilles Gagné

CARLETON – A Gaspesian team formed by Caroline Dugas, Kathy Pitre and Mélanie Tremblay won a Quebec-wide snow sculpture contest held in Saint-Jean-Port-Joli, a town located 100 kilometres east of Quebec City. The contest was held between February 18 and 20.

The three women won two provincial awards; the prize handed out by the other artists taking part in the contest and the prize selected by the jury. Their masterpiece was entitled "Tel est pris qui croyait prendre" and it shows a chameleon swallowing a fly that was trying to bite the reptile's tail. That is the idea explaining the title.

Caroline Dugas was deeply happy with the results upon her return to Carleton. Kathy Pitre lives in St-Alexis de Matapédia and Mélanie Tremblay lives in Saint-Louis, in the backcountry of Saint-Omer.

"Both have a passion for snow sculpting like me. Both are artists in their own way. What more can I say? We were all three in our second provincial competition; the first was in Saguenay and we were in two different teams," explains Caroline Dugas, who is also known as Fée Couleur. She is the artist of the big mural in downtown New Richmond a few years ago, near New Richmond High School.

"The three of us make a 'fired-up' team because we all have an artistic eye and passion! The contest was part of a competition that started



The Gaspesians' masterpiece, entitled "The hunter becomes the prey" showing a chameleon swallowing a fly attempting to bite its tail, won the two major awards of the Quebec-wide including a \$1,000 money prize.

Inset, Caroline Dugas, Kathy Pitre and Mélanie Tremblay display their masterpiece, and their pride.

Photos courtesy of Caroline Dugas

on Friday from 9 a.m. to 6 p.m. Saturday morning it started at 8 a.m and we could then have an all-nighter, the finals being at noon on Sunday. At noon, you touch nothing and it ends where you are.

We didn't have a completely sleepless night on Saturday evening and we didn't finish our work completely but it went relatively well just the same. There were fireworks, a DJ and a party dur-

ing the night that followed Saturday," explains Caroline Dugas.

She and her teammates are happy to have represented the Gaspé Peninsula. The Saint-Jean-Port-Joli Winter Festival is an event that includes different levels of snow sculpture competitions. There were nine provincial teams of three carvers. "We were the 'Carleton-Gaspésie' team. We formed the only Gaspé Penin-

sula team in the contest and also, I must say, the only all female team," points out Caroline Dugas.

"We went there for fun and personal achievement and, of course, for artistic creation. We were very, very moved to have won the first prize of the jury, and even more the first prize of the artists, the two biggest prizes in fact! The jury made the selection according to strict cri-

teria. The artists vote among themselves for their favourite work," she says.

The concept of the piece was drawn by Mélanie Tremblay, who originally hails from the Saguenay region.

"It's quite a physical challenge! This block of snow, 12 feet by 8, was very hard and well frozen. We gave all our energy, after that we had none left at all," concludes a laughing Caroline Dugas.

Please renew online at
thegaspespec.com

Snow crab quotas likely to increase by 29% in the Southern Gulf of Saint Lawrence

Gilles Gagné

SAINTE-THÉRÈSE-DE-GASPÉ – Snow crab fishermen and seafood product processors both welcome the significant increase in the snow crab quota expected in the four zones of the Southern Gulf of St. Lawrence in 2022. This increase, which would be at least 29%, and the current vigour in shellfish prices heralds a very good year for that sector of the Gaspé Peninsula snow crab industry.

The Southern Gulf of Saint Lawrence area covers four zones, 12, 12E, 12F and 19. While Southern Gaspé traditional crab fishermen were counting on an individual quota varying between 208,000 and 230,000 pounds in 2021, these parameters could be more between 275,000 and 300,000 pounds in 2022, or even a little more if the quota increase is set at 35%.

If this scenario is confirmed by the decision of the federal minister of Fisheries and Oceans, Joyce Murray, the total quota would increase from 24,125 metric tonnes to 33,163 metric tonnes between 2021 and 2022. The Gaspé Peninsula fishermen get a share of about 30% of that global quota.

This increase is in small part

attributable to the estimated increase in commercial biomass, and in a greater proportion to the cancellation of a preventive measure that subtracted 15% from the 2021 quota.

That preventive 2021 quota subtraction was tied to an alleged bias stemming from the comparison between the use of two different trawls in 2019, when the fishing boat mobilized for a long time in resource assessment, the Jean-Mathieu, was replaced by the Avalon Voyageur. The biologists working for Fisheries and Oceans Canada needed a couple of years to make the adjustments between 2019 and 2020, and between 2020 and 2021, hence the 15% cut of last year.

The two boats fished side by side in 2019 in order to draw a comparison but certain elements of the assessment had to be corrected, notably the time spent at the bottom of the sea by the trawls.

Asked to comment on the possible increase of 29% in the Southern Gulf of Saint Lawrence this year, the president of the Association des crabiers gaspésiens, Daniel Desbois, recalls “that we are always a little surprised with changes like that, but very reassured that the problem of last year, the trawl which remained



Photo: G. Gagné

Crab landings will be welcome in April as the North American market lacks inventory.

on the bottom longer than expected, is resolved. Last year, we obtained a quota with 15% less (crab). The bias (attributable to the trawl) was therefore perhaps not as pronounced as we thought.”

Daniel Desbois adds that recent years, except for the preventive adjustment of 15% in 2021 and the recovery of this quantity this year, have been characterized by smaller differences in terms of commercial biomass and, consequently, of global and individual quotas.

“We see remarkable ups and downs, but the resource is not going down as low as before. It remains at a higher level than before. It’s more regular, with a higher average,” notes the crabber.

The variations, even if that of 2022 were to result in an increase in the quota of 29 to 35%, do not surprise him “that much,” he assures.

“It’s hard to judge. We’ve been ending fishing earlier for a few years now. We see fewer molting crabs. We have fewer

landmarks than in the days when we fished several weeks longer. We saw crab moulting earlier in 2021. We saw it as early as May. Usually, it happens later. This is a sign of good recruiting. The scientific survey had indicated the presence of many small crabs. It’s reassuring,” says Mr. Desbois.

The stability of the stock in Zone 12, where around 85% of the biomass in the southern Gulf of St. Lawrence is found, also reassures him. “Yes, the quantity observed is even surprising. There are peaks of sizes that we have not seen often, in males and females,” he says.

Right whale protection measures worry Gaspé crab fishermen, not because they are reluctant to protect these mammals from entanglement, but because there are still many aspects to be organized optimally among American monitoring organizations, notes Daniel Desbois.

“It is certainly a concern, the measures to come from the MMPA (Marine Mammals Protection Act). Nothing that has been proposed is ready. It is worrying. It’s just not applicable, like the weak link, a cable that breaks under 1700 pounds of tension. A company offers a trigger that seems to work, thanks to a buoy that will be recoverable from the surface, but it is not ready for use in commercial fishing conditions. Regarding the weak link,

Cont'd on page 6

Crab prices could hit another record in 2022, because of low inventories

Gilles Gagné

On the processing side of snow crab, Bill Sheehan, vice-president of E. Gagnon et Fils, of Sainte-Thérèse-de-Gaspé, also expects a record year, unless the world situation deteriorates seriously due to the conflict triggered by Russia in Ukraine.

“The market is almost empty. Distributors and wholesalers keep small quantities for some customers but there is no price for large crab. It’s good for the crab industry. A price of \$10 on landing is possible. It’s scary to say but it will be in that range, and even more,” notes Bill Sheehan.

However, the war situation in Ukraine adds an element of uncertainty that can work both ways.

“It is only a rumour but

with what is happening in Ukraine, we hear that the United States could impose an embargo on crab coming from Russia. It is also possible that Japan boycotts Russian crab. It would be beneficial for us. On the other hand, if the conflict spreads to other European countries, if he (Russian president Vladimir Putin) uses nuclear weapons, it will obviously be bad for the industry. It is also possible that another variant might come. We don’t want that, obviously. The start of the season is in less than a month in principle. We can predict quotas and a historic price, but a re-confinement, although less possible, is a cloud above our heads. I will not put a price for the season tomorrow morning but, for

Cont'd on page 7

Do you have a child with Special Needs? 0-12 years old

Join our Parent Support Group

This group will offer:

- Support and guidance
- Socialization with other caregivers
- A safe spaces where you can share your experience
- Have emotional support
- Learn strategies to help you cope with challenges
- Guidance from a professional in special needs intervention

Join our group March 15 by Zoom, 6:00-7:30 PM

Cost: Free

Spaces are limited

Please register by email or by phone:

shannonday@casa-gaspe.com | 418-752-5995 ext. 115





Photo: S. Carmichael

Located in front of the Percé consumer cooperative, the former Robin general store could be moved in the next few years.

“Do not move the former general store,” pleads Patrimoine Gaspésie

Simon Carmichael
LJI Journalist

PERCÉ - Patrimoine Gaspésie is denouncing the intentions of real estate promoters in Percé to move the former Robin’s general store, located in the heart of the village, to provide more parking spaces. According to the organization’s president, Jean-Marie Fallu, such a move should be reserved for “extreme cases,” otherwise it risks affecting the heritage value of both the building and the area.

Currently occupied by the Pit Caribou pub, the Robin’s general store is an integral part of the tourist town. Built in 1840 as a “store,” a term used at the time to designate warehouses for fishing equipment, the building was moved not much later to the heart of the town to be used as a general store when the Robin company turned to retail sales.

Patrimoine Gaspésie is warning the town, while the real estate promoters are trying to obtain the authorizations necessary to move the building to create more parking spaces for the grocery store. “A general store, as everywhere in Quebec, should be on the main street of the village,” notes Mr. Fallu.

The historian, well-known in the Gaspesian cultural milieu, is asking the Minister of Culture and Communications, Nathalie Roy, not to give the authorization to move the former general store because, as with most of the village of Percé, the building is situated within the heritage zone of the municipality. “According to Article 64 of the law on cultural heritage, adopted in October 2012, the displacement of any heritage building must be authorized by the Minister of Culture,” Mr. Fallu explains.

Several years ago, the food cooperative, a longtime owner of the general store, sold the heritage building to one of the investors in the Pit Caribou micro-brewery, Francis Joncas.

At the time, the cooperative did not include the land in the transaction, stipulating that the buyer must agree to move the building when an adequate lot became available in order to enlarge the parking lot for the AMI grocery store.

According to the municipal evaluation role, in 2021, Mr. Joncas sold the building to E. Gagnon et Fils, an important fish processing firm located in nearby Sainte-Thérèse-de-Gaspé. There is every indication that the business will have to move the former general store in order to respect the clause imposed by the land owners.

The co-owner of the Pit Caribou pub, Jean-François Nellis, does not agree with the arguments made by Patrimoine Gaspésie. He thinks that Jean-Marie Fallu is playing the role of “stage manager” without proposing solutions. “Everyone has known the building would be moved for a long time. I don’t know why he is raising this issue today,” says an indignant Mr. Nellis.

According to a recent inspection report, the former general store requires major renovations, especially to the foundation, he explains. “While it is being raised, why not take the opportunity to move it and add to the development of Percé by putting it in a new central location?” he says. The entrepreneur is convinced that the value of the building is not in its location but rather in the construction itself. “I don’t understand this fixation with the placement,” he notes.

For his part, Mr. Fallu fears the impact of the move: “It forms part of a group of Robin company buildings that are all around. To move it would have an impact on the heritage aspect of the heart of Percé, and would destroy the identity of the former general store. Its placement is almost as important as the building itself because the location is absolutely central to its

historic usage.”

“This kind of procedure should be reserved for extreme cases, for example, if the building was threatened,” the president of Patrimoine Gaspésie believes, citing for example the Frederick-James Villa on the cliff top near Percé Rock. The Quebec government has recently announced that it will move the emblematic building several metres because it is threatened by erosion.

The mayor prefers not to become immersed in the affair because private interests are involved and the final decision belongs to the Department of Culture and Communications. Nonetheless, Cathy Poirier said at the town council meeting on September 28, 2021, that the lack of parking for the grocery store created certain “security concerns during the summer period when Route 132 is very crowded.”

As for the Department of Culture and Communications, they are not taking a position for the moment. “We will wait for the official request before making our approach known,” wrote the press attaché for the minister. “The authorization of the minister is definitely necessary... given that the building is located within a heritage site.”

Jean-Marie Fallu is also worried that the heritage building will lose its commercial vocation, since E. Gagnon et Fils has become the owner. The fish processing company, well known along the Gaspé Coast, confirmed that the Pit Caribou pub will occupy the space at least until 2024, but no other decision has been made as to the building’s future.

However, according to several sources close to the issue, E. Gagnon et Fils plans to renovate the interior of the building to create accommodations for its temporary workforce. (Several years ago, the company bought the former presbytery for this purpose.)

Police report

A man hit by a freight train on March 1 in Nouvelle died of his injuries the next evening in a Quebec City hospital. The 83-year-old man was walking in the middle of the railway track when he was struck. He was conscious when he was taken to Maria Hospital by paramedics.

“At first, he had no apparent injuries. He was talking to the paramedics,” says Sergeant Claude Doiron, spokesperson for the Sûreté du Québec. The accident occurred around 12:30 p.m., not far from Saint-Onge Street, in a wooded area where the railway line has many curves.

“Police officers, paramedics and firefighters rushed to the scene. The man was hit from behind. They (the victim and the train) were going in the same direction. He was evacuated on a sled by firefighters. His condition deteriorated in the evening after his admission to the hospital. He was transferred to a Quebec City hospital and he died in the evening of March 2. The Sûreté du Québec is conducting its investigation to verify if this is a case of foul play and the coroner’s office is conducting its investigation to clarify the circumstances of the accident,” adds Sergeant Doiron. The coroner’s office will be responsible for revealing the identity of the victim notes the police officer.

The president of the Société du chemin de fer de la Gaspésie, Éric Dubé, specifies that the engineer of the locomotive had time to use the whistle and apply the emergency brakes before the impact. “First, I offer my condolences to the family of the victim. Our train was heading east and he was walking east. He tried to avoid it (the train).... It is a curved sector. He was conscious. He probably had more serious internal injuries than appearances suggested,” specifies Mr. Dubé.

“I’m going to take advantage of this sad accident to remind people that the railway line is not a walking path, not a playground. In winter, it’s tempting to go for a walk between the rails because it becomes as hard as asphalt but the train crew can’t turn the steering wheel in that kind of situation. A train can only move forward and backward. We go at 30 miles per hour (50 kilometres per hour) with freight trains. A train is heavy and the stopping distance is much longer than for road vehicles. We pass security messages regularly. We will have to repeat this,” underlines Éric Dubé.

The increase in freight hauling by the Société du chemin de fer de la Gaspésie since 2013 has also increased the frequency of trains. They run regularly seven days a week between Matapédia and New Richmond.

Judge Yves Desaulniers of the Quebec Court freed Benoit O’Connor, a 43-year-old man from Chandler charged with drug possession and drug trafficking, following the February 28 bail hearing of the accused. Judge Desaulniers imposed a set of conditions on O’Connor, who was initially charged on February 18, shortly after a drug bust was carried out in his René-Lévesque Boulevard apartment. During that operation, the police found 225 prescription pills, 162 methamphetamine pills, two false firearms, material used for drug trafficking and a certain amount of cash. He was allegedly conducting drug trafficking activities from his apartment. Benoit O’Connor will come back to the Percé courthouse on March 14 for the orientation and declaration pertaining to the February 18 events, and also to stand trial in a similar case.

Quebec Court Judge Yves Desaulniers decided to keep Josiane Dufresne, a 26-year-old woman from Gaspé, imprisoned following her February 28 court appearance at the Percé courthouse. She will remain detained until April 25, the date set for her next court appearance. The woman was to undergo her bail hearing on February 28 but her defence attorney requested a postponement of the case. Josiane Dufresne is accused of having led a minor to offer or render sexual services in exchange for money, which is pimping.

In the same case, Kevin Plante, a 41-year-old man from Gaspé, is suspected of having obtained sexual favors from a minor, a woman under the age of 18, in exchange for money. He is also charged with sexual assault against her. Kevin Plante was released following his first court appearance and will return to the Percé courthouse on March 24 for his pro forma preliminary hearing. The charges are related to an event that allegedly occurred in September 2021. He did not have a criminal record before that case but Josiane Dufresne has a criminal record in different matters. Kevin Plante must respect a set of conditions to remain free between now and his next court appearance, including a communication ban with the victim. They were both arrested on February 2.



Gilles Gagné

Commentary

No time to put pipeline projects back on track

Alberta Premier Jason Kenney and Conservative Party leadership candidate Pierre Poilievre raised some people's eyebrows following Russia's invasion of Ukraine when they affirmed that the conflict provides a good occasion to re-launch pipeline projects in Canada in an attempt to reach European markets.

The goal sought by Jason Kenney and Pierre Poilievre consists of replacing Russia's hydrocarbons sold to a wide array of European countries with Canadian oil and gas. However, it was a bad attempt and it was ill-placed time-wise, considering the gravity of the conflict triggered by Vladimir Putin. It was a lack of political class, not the first time by the two Canadian politicians.

In a letter published in the National Post, Pierre Poilievre stated that if Europe was getting its gas supplies in Canada, that continent could stand strong against Putin instead of being dependent on Russia's hydrocarbons. This is considering Europe has initiated a boycott of Russia's products.

According to Mr. Poilievre, Canada is ready, apt and willing to replace Russia as the main provider of hydrocarbons imported by Europe. In fact, some Canadians, probably not a majority of them, are willing to envision larger oil and gas exports towards Europe. It would be interesting to check the proportion of the population ready to approve such a move.

However, the problem lies elsewhere. Canada is far from ready to export a high volume of hydrocarbons to Europe. Observers will object that some provinces, essentially Quebec and Ontario, rejected the Energy East pipeline project, which would have meant building a link between Western Canada and Saint John, New Brunswick. It could have fed Irving Oil's refinery there and it could above all have been used to export hydrocarbons from the city's port.

A decision to abandon Energy East initiative

However, despite promoter TransCanada Pipeline's statement to the effect that the lack of support from governments' regulatory boards sunk the Energy East initiative,

Letter to the Editor...

The mission of Heritage New Carlisle is to promote the cultural, historical and physical aspects of New Carlisle's unique heritage. In the past, we have been striving to do just that. We are well aware that there are many organizations that have experienced the same difficulty.

Our volunteers continue to press on. We are again working with the government to upgrade the Kempffer building. We hope we will be able to change the windows, roof, insulate the walls and install a more modern heating system which will offer better air quality in winter and summer and help protect this "gem" for years to come. The total of this project is \$379,648. The government will contribute 70% if it is accepted. The balance must come from the community and our members.

Let me assure you if you have made a donation in the last year or so, this is included in the \$19,000 that Kempffer already has in the bank for this project. If not, please consider making a donation to this cause and we will issue you a tax receipt.

Please know that we cannot take money that has been designated for the renovation of the Caldwell House.

In closing, on behalf of our team at Heritage New Carlisle, we thank you in advance for your kindness and look forward to your continued support.

Betty Anne Smollett (President)
New Carlisle, Quebec

other factors explained its October 2017 abandonment, namely the building cost of the 4,500-kilometre pipeline, plummeting oil and gas prices and then vanishing markets.

In other words, it was a business decision made by TransCanada that prevailed. More friendly environmental rules coming from the National Energy Board would not have allowed the company to envision profits.

For those who have doubts about the importance of the "business decision," let's consider the following news. On February 22, the federal government revealed that the Trans Mountain pipeline project's cost had recently soared to \$21.4 billion, from the latest tab of \$12.6 billion. The latter number was already an increase from the initial cost of the initiative, which was supposed to be \$7.4 billion in 2017.

So, in less than five years, the Trans Mountain pipeline expansion cost has gone up threefold. The Canadian government had already paid \$4.5 billion for the acquisition of the old Kinder Morgan pipeline, prior to committing to triple its capacity with public funds. The February 22 announcement came with a promise from Finance Minister Chrystia Freeland that Canadians will not kick in additional funding into that "venture," a word that bears some irony now.

Canada now has the duty of finding private investors to complete the construction of the pipeline that ends at the port of Burnaby, British Columbia. Who really thinks that the government is in a good position to find partners and negotiate something that will make business sense for the taxpayers, considering the vulnerable position of Canada in that project?

European concerns

Meanwhile, has the context changed now that Europe expresses concern about natural gas and oil supplies? Probably, but it could be short-lived. The price of fossil fuel is currently rising fast, however, building a pipeline takes about nine years. What will that price be in 2031?

If Pierre Poilievre and Jason Kenney are able to find investors ready to consider putting money in that kind of project, they might be able to reopen a debate about the relevance of a pipeline. The problem is that the pipeline's economic viability is no longer the only stake under evaluation. Environmental considerations must be considered priorities now. In fact, they should have been decades ago.

The Alberta Conservative Party Premier and Pierre Poilievre mainly target tar sands hydrocarbons when they talk about supplying Europe. The tar sands produce some of the dirtiest hydrocarbons on the planet, if not the worst, environmentally speaking.

Producing more oil from that huge deposit will only lead to more greenhouse effect gas emissions, and therefore worsen the planet's state. That production contributes to the general deterioration of the air quality, water quality, the rise of ocean levels and it detours the emphasis that must be given to energy transition solutions.

When Russia invaded Crimea in 2014, a fair number

of European countries reduced their consumption of hydrocarbons from Vladimir Putin's country, in order to put pressure and convince him to stop that conflict. Those countries' leaders also started a reflection on their dependency towards Russia's fuels. Germany, Europe's strongest economy, decided to stick with Russia's fuels, notably because natural gas coming from the United States was exploited through fracking, a highly polluting operation.

While Germany officially opted for a seemingly cleaner oil and gas supply from Russia seven years ago, that country also intensified its efforts to improve the energy output coming from renewable resources like the wind and solar energies.

Germany and other European countries have not achieved a sufficient degree of energy autonomy to wave goodbye to Russian hydrocarbons though. The German government approved over the last days a project to build two marine terminals in an attempt to get gas from other sources than Russia.

While that decision will certainly spark Jason Kenney and Pierre Poilievre's ambition to increase Canada's oil and gas exports, the means are still not there to do so quickly.

Moreover, Jason Kenney found himself in an awkward position when, after stating that Europe had to refrain from importing "dictator's" hydrocarbons from Russia's companies owned by very powerful oligarchs, he was reminded by the Canadian Observer that some "ethical" companies present in Alberta are or were partially owned by Russian oligarchs. A company producing 60,000 barrels of oil daily, Spartan Delta Corp., is partially owned by oligarch Igor Makarov who is, in fact, the firm's largest shareholder. That was valid in March 2021, according to the Financial Post.

Still, according to the Canadian Observer, "the more troublesome connection for Kenney might be the one between Evraz PLC, the British-based steel company that's a key supplier for both the Coastal GasLink pipeline, and the Trans Mountain expansion." Roman Abramovich (Evraz's controlling shareholder), non-executive chairman Aleksandr Abramov and former chief executive officer Aleksandr Frolov, are all on the "Putin list" of politicians and oligarchs who have benefited from their ties to the Russian president.

Is it time to jump the gun and build more pipelines? No, the current and deplorable conflict initiated by Russia against Ukraine will undoubtedly lead to fast progress in energy transition. It is evident that the world's economy still needs hydrocarbons, but oil and gas production has to be curtailed. It is a matter of balance for human beings.

Hydrocarbon consumption worsens climate change effects and is probably the next big source of human beings' conflicts because of the coming population moves that will touch millions of people. If we can slow down those moves, we might be in a position to avoid future conflicts. Those considerations must be included in the current and urgent reflection.

Thank you

The Gaspé Spec thanks the following people for their generous donations.

Ella Paul
New Carlisle, Que.

Margaret Bernard
Bonaventure, Que.

Glen Malone
Gaspé, Que.

Kenneth Lawrence
Haydon, Ont.

Francis Moran
New Carlisle, Que.

Ross Smith
Bonaventure, Que.

Ted Sullivan
Milton, Ont.

Sherman McRae
Hamilton, Ont.

Jean E. Walker Doyle
Pointe-Claire, Que.

Kenneth LeGrand
St. Bruno, Que.

The Gaspé Spec

ESTABLISHED • MAY 1975

BOARD OF DIRECTORS:
President: Roger Wise
Vice-President: Elaine Sexton
Secretary: Maria Chatterton

Directors: Hayden Sams, Bonita Annett, Bethany Paetkau, Patricia Ste-Croix Annett

Publisher:
Penny MacWhirter

News Editor:
Gilles Gagné

Office Manager
Joan Imhoff

JOURNALISTS:
Nelson Sergerie
Diane Skinner

CONTRIBUTORS:
Cynthia Dow,
Jeanie LeLacheur

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

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

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

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

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

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

Canada Québec

Member of: QCNA, CARD

News Media Canada
Médias d'Info Canada

CMC AUDITE

Bonaventure MRC launches call for projects

● Gilles Gagné

NEW CARLISLE - The Bonaventure MRC announces the launch of a call for projects under the Regions and Rurality Fund Vitalization Agreement recently concluded with the Ministry of Municipal Affairs and Housing.

The objective is to support projects that will have a positive impact in communities facing particular challenges of revitalization, in particular in the economic, social, tourist or cultural sectors. These initiatives will have to be carried out in municipalities with an economic vitality index of level Q5, namely New Carlisle, Paspebiac, Hope, Hope Town, Shigawake, Saint-Godefroi and Saint-Elzéar.

To be eligible for funding, projects must directly fall within the areas of revitalization of the plan adopted by the MRC and clearly demonstrate that they respond to an issue or a particular situation in terms of vitalization. Financial assistance can reach from 50% to 90% of eligible expenses, depending on the type of project, for a maximum amount of \$100,000. Requests can come from the seven targeted municipalities, private and social economy enterprises, cooperatives, non-profit organizations, network organizations in the education sector and legal persons wish-

ing to start a business.

The agreement is endowed with a five-year envelope totalling \$5,093,055 or \$1,018,611 per year.

In a press release, the Minister of Municipal Affairs and Housing, Andrée Laforest, points out that “our government is proud to participate in this call for projects under the Agreement to vitalize. I invite promoters to submit their request in order to revitalize the territory. Besides, I thank them for their commitment which will certainly contribute to improving the quality of life of the community.”

Prefect Éric Dubé adds that “the MRC of Bonaventure is pleased to be able to contribute, through the Vitalization Agreement, to support the implementation of innovative projects that will give new impetus to our territory. Vitalization requires the deployment of promising initiatives at the local and regional level, but also by consolidating achievements and preserving them. We are convinced that this contribution and this collaborative work between the municipal sector and the partners will bear fruit for the current and future generations.”

The vitalization framework, containing all the details on the eligibility of organizations and projects, and the application form are available on the MRC of Bonaventure website at www.mrcdebonaventure.com.



Photo: G. Gagné

The Ruisseau-Leblanc Bridge must be replaced. Trains have not passed on it since 2014.

Gaspé Peninsula elected officials want a precise schedule for the complete refurbishment of the railway

● Nelson Sergerie
LJI Journalist

CARLETON – The prefects of the Gaspé Peninsula adopted a resolution to obtain a precise schedule for the complete refurbishment of the Caplan to Gaspé railway in February, just as Quebec’s Transport Ministry launched a first call for tenders since June 2020 for the replacement of the Ruisseau-Leblanc Bridge, which is located at the municipal limit of Caplan and Saint-Siméon.

The Table des préfets de la Gaspésie wants a date and informs the government that Quebec indicated earlier this month that the 2022 deadline for Port-Daniel-Gascons and 2025 for Gaspé is no longer valid. The new calendar mentioned by the Ministry of Transport sets Port-Daniel-Gascons to 2024 and can no longer confirm a schedule for Gaspé.

“What the elected officials are saying is that we want a date. We want a time horizon

to talk to our partners and talk to our municipalities to ensure we have a timeline for developing projects in the area. They thought it important that the government of Quebec is committing to a date at this level so that it is not postponed indefinitely,” states the president of the table and prefect of the Avignon MRC, Mathieu Lapointe.

To justify these delays, the Ministry of Transport mentioned that the initial studies’ 2019 preliminary updates brought more issues last summer. The track must be moved over 1.4 kilometres at Port-Daniel-Gascons while bridges like that of the Ruisseau-Leblanc area in Caplan which were to be repaired must now be rebuilt instead.. Ten retaining walls must be repaired between Caplan and Port Daniel-Gascons. Work on the beach must also be carried out along some points on that Caplan-Port-Daniel-Gascons section.

The 1.4 kilometre moving of the railway track situated

just east of the Votorantim Cement plant cannot, therefore, be used as a reason to delay the train traffic resumption between Caplan and Port Daniel.

This resolution of the prefects, adopted on February 23, came one day before Quebec initiated the bidding process for the Ruisseau-Leblanc Bridge in Caplan after a 20-month delay by Transports Québec regarding bridge works on the railway. Repairs to bridges have been identified as the priority of the Matapédia to Gaspé line slightly before 2010.

In a press release, Transports Québec says that other calls for tenders will follow by the end of winter, in particular, for carrying out rehabilitation work on the bridges of the Bonaventure River in Bonaventure, in Shigawake, and the little Port Daniel River in Port Daniel-Gascons, just east of the train station. The Shigawake trestle was built around 1905. *(With information from Gilles Gagné)*

COVID-19 causes another fatality in the Gaspé Peninsula and Magdalen Islands

● Gilles Gagné

MARIA – The last days of February and the first days of March were marked by another fatality attributable to the COVID-19 pandemic in the Gaspé Peninsula and the Magdalen Islands. It was the 55th death in two years of coronavirus infections. However, two encouraging statistics were observed by the Public Health Board during the February 25 to March 4 period, namely the number of hospitalization cases, which fell from 13 during the previous week to 9 as of March 4, and the number of active cases, decreased from 289 on February 25 to 254 on March 4. Those cases are now calcu-

lated strictly with people accepted to have COVID PCR tests.

The Baie des Chaleurs health area, covering the Avignon and Bonaventure MRCs, was reporting 96 of the regional cases as of March 4, compared to 41 in the Percé Rock MRC, 21 in the Côte-de-Gaspé MRC, 49 in the Haute-Gaspésie MRC and 41 in the Magdalen Islands.

Meanwhile, with the steady decline in COVID-19 cases, the Commission des normes de l’équité, de la santé et de la sécurité au travail, the CNESST, which manages health and safety standards at work, undertakes progressive preventive adjustment measures in the workplace.

The CNESST brings important details regarding the use and removal of the mask at work, as well as physical distancing rules. This sequence will take place in different phases over the next few weeks. It provides predictability for workplaces, excluding healthcare locations, and is consistent with the other measures announced by the Government of Quebec and recommended by Public Health.

The obligation to maintain a minimum distance of two metres between people in the workplace was modified on March 7, 2022. Wearing a quality mask continues to be mandatory if there is not a minimum physical distance of

one metre or in the absence of physical barriers.

Further adjustments will be introduced no later than mid-April following 10 days notice decreed by the Institute of Public Health. From the end of this notice, wearing the mask in workplaces will no longer be mandatory, with a few exceptions. Wearing a quality mask will remain necessary when transporting workers by bus and plane.

Finally, in May at the earliest and depending on the evolution of the epidemiological situation, one last step will consist of the lifting of exceptions to the obligation to wear a mask in all workplaces including those for the transport of workers.



The number of hospitalizations in the region fell from 13 to 9 during the week of February 25 to March 4.

Depending on the evolution of the epidemiological situation that will take place during this withdrawal sequence, changes may be made to the schedule.



The port of Paspebiac tugboat Océan Sept-Îles might be assigned to clear some ice near the Acadian Peninsula harbours at the end of the winter.

SNOW CRAB QUOTAS

Cont'd from page 2

everything that has been tested is not good. If we do not recover the trap, it is useless pollution and the trap continues to fish. The lost gear recovery tests did not give good results either,” says Daniel Desbois.

De-icing harbours could be a bigger challenge in 2022

The more than likely 35% increase in the quota specific to Zone 12 is accompanied by some concern about landings since the season will be longer than last year and the whales will appear at some point. The ice could also play a role in the another call for tenders for a early departure desired by the crabbers, considering that the winter of 2022 is much colder than the previous one. In 2021, the crabbers went out to sea on April 3.

“It is certain that the season should not start too late but the

catch rates would remain good for a longer period with a higher quota. The presence of ice is relative to spring conditions. There can be a lot but the direction and the strength of the winds can take it out of the harbours. Last year was below average,” he underlines.

The ice committee's first online meeting is scheduled for March 15. During the winter, the Canadian Coast Guard began efforts to clear the harbours in the Southern Gulf, mainly the ports on the Acadian Peninsula. The possibility of using the tug Océan Sept-Îles, based in Paspebiac and providing services for vessels loading cement in Port-Daniel, is also in advanced discussions.

“The Coast Guard has put out a call for tenders to ensure the presence of an icebreaker and another call for tenders for a smaller icebreaker for areas that are more difficult to access. We had been talking about it for a long time, about the use of an icebreaker to clear the ports of the Acadian

Peninsula, but the whales were not there at the time (before 2016). Now it works. For the use of the Port-Daniel tug, it is settled, according to what I hear,” underlines Mr. Desbois.

The issue of de-icing the New Brunswick harbours comes from the fact that Fisheries and Oceans Canada doesn't start the snow crab season as early as the fishermen of the Acadian Peninsula,

who are a majority in the Southern Gulf of Saint Lawrence.

Like everyone else, the president of the Association des crabiers gaspésien hears rumours to the effect that the landing price would be even better than the \$8.50 per pound paid to fishermen whose boat is equipped with an ice hold, and \$9 for those equipped with a water hold.

The price of \$10 is mentioned for the 2022 season.

“This seems plausible due to the collapse of stocks in Alaska. We know that there is practically no inventory on the markets,” says Daniel Desbois. “It is plausible. This seems plausible due to the collapse of stocks in Alaska. We know that there is practically no inventory on the markets,” says Daniel Desbois.

What to do before seeking medical attention during the pandemic.



I've tested positive for COVID-19.

BEGIN TREATMENT AT HOME



I have questions about my health.

CALL INFO-SANTÉ 811



I have concerns or I'm in a difficult situation.

CALL INFO-SOCIAL 811



I want to renew my prescriptions.

SPEAK TO YOUR PHARMACIST

Québec.ca/HealthNeeds

Give a gift that can be enjoyed every week of the year!



I wish to send Spec to the following people:

Name: _____

Address: _____

Your gift message: _____

1 year: Canada: \$46 / Outside Canada: \$175 / Digital: \$46

The Gaspé Spec
208-b Gerard D. Levesque, New Carlisle,
Quebec G0C 1Z0

418-752-5400 / thegaspespec.com / specs@globetrotter.net

the moment, we can expect a record price,” analyzes Mr. Sheehan.

“The currency exchange rate can be influenced by what is happening on the planet but, for the moment, it will not move much in two or three weeks,” he adds.

Bill Sheehan is not really surprised to see a possible 35% increase in the quota in 2022 for Zone 12.

“A 35% increase puts us back to 2020 levels. Last year’s 26% drop surprised us,” he says, counting the quota reduction also attributable to the biomass downward curve of the 2020 post-season survey. Here is another surprise. The catches were there in 2021, but towards the end, with the whales, it’s always a little more complicated, and even a lot more complicated, as the season progresses. It looks like the whale protection areas are closed where the crab is,” he notes.

Last year, the E. Gagnon et Fils plant processed nearly eight million pounds of snow crab.

“This year, it will be close to 10 million pounds if we keep the same fleet. You don’t see a lot of movement between plants. It’s always possible (...) We have a factory well located in relation to the resource. The problem is the ability to take all the crab. There is a lot of pressure at the beginning because the fishermen want to deliver before the whales arrive. We can’t take it all. We can take so many a day. This is why we find ourselves after three weeks with

Marcel-Bujold Sports Pavilion finances hit due to pandemic?

Nelson Sergerie
LJI Journalist

GASPÉ – Due to the pandemic, there are significant shortfalls at the Marcel-Bujold Sports Pavilion at the Gaspé campus of the Cégep de la Gaspésie et des Îles because of closures and reductions in capacity for activities or courses.

Losses were \$264,000 for the fiscal year which ended June 30, 2021.

They totalled \$107,000 for 2020, which covered the COVID-19 period from March to June.

Management of the cégep also foresees a loss for the financial year which will end on June 30, 2022.

Despite all the constraints

imposed by Quebec to stem the pandemic and a substantial loss of income, the sports pavilion continued to assume the fixed costs. The expenses mainly consist of the salaries of full time employees.

The pavilion cannot count on any financial assistance from its partners such as the Town of Gaspé or the Government of Quebec because these are self-funded services.

The educational institution draws on its surplus fund to make up the shortfall.

This fund is capitalized by the Collégia continuing education service, fishing continuing education, the physical activity services of Gaspé and Carleton-sur-Mer



Photo: Nelson Sergerie

The reduction in capacity at the swimming pool, for example, has an impact on income.

and the residences of the Gaspé campus. Everyone has access to it to make up for deficits.

At the end of fiscal year 2021, the fund balance showed a surplus of \$2.4 million.

60% of the season landed. We are lucky to be able to ensure the transition for workers with lobster,” notes Bill Sheehan.

Gaspé Peninsula crab fishermen should get close to 10,000 metric tonnes of the Southern Gulf global quota of 33,167 metric tonnes. That’s about 21 to 22 million pounds.

The management of the Sainte-Thérèse-de-Gaspé plant does not foresee any major change in operating conditions in 2022.

“With the two shifts in the plant, all the unloading teams, the truck drivers, the quality control crew and the office team, we will still have just

over 600 employees, including 400 in production. We will have 80 workers from Mexico on our team. We went from 20, to 40, to 60 and then 80 this year. This is an increase that will continue for a few years,” he says.

Last year, the quarantine of Mexican workers forced the company to focus its sales on the American market, and abandoning the Japanese market for the first time in decades.

“Because of the quarantine, we had to focus on the biggest formats on the American market, but it was a good year for that because the prices justified it. Japan has been more cautious in recent years. The Japan-

ese want top quality. They buy with their eyes. There is a price to that. The lack of manpower prevented us from making this production with smaller portions, with more careful packaging but having done it for Japan, the price would not have been there,” says Bill Sheehan.

When he spoke to the SPEC, he was in preparation for the Boston Seafood Show scheduled for March 13-15.

“On our side, we have heard that certain companies will not be present, and companies from Quebec will not be authorized to enter, but our American customers will be there. At the Quebec booth, there are only

two companies, us and Unipêche (MDM of Paspebiac). We are right in the centre of the exhibition where people circulate. It will be quieter (because of the presence of only two Quebec companies) but our appointments have already been made with our American customers. In addition, Europeans and Japanese will be there. This is where you have good indicators about who wants it and who doesn’t.

American buyers are not taking a chance. Before getting products to Los Angeles, it takes six weeks from the moment the order is made,” concludes Bill Sheehan.

Business & Professional Directory



DIANE LEBOUTHILLIER

MP • Gaspésie—Les Îles-de-la-Madeleine

Serving the English-speaking community of our beautiful region!

Grande-Rivière office
418 385-4264

Magdalen Islands office
418 986-1489

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

New Richmond office
581 355-0060

Email: diane.lebouthillier@parl.gc.ca

LFG
CONSTRUCTION

T 418-364-7082 / 1-844-664-7082

**PROUD PARTNER IN
YOUR CONSTRUCTION
PROJECTS FOR
MORE THAN
45 YEARS!**

constructionlfg.com

RBQ: 2534-4813-58

Gaspésie—Les Îles | Côte-Nord | Bas-Saint-Laurent

BUILDINGS ENERGY AND CIVIL ENGINEERING INDUSTRIAL MECHANIC

AXIO
ARPENTEURS — GÉOMÈTRES

AXIO
arpenteurs-géomètres inc.
land surveyors

151B, Avenue de Grand-Pré, Bonaventure (Québec) G0C 1E0

Alexandre Babin, Arpenteur-géomètre
C abag@axioag.com

Guillaume Lapierre, Arpenteur-géomètre
C glag@axioag.com

Membre de l'Ordre
des Arpenteurs-Géomètres du Québec

418 534-3113 / info@axioag.com
axioag.com

ENERGY
TRANSPORTATION GROUP

Are you
**Driven to be
Different?**

Discover our career opportunities!

www.shipENERGY.com

Reflections

by

Diane Skinner Flowers



Pandora's Box Release the "Hope"

The ancient myth of Pandora's box is a study in human behaviour. Pandora, according to ancient Greek myth, was given gifts by the gods. These gifts were placed in a box and Pandora was told never to open the box because the consequences would be catastrophic. Pandora was exceedingly curious and she could not control her urge to open that box. When she opened the box all the illnesses and hardships that the gods had sealed in the box were released on mankind. Pandora was terrified and tried to close the box and stop all these "evil spirits" from being released on the world. She was too late, but she snapped the box shut, trapping "Hope" inside. The goal of this myth was to answer the question asked by ancient people about why there is evil in the world. Why trap "Hope" inside the box? The aim was to show people that disobeying the gods had consequences.

Have we opened a modern-day Pandora's Box here in Canada? This is a great country. It has given the world basketball, the paint roller, insulin, wireless radio transmission and extreme politeness. However, over the last while we have witnessed some disturbing protests and even more unsettling rhetoric. In a democracy, protests are perfectly legal. Protests can have a positive outcome by enlightening people, changing minds and even influencing government policies but something happened during the recent trucker's convoy that is concerning. The majority of participants and supporters were (and are) ordinary people like you and me. We follow the rules, the laws and we want Canada to be better, and we believe in and love this country.

A small percentage of participants crossed the line into racist and even anti-Canadian territory. They got all the media coverage. Canada is good. Canada is great. The convoy had an opportunity to show fellow Canadians and, in fact, the world who we are. However, desecration of the flag and monuments and statues in the nation's capital by a few said something a little different.

Has opening the "box" to say things publicly that may be racist and anti-Canadian become acceptable?

If we look at the public discourse in the States and how it has changed over the last six years it is astonishingly different in tone. Has this affected some Canadians and how we feel about our country, each other and our governmental systems?

Let's release hope (you know "Hope" that got stuck in Pandora's Box?) and look forward to a brighter time - a time where we listen to each other and make the changes that need to be made because they are the right thing to do. Convoys are fine. Racism and hate are not.

Do you love Canada?

This brings to mind a story about an older married couple celebrating their fiftieth anniversary. The wife remarked to her husband that he never said, "I love you", to her on their anniversaries or Valentine's Day or any other days. The husband looked at her and replied, "On our wedding day 50 years ago I told you I loved you and I also said that I'd let you know if anything changed."

I don't believe our love for Canada has changed. It is time to express our love and appreciation for our great country, Canada!

STORIES FROM THE DEPRESSION: Lessons for survival

Diane Skinner

Current times are challenging. We have lived through a difficult two years and the changes in our lives will leave us with emotions and memories of the pandemic for a long time. Goods and services cost more and increases may continue for a while.

Keep in mind that your ancestors lived through the Depression and many Spec readers can recall hearing stories from parents and grandparents about a time when money was scarce – but people adapted and managed. The "waste not, want not" philosophy stayed with many throughout their whole lives.

The Great Depression started when the economic crisis began after the U.S. stock market crash in 1929. Many people lost their jobs - almost 30% in Canada at the worst of the Depression in 1933. Many were so poor that they became homeless. The U.S. stock market crash caused a worldwide economic downturn and by 1932 production of goods fell to 60% of what it had been in 1929. The national income was affected and Canada was second to the United States in severity.

These economic changes strongly affected the quality of life of Canadians and many of us who have or had family who lived through that time from 1929 to 1941 recall hearing stories about how they managed. The harsh reality of the Depression changed how people lived. They wasted nothing and learned to live with less. "Waste not, want not" was more than an expression, it was how the people lived their lives day to day.

From anecdotal evidence it seems that those who could grow their own food and otherwise provide for their family fared better. Fishing, hunting and foraging were all skills that could feed people who were hungry but had little money. Likely, city dwellers had a harder time obtaining food. People who lived in rural areas could use their skills to survive.

Normand Desjardins tells Spec, "My grandparents never complained during the Depression and Great Wars. They creatively made do with what they had or could get on the store shelves and even managed to share and help each other out at a time when EI did not exist nor any other government help. Living in the city, every square inch of earth was exploited –



Canadians marching during the Great Depression in Toronto demanding work, circa 1940.

front yard and backyard. My relatives cured their own hams, as in 'prosciutto', and made their own pasta with flour and egg. They didn't sit back to whine and worry. They took on extra jobs to make ends meet – evenings and weekends too. The basic ingredient was courage and determination. To this day, we grow a vegetable garden, and check for the best prices for the needed in-store products."

Food costs more today than it did a year ago and will likely continue to rise along with increasing shortages. If you are looking to buy cat litter or certain cereals on the Gaspé you

may not be successful! This is just one example.

Should we heed the lessons learned by those who managed to live through the Great Depression? If it is a matter of survival, should we take inspiration from our ancestors who did not waste? Can you plant a garden? Do you spend your money cautiously?

The times we are in demand a "re-jigging" of how we spend our money in order to provide food and other necessities. Maybe looking to the past will provide us with some skills, attitudes and approaches that will help during these times.

Obtain maximum TAX SAVINGS by trusting your tax returns to H & S TAX RETURN SERVICES

For fast, accurate service at competitive rates,
rely on over 35 years experience in tax preparation.

FOR AN APPOINTMENT

Call Donna Harrison at 418-759-5790 or Louis
Sexton at 418-392-3485 during regular office hours.

**PLEASE NOTE: Because of major renovations at
the Family Ties building, our office will be at the
New Carlisle Municipal Hall
(138 Gérard D. Levesque Blvd)
Thursdays from 9:30 a.m. to 4 p.m.**

Email taxes.serviceshs@gmail.com



**Services d'Impôts H & S
H & S Tax Return Services**



Business & Professional DIRECTORY

Grenier, Grenier & Grenier LAWYERS



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

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



Gagnon Claveau Law Firm

Isabelle Gagnon
Attorney and family law mediator

Ann-Chloé Boudreau
Attorney

418-392-3542
www.gagnonclaveau.com
info@gagnonclaveau.com

*Fully
bilingual
services in
the whole
Gaspé
peninsula*



Tremblay & Barriault, notaires inc
Notaries & legal counsel

Gaël Tremblay, notary
Serge Barriault, notary

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

**FULLY
BILINGUAL
SERVICE**

Our services :
Support | Training | Tools

**TECHNOCENTRE
TIC**

Leading the region's digital transformation

ITC Technocentre Gaspésie-Magdalen Islands
163, Commerciale Street West, office 101
Chandler (Qc) G0C 1K0

technocentre-tic.com

Local Advertising *That Makes the Cut*



VILLAGE
Real Estate Agency

Suzanne Landry

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

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

Forage Moreau Inc.
418-392-9501
Mathieu Mercier - Driller/Owner



foragemoreaumercier@gmail.com

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



By Appointment

Richard Ste Croix

Denturologist

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

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



OHMEGA
Going beyond and reliable sir

Electricity - Plumbing
Automation
Industrial computing
Counter sales

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

**To reach the anglophone
population, advertise in
The Gaspé Spec!**

Contact our
Advertising Representative
Heather Imhoff
581-233-2062
gaspespec.revitalization@gmail.com



Pro Pieds de la Baie

Roxanne Major N.D.
Foot Care Technician

Service in the comfort of your own home.

418-752-3670

NEWPORT TO NEW RICHMOND

Free advice with every visit!



AVAILABLE TREATMENTS

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



Dr. Pascal Cyr
Optometrist

Dr. Stacey Starrak
Optometrist



CLINIQUE D'OPTOMÉTRIE



L'ÉMERILLON

LENSES CRAFTED ON THE PREMISES

PASPÉBIAC: 104 Gérard D. Levesque Blvd West • 418-752-5553
CHANDLER: 260 René Lévesque Blvd East • 418-689-5553
MARIA: 435 Perron Blvd West • 418-759-5553



Canada's Largest Network of Optometrists



**Les
Pétroles
C. Poirier inc.**

SUBSIDIARY OF



DISTRIBUTORS OF PETROLEUM PRODUCTS:

DIESEL, FURNACE OIL, STOVE OIL, DEF, GAS AND MOTOR OIL

BONAVENTURE
125, Route 132
Bonaventure QC G0C 1E0
418 534-2777

CHANDLER
125, Route Leblanc
Pabos QC G0C 1K0
418 689-2595

Proud to serve you!

harnoisenergies.com

Announcements



In Memory

DUMARESQ: Gail

Loving wife, mother, grandmother, sister, aunt and friend to so many.

Gone from Us

*Gone from us that smiling face,
The cheerful pleasant ways,
The heart that won so many friends,
In bygone, happy days.
A life made beautiful by kindly deeds,
A helping hand for others' needs.
To a beautiful life,
Comes a happy end,
She died as she lived,
Everyone's friend.*

Loved and missed so much. We think of you every day.



MCWHIRTER: Lindsay

In loving memory of my beloved husband Lindsay, who passed away on March 2, 2016.

*The day you left and gained your wings,
Our hearts just broke in two,
We wish you could have stayed with us,
But heaven needed you.
You left us with your memories,
And we love you dearly still,
No matter how much time goes by,
You know we always will.
You were a very special husband
With kindness in your heart,
And the love we all had together,
Grows even stronger now that we are apart,*

*We know we cannot bring you back,
Although we wish it everyday,
But a piece of us went with you,
The day you went away.
Forever you will live on,
In our hearts and mind,
With love and fondness,
You are missed all the time.*

Forever remembered loved and sadly missed by your wife Viola and family.

ANNOUNCE ALL YOUR UPCOMING EVENTS!

If your organization is a frequent user of the Coast Round-Up section of Spec, we would like to offer you a special deal! For a flat rate of **\$60**, we will publish all your Coast Round-up announcements for **one year**.



Four Generations of Monument Craftsmen

HIGHEST QUALITY - BEST PRICES

MONUMENTS, MARKERS, CEMETERY LETTERING, LASER DESIGNS AND PORTRAITS

SALES REP:

Steven Imhoff

418-752-6041

Covering Port Daniel to New Richmond

CLASSIFIED PAGE

COAST ROUND-UP

GASPE:

Gaspé Cancer Foundation

Please be advised that the annual renewal of your membership card is coming due in March and this year you will receive in your civic mailbox, the blue renewal form to be returned with your cheque of \$12 (per person). If you would like to renew before then, you can mail in your cheque to The Gaspé Cancer Foundation, PO Box 6078, Gaspé, G4X 2R6, or contact: Tony Patterson at gaspe45@hotmail.com to make an e-transfer. You can

also visit our webpage at fcg-gcf.com to renew your membership with PayPal, or make a donation. Tax receipts mailed out for donations over \$10. Thank you all for your continued support, and remember your support is helping a cancer patient.

NEW CARLISLE:

Royal Canadian Legion Branch #64

New Carlisle Legion, Branch #64, will hold its general meetings on the first Tuesday of each month. Next scheduled meeting will be April 5, 2022 at 7 p.m. at 1 Mount Sorrel Street,

New Carlisle.

NEW CARLISLE:

Ladies remember 1984?

Did you make a dress for Loyalist Days? If so, Heritage New Carlisle would be delighted if you would consider donating it to the Centre. We are able to give you a receipt for donation of material. Think about it please!

NEW CARLISLE:

Curling Club

The New Carlisle Curling Club will be holding its annual Linda Lemore-Brown Curling Bonspiel from March 18 to March

20. Registration: \$100 per team and deadline for registering is Tuesday, March 15. Canteen and bar service will be available. Soup, sandwiches, chili dogs, etc. All profits will be donated to the LLB FOUNDATION. Come play, eat or have a drink and support this worthy cause.

ROTARY CLUB WINNERS

The winners for the week of February 27 are: Succession Harmel Audet, Mariette Arbour, Benoit Bourque, Claude Cyr, Colette Bourgeois, Village Héritage Britannique and Éric Dubé.

**UNITED CHURCH
HOPE TOWN**
Sunday, March 13
10 a.m.

ANGLICAN CHURCH OF CANADA

Sunday, March 13:

NEW CARLISLE:

9:00 a.m. Holy Eucharist

PORT DANIEL:

11:00 a.m. Holy Eucharist



ARIES – Mar 21/Apr 20

Aries, the universe is subtly trying to tell you to slow down a bit. Don't ignore those nagging feelings that you should take breaks whenever you can manage them.

TAURUS – Apr 21/May 21

Prioritize your goals and put yourself first for the time being, Taurus. All eyes will be on you and you want to be sure that you are presenting the best version of yourself this week.

GEMINI – May 22/Jun 21

Gemini, take every opportunity to foster growth in your professional ambitions. Network as much as you can and explore

continuing learning offerings through your job.

CANCER – Jun 22/Jul 22

Something surprising may help you feel more connected to the universe around you, Cancer. Sensory overload can be enhanced by spoiling yourself with something special.

LEO – Jul 23/Aug 23

Leo, the small steps you are taking lately will eventually cover much distance, so keep up the progress. Some things take time and right now it's a lesson to learn.

VIRGO – Aug 24/Sept 22

Virgo, even if things seem like they are a bit out of control, find ways to put yourself in a good place. Slow down and stay

grounded as much as you can.

LIBRA – Sept 23/Oct 23

Libra, only a few months into the new year you may be having trouble staying motivated with your resolutions. A partner or cheering squad can keep you going.

SCORPIO – Oct 24/Nov 22

Physical affection is a great way to showcase your love right now, Scorpio. Take advantage of all the hugs, kisses and subtle touches you can muster in the days to come.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, space out your tasks so the week doesn't seem like it is rushed early on. Don't put too much pressure on yourself to get

everything done immediately.

CAPRICORN – Dec 22/Jan 20

Look for ways to delve into the arts this week, Capricorn. Explore unique hobbies or visit a museum with a new exhibit. Work with your hands as much as you can.

AQUARIUS – Jan 21/Feb 18

Aquarius, invest in your home space with some upgrades that will add warmth and a feeling of coziness. Creature comforts can have a profound impact on your mood.

PISCES – Feb 19/Mar 20

This week you will need to assert yourself at work, Pisces; otherwise, others may overlook your contributions. Get what you deserve.

FAMOUS BIRTHDAYS

MARCH 6

Shaquille O'Neal,
Athlete (50)

MARCH 7

Jenna Fischer, Actress (48)

MARCH 8

Freddie Prinze, Jr.,
Actor (46)

MARCH 9

Bow Wow, Rapper (35)

MARCH 10

Sharon Stone,
Actress (64)

MARCH 11

Terrence Howard, Actor (53)

MARCH 12

Malina Weissman,
Actress (19)

Taking control of your money

Diane Skinner

With the rise in inflation, just about everything is costing more. We cannot go for a day or two without seeing our necessities cost more: gas, food, paper products and services.

Basically, the money we spend can be divided into two areas: necessities such as food, clothing, housing, transportation and communication, which includes phone and internet; and discretionary spending which is simply buying things that we can live without.

A simple guideline to handling your money is to know where your money goes and reduce unnecessary spending.

A few helpful tips may make your money stretch a little farther. Go shopping with a list. This will help to reduce

impulse buying.

- Leave your credit cards at home. Use debit or cash.
- Take control of your credit card. Live within your means. Pay your card on time and in full.
- Make a weekly or monthly budget. This helps you to see at a glance where your money goes. It helps you to be in control of your money.
- Reduce the credit limit on your card if it is a problem for you.
- If you are considering buying an item that is not a necessity, sleep on it. If you still want it the next day then buy it.
- Set aside some “fun” money. Put that money aside to buy something special or get a manicure or buy a book that you will enjoy. Life is short. You still need enjoyment that sometimes is

brought to you by these little indulgences.

- Cut back where you can. Wash your car at home rather than going through the car wash.
- Cut back on takeout and restaurant dining. The prices for these have risen significantly.
- Read the flyers or use the app Flipp to plan your buying, particularly for food.
- Do not buy an item just because it is on sale. Shop smarter.
- Don’t waste energy: turn off lights, reduce the heat or air conditioning.
- Enjoy the great outdoors. It is free to walk, hike and bicycle.
- Have a close look at what you pay for internet, cell phone and tv packages. Spend some time on the phone with your provider who may help



Cut back when and where you can. Wash your car at home rather than going through the car wash.

- you to reduce your monthly bill.
- Keep your cell phone an extra year – no need to buy the newest and fanciest phone.
- Pay your bills on time. This reduces late fees.

- Pay off any money you owe, particularly loans at a high interest rate.
- Examine your bills and bank accounts. Sometimes there may be unnecessary or downright fraudulent charges.

MAKING SENSE OF MONEY Budgeting Basics

Diane Skinner

If you want to get ahead financially, a budget is a necessity. A budget helps you to see what you earn (income) and how you are spending your money.

Get out a piece of paper and jot down the following:

Fixed expenses – These are amounts you pay every month, such as rent or mortgage, car insurance, cell phone, internet, and car payments.

Variable expenses - These are expenses that change from month to month. This may include food, hydro, gas, pet expenses, entertainment, alcohol, books and gifts.

Total expenses – Add together your fixed and variable expenses to find total expenses. This will vary from month to month, for unexpected expenses such as car repairs and dental bills.

Monthly income – This is all the money you bring in each month including job income, pensions, annuities, government payments, and rental income.

Disposable income – This is the amount you have left after the deduction of taxes from your income.

The most important step in budgeting is to look at the numbers. Know what comes in and what goes out each month. It can be very helpful to have an account book or use an online budgeting sheet. Choose the method that works best for you. If you track your money every month it helps you control your money. When you create your budget, don’t forget to include savings.

Sometimes creating a budget can be eye-opening. The big plus of making a budget is that it will help you reach long-term and short-term financial goals. As you follow your budget over time you will likely change it many times. That’s good.

If you can’t stick to your budget, and you want to improve your financial situation consider this:

- Make more
- Spend less
- Preserve what you own
- Use what you own prudently
- One of the most important things you can do for your financial well-being is to create a budget.

“Don’t tell me where your priorities are. Show me where you spend your money and I’ll tell you what they are.”

INFLATION: What is it? Is it here to stay?

Diane Skinner

Inflation is a word that we are hearing on just about every newscast. Prices are rising and we all know that from the gas pumps and our grocery bills. The word “inflation” is simply the increase in the prices of goods and services over time. This means that the value of your money, also known as your purchasing power is reduced. For example, \$100 does not buy as much today as it did a year ago. A chocolate bar that cost five cents in 1960 costs \$1 today. Inflation has always been around, but the rate of inflation is the concern in 2022.

In Canada, presently, the inflation rate has risen to a 30-year high of 4.8% with the prices of food, fuel and housing taking the top spots. Not since 1991 has the cost of living risen so sharply. According to the Canadian Union of Public Employees (CUPE), there are three main causes of the higher-than-normal inflation we are experiencing right now. The three are: global supply chain disruptions, a temporary increase in the demand for items that were not available over the past two years of the pandemic, and widespread droughts that have affected agriculture yields.



Global supply chain disruptions have continued for a long time, longer than expected but there is good news coming. These disruptions should resolve over the next year. COVID policies and mandates have affected shipping and, as we well know, cross-border trucking; and as this eases, the supply shortages should improve. China’s government policies around COVID have reduced their production of goods and Canada relies heavily on goods made in China. Just look at the car industry which cannot buy enough semi-conductors to manufacture cars. Some manufactures are making new cars without heated seats due to the shortage.

These are global problems, of course – not just in Canada. The issues that are affecting

the whole planet and that arise due to climate change, will require countries to work together. Climate change is affecting our food supply. The clock is ticking on that global challenge. Will all countries have the will and ability to co-operate to fight climate change?

Is inflation here to stay? Yes, we will always have some inflation. But there is a feeling of cautious optimism that there is some light at the end of the tunnel and that the high inflation rate we are presently experiencing will abate.

Until this happens it is wise not to overspend or overextend by borrowing a lot of money. Your ancestors lived through the Depression and learned to live with a lot less.

Stretch your food budget

Diane Skinner

It costs money to live and that cost is indisputably rising. Groceries cost more. You want to use ingredients that taste great with an eye to maintaining a reasonable food budget. Look toward preparing cheaper meals that are still healthy and great tasting. Buying specials and planning meals around lower cost ingredients can stretch your food dollars. Instead of beef, use chicken. Pasta is an inexpensive ingredient and there are so many ways that you can prepare it by combining it with other ingredients.

Search for new recipes and enjoy the challenge of creating something delicious and at a low cost.

Casseroles are easy to prepare and often can be made cheaply. Remember tuna casserole from your childhood? Get out the recipe and enjoy the memories as well! Try a new casserole, such as ham and potato. You will be able to feed a lot, for a little and that is the goal.

Try pork shoulder which is often on sale. It can be tough,

so cook it slowly and the meat will be tender. Use a slow cooker or slow roast it in the oven at a low temperature.

Make a big pot of fried rice. Rice is relatively inexpensive and you can add any chopped vegetables you have on hand and leftover meat such as chicken or ham.

Make vegetarian chili which is filling, healthy and stretches those food dollars. All you need are beans, spices and veggies.

Homemade soups are nutritious, filling and easy to make. Once you have done all the chopping, allow the soup to simmer, serve with some crusty bread and cheese and everyone's tummies will be satisfied.

Sloppy Joes! This recipe will stretch the ground beef you are using and kids love it! Food needs to be fun sometimes. Make your own chicken fajitas! They are relatively inexpensive to make, but still delicious. Cook the chicken (or beef) on a baking sheet in the oven along with some colourful peppers and onions. Add the spices your family likes and you will get lots of satis-

fied diners at your house. Wrap in warm tortillas. Delicious!

Serve grilled cheese and a big salad for supper. This is a quick, easy meal to prepare with little clean up afterwards. Don't forget the ketchup for dipping. To fancy this up you can add bacon or grilled tomato slices to your grilled cheese. Want to up the experience? Serve it with creamy tomato soup for dipping!

Make a big batch of baked Mac and Cheese. Pasta is inexpensive, though cheese can be pricier now. Add breadcrumbs on top and bake to make a crusty finish, the kind you and your family will enjoy!

Make your own pizza, because buying pizza has become very pricey. Use bread dough, premade pizza crusts or even English muffins. Add sauce, shredded cheese and whatever toppings you might enjoy. Let kids make their own!

Prepare Chicken Alfredo. Sounds pricey? In a restaurant it sure is, but making it at home is much less expensive. Try Meatless Chili and avoid purchasing pricey meat.



Try a meatless dish at least once a week such as Vegetarian Chili. It is a healthy, tasty and lower cost supper

Very Easy Vegetarian Chili (for 4)

Ingredients:

- 2 large cans of diced tomatoes
- 1 large onion
- 2 carrots, 3 stalks celery, 2 green peppers, chopped
- 2 finely minced garlic cloves or minced garlic
- 2 tbsp. chili powder
- 2 tbsp. cumin
- 1 tsp. oregano
- A pinch or two of chili flakes
- 2 cans of beans (kidney or white beans, rinsed well)
- 2 cups frozen corn
- Salt and pepper to taste
- Toppings: sour cream, grated cheddar cheese, green onion, avocado, cilantro

Method: (slow cooker)

1. Add tomatoes and then celery, peppers, carrots and onion to the slow cooker. Add chili powder, garlic, cumin, oregano and chili flakes. Stir well.
2. Put the cover on this mixture and place on high for about five hours.
3. Add beans (well rinsed) and corn and allow to sit for about 10 minutes to allow them to warm.
4. Serve with toppings.

Chicken Alfredo (for 4)

Ingredients

- Bag of fettuccine pasta
- 1 to 2 pounds boneless, skinless chicken breasts
- ½ cup butter
- 1 cup cream cheese
- 1 cup cream or milk
- Salt and pepper
- Garlic cloves or minced garlic
- Grated parmesan cheese
- 1/3 cup chicken broth
- Parsley
- Olive oil

Method:

1. Cook fettuccine noodles in a big pot of salted water. Drain.
2. Cut chicken breasts into long strips and add salt and pepper. Heat the pan and add a bit of olive oil. Add chicken when heated and cook for about 5 minutes on each side, stirring often with a wooden spoon. Drain on a paper towel.
3. Using the same pan, melt your butter and cream cheese. Keep stirring. Add chicken broth and cream or milk. Add a bit more salt and pepper, to taste, and the parmesan. Stir while bringing the mixture to the boiling point. Reduce heat to simmer and allow to thicken for about 5 minutes.
4. Add the fettuccine to this mixture and toss lightly.
5. Add the cooked chicken and add parsley.

Saving \$\$\$\$

Diane Skinner

There are many ways to save money, from small amounts to larger. Have a jar where you throw all your loose change, and it will add up over time. This is a neat way to introduce young people to saving. Another method for saving is to put aside a certain amount each month in a savings account.

If you set up savings accounts, rather than having one account, you may choose accounts for specific purposes. For example, these could include an account for major purchases, an emergency savings account and a retirement savings account.

Places to save your money

Safety deposit box – You will not earn interest on money in a safety deposit box.

Regular chequing account – This will pay hardly any interest but is easily accessible if you need it. For some people, it is too accessible.

High interest savings account – These accounts pay a bit more interest but have restrictions. These accounts are safe and convenient.

Term Deposits or Guaranteed Income Certificates (GICs) - If you will not need access to your savings for a year or even more, you may choose GICs. The interest rate can be low. Always ask about the rates before you sign.

Tax Free Savings Account (TFSA) - This account allows you to deposit up to \$6,000 each year and not pay tax on the interest you earn. When you take your money out of the TFSA, you will not pay tax either. This can be a smart way to save.

Registered Retirement

Savings Plan (RRSP) – An RRSP is a good way to save money, primarily for your retirement. It may be helpful to consult a tax advisor to see if this is a good method of saving for you. You will pay tax on this when you withdraw money, which is usually done after retirement when your income is lower, so your tax rate is lower.

Registered Education Savings Plan (RESP) – This account is registered with the federal government to help you save for your child's post-secondary education. This can be opened as soon as your child is born and the money in the plan is tax-free with special incentives. When the student withdraws money from the account, they will pay little tax because their income will likely be low.

Tips for saving:
Make a budget. Stick to the budget. (Budgeting Basics).



Register now!

cegepgim.ca/english-section

 Cégep de la Gaspésie
et des Îles