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CASA organizes Community Clean-Up Challenge

Beth Briggs, Community Correspondent

NEW CARLISLE: Earth Day is celebrated internationally on April 22 every year. This year, in order to honour this important day, CASA organized a Community Clean-Up Challenge. Community members and organizations were encouraged to pick up garbage in their local area, therefore, contributing to a safer, cleaner and healthier environment for all.

The challenge was an immense success. Participants included: CASA staff and board members, CASA's JEME employability program participants, municipal staff, the New Carlisle Fire Department, New Carlisle High School elementary and high school students, staff and students from The Anchor's Social Integration and Love Beyond Words programs, Family Ties, participants from the URLS/ Jeux 50+ Jouons dehors program, as well as community members.

Participants from the Anchor were selected to receive a "Coffee Break" prize, courtesy of CASA, which included locally made coffee and baked goods. New Carlisle community member, Mr. Owen Renouf, was awarded with a The Gaspesian Way gift basket.

Participants did a great job and put a lot of effort into making this important gesture for their community and the planet.



Staff from CASA's Bright Beginnings team spent the morning picking up garbage.

Johnny Legrand from CASA and Owen Renouf participated in the activity.



These NCHS students show that you're never too young to help care for your community.



Participants from the Jouons dehors, URLS/Jeux 50+ initiative had a lot of fun while cleaning up the beach.



NCHS students Zoey Almond, Madison Flowers and Keysha Skeene had lots of fun and did a fantastic job.



Many NCHS students took part in the Earth Day Community Clean Up. They did an amazing job.



From reducing mowing to rewilding your own law

Cynthia Dow

"We have talked to scientists about the No Mow May initiative and they have challenged us to take it a step further," Jensen Edwards of the Nature Conservancy of Canada (NCC) explained. "Let's encourage people to look at native gardening. If people would ensure that just 10 to 20% of their lawn is filled with native species, they are giving back to the local ecosystem."

There are some 6.2 million lawns in Canada. "That's a lot of greenspace that may not have native species growing in it. So if we could turn 20% of those lawns over to native plants, that would mean more than a million lawns containing native plants and supporting a growing biodiversity," Mr. Edwards told SPEC.

The spokesperson for the conservation organization said, "Eliminating a native plant species can have a significant domino impact on insects and wildlife. Nature knows what it's doing and has adapted well to our climates and soils, so why not help it along?"

And just because we call something a "wildflower" does not mean it started out that way, nor does it mean it is native to this country. For example, one of our earlier spring flowers, coltsfoot, was actually introduced to North America in the 1920s. It can now be found in most provinces.

According to the Canadian Encyclopedia, there are some 4,000 wildflower species in this country, but about one-quarter have been introduced from elsewhere. Often, these non-native varieties end up edging out native flowers, with consequences for native insects and wildlife.

Examples of other imports that have gained considerable ground are the dandelion, brought over from Europe (no doubt because it is edible and has many useful qualities), and oxeye daisies.

"There are often warnings in the summer about mixed flower seed packets, because they may contain non-native species. If possible, try to plant or leave flowers to flourish that grow naturally best in your region," Mr. Edwards advises.

If you want to go native in your own yard, forget-me-nots, buttercups, asters, lilies, saxifrages, goldenrods and fireweeds are all native to North America. If you Google "espace-pourlavie" you can find a more detailed list of native plants for our area. The Nature Conservancy also has information on its website about native gardening.

"I think native gardening and rewilding efforts by landscapers is a growing trend, and a valuable tool in giving back to nature," Mr. Edwards noted.



Photo: C. Dow

Oxeye daisies abound in our fields, but originated in Europe.

Canadians again encouraged not to mow in May

Cynthia Dow

Given the staggering cost of fuel this spring, it's possible No Mow May will be even more popular in 2022 than it was last year!

The idea is simple: leave the mower in the shed during the early part of the summer season to allow wildflowers to propagate, thereby providing food for pollinators such as bees, wasps and butterflies when they need it most. The campaign was started several years ago by the United Kingdom conservation group, Plantlife.

While May might be the best time not to mow in the United Kingdom, obviously the timing might be somewhat different in various parts of

Canada. Jensen Edwards, National Media Relations Manager for the Nature Conservancy of Canada (NCC) told SPEC, "It definitely depends on the region as to when not to mow... early June may also be appropriate. There is a fine balance between letting grass go to seed, which you may not want, and giving critters enough time to lay their eggs and hatch."

The NCC does not have figures indicating how many Canadians took up the pledge to postpone cutting their lawns in 2021, but Mr. Edwards said the publicity campaign was picked up in every province. "I believe Fredericton was looking at pausing all city mowing for May, and Oshawa is paus-

ing mowing, too. Different municipalities in Quebec are pushing the Dandelion Challenge, which is essentially the same as No Mow May, as far as I can tell."

You can also be kinder to our ecosystem by rejecting or reducing the use of pesticides, or choosing pesticides that are more environmentally friendly. The following blog post includes interesting details: <https://www.saveourmonarchs.org/blog/pollinator-safe-pesticides-101>

Mr. Edwards noted that many landowners tend to see their lawn as an extension of their house. But "...everything outside your window is part of nature, so why not embrace what occurs naturally?"

Increase in royalties for residual materials will hit citizens

Nelson Sergerie

GRANDE-RIVIÈRE - The Gaspé Peninsula Intermunicipal Residual Materials Management Board may have to deal with an additional \$200,000 bill to dispose of waste if Quebec goes ahead with a fee hike.

The objective of the Government of Quebec is to reduce the quantity destined for landfills. A public consultation is underway on this issue until June 11.

According to the plan, Quebec is proposing an increase in the fee for the disposal of residual materials to \$30 per tonne compared to \$24.32 currently.

Subsequently, an annual indexation of \$2 will apply and an application of partial royalties will be introduced on residual materials used as daily



The bill will be higher and higher for residual materials

Even if the board notes a slight decline in landfill usage in the past year at the Gaspé site, citizens, but also institutions, businesses and industries will have to do more.

To get closer to the objective, the management is developing the collection of brown bins in apartment buildings. "We have already approached five buildings. We will check the bins to see if there is a reduction in waste. We have already seen positive changes. It's encouraging," says Ms. Drapeau.

Pay-as-you-go billing

In parallel with the Quebec project, the board is still continuing its analysis of the imposition of the user-pays principle.

The exercise began 18

months ago to implement this "incentive" pricing. "It is to recognize the effort of some citizens who put in place good practices versus others who still have to work on certain aspects," notes Ms. Drapeau, who recalls that this volume billing is already applied in the trade sector.

The board's last Residual Materials Management Plan aimed to reduce the quantity of residual materials to 525 kg per inhabitant.

The citizens of the MRC du Rocher-Percé succeeded. "In Europe, citizens produce two to three times more materials than we do. In Quebec, we generate a lot of residual materials. We are really not examples to follow," says Ms. Drapeau.

The board serves the Rocher-Percé MRC and the Town of Gaspé.

DFO angers shrimp fishermen

Nelson Sergerie

GASPÉ - Shrimp fishermen are outraged following the decision by the Department of Fisheries and Oceans Canada (DFO) to reduce the crustacean quota by 12% in 2022 and more in 2023.

On April 22, fishermen from Quebec, New Brunswick, Newfoundland and Labrador, along with Aboriginal fishermen discussed the quota announcement made by the DFO at the end of the day on April 21.

Last year the fishermen obtained about 18,000 tonnes. They expected a decrease of about 1000 tonnes for 2022. This would have meant they were expecting approximately 17,000 tonnes. They were shocked to discover the decrease to be even more substantial.

"There is definitely anger over the way the decision was made. We expected a cut. We agree that cuts must be made to ensure the sustainability of the resource. On the other hand, we do not agree either on the extent or on the relevance of these cuts and especially on the bases on



Photo: N. Sergerie

Some boats could stay docked this season.

which they are justified," says Patrice Element, representative for fishermen with mobile gear, Association of Owner Captains of the Gaspé , Patrice Element.

Respecting the rules in place

The fishermen asked the ministry to respect its own proven calculation rules.

"We asked Fisheries and Oceans to respect their own rules, which they did not do," says Mr. Element, who says that

the repercussions of the decision on the industry and the communities did not weigh very heavily in the balance.

This year the quota has been set at 15,812 tonnes and 14,524 tonnes next year.

This decrease represents a loss of revenue of \$4.5 million in 2022, not including the additional diesel bill due to rising fuel prices.

Faced with this observation, some fishermen may stay docked at the wharf.

In his analysis, Mr. Element

notes that shrimp fishing has not followed the same trend as crab or lobster fishing.

"While some fisheries had excellent years in terms of profitability, the entire shrimp industry remained marginal. We are the fishery most affected by the increase in fuel costs," says the representative.

According to him, the increase in the cost of fuel represents between \$100,000 and \$200,000 more for most fishing companies. The prices paid to shrimp fishermen will have to take the increase in fuel and decrease in quotas into account. "With prices like last year the objective is not to put pressure on the processors when we go to negotiate, but it is quite clear that in prices of the same order as last year, there are many fishermen who, rationally, will lose less money staying at the dock than going fishing," Mr. Element points out.

He says that in the past, with 12% reduction in the quota, fishermen didn't remain docked. "We know that the markets will be better this year, but will the improvement be

enough to compensate for the cost increases and quota reductions? This is where it could be difficult," concludes Element.

Fisheries and Oceans is decreasing the quota for the Estuary area from 606 tonnes in 2020-2021 to 530 tonnes in 2022 (-12.54%) and 473 tonnes in 2023 (-10.75%) compared to 2022.

In Anticosti, the numbers go from 6311 tonnes to 5153 tonnes for 2022 (-18.35%) and 4525 tonnes for 2023 (-12.19%).

In the Esquiman area, from 5,959 tonnes in 2021, the figure is set at 4,825 tonnes this year (-19.03%) and 4,222 tonnes next year (-12.50%).

Only the Sept-Îles zone is experiencing growth, going from 5,123 tonnes to 5,304 tonnes for 2022 and 2023 (+3.53%).

The ministry points out that in the 2021 stock assessment, the estimated abundances of shrimp in the four areas are among the lowest values observed since 1990. This is due in part to the steadily increasing temperatures in the gulf.

Nergica suggests new energy policy

Nelson Sergerie

GASPÉ - Nergica believes that the Legault government is ripe to update its energy policy as various authorities have announced a total of 2,500 megawatts of wind energy in the province in recent weeks.

The current policy, adopted in 2016 under the Liberal government of Philippe Couillard, appears outdated in light of the latest developments.

The director of Nergica, Frédéric Côté, says the document made room for hydrocarbons and the wind power sector had been put on hold due to the large energy surpluses

that Quebec had at the time.

"It is a project that I think will be on the menu of the next government to update this policy which dates from the former Liberal government. Today, in 2022, we have just passed a law that prohibits the exploration and exploitation of hydrocarbons and we have an announcement in which we say to ourselves that we must massively develop wind power to meet the needs of Quebec. It is completely the opposite of what was on the agenda in 2016," says Mr. Côté, who believes that the document is no longer relevant.

With 2,500 megawatts to be

developed in the next few years, Nergica does not believe that short-term needs will result in an overload of construction and, in turn, increased costs.

"The risk seems to me to be controlled so far as last week's announcement is part of the long term. We are talking about the first deliveries in 2027 and spread over three years. The fact that we see it coming, I think it will take the pressure off and allow the industry to absorb this demand," says Mr. Côté.

As Canada aims for carbon neutrality in 2050, in the scenarios, energy efficiency alone

will not be enough.

"Society will need to be massively electrified with renewable energy. The energy of the future is electricity and the future of electricity is wind energy, solar energy and storage," says the director of Nergica. Solar development is active in Quebec, but it is in its infancy.

Hydro-Québec has barely developed 20 megawatts.

"It is a sector that will play a complementary role in Quebec's energy portfolio either in isolated networks, the urban context on buildings or in southern Quebec where solar radiation is interesting," says Mr. Côté.

Queen of Quebec French country music has died

Nelson Sergerie

CHANDLER - Chandler is considering a way to pay tribute to Quebec francophone country music artist Julie Daraîche, who died from natural causes on April 26 at the age of 83.

It is the entire community of Saint-François-de-Pabos where the artist is from who is in mourning after the death of Julie Daraîche.

Cousin of the artist, the mayor of Chandler which includes the Saint-François district, Gilles Daraîche, believes that the departure of the one who was also his godmother is a great loss for his town.

"Julie was an extraordinary ambassador for our village, Saint-François-de-Pabos, which she adored, but also for the entire town of Chandler and the MRC. She proudly represented us wherever she went," says the mayor.

Chandler is looking to find a way to pay tribute to the artist who had a career spanning 55 years. "We are looking at the possibilities. We cannot be satisfied with a message on social networks. It would not be up to par with what she has done for our town," says the mayor.

Her career began in 1965 with the Duguay brothers in Carleton-sur-Mer. She recorded her first album in 1967. She was on tour in the 1970s in the United States with Marcel Martel. In 2017, she launched an album titled 50 years of love for her 50-year career.



NOTICE OF CHANGE

The Eastern Shores School Board would like to advise the population that the regular meetings of the Council of Commissioners and Executive Committee scheduled for June 29, 2022 are being rescheduled for the following date and location:

Date: June 22, 2022
Executive Committee: 6:15 p.m.
Council of Commissioners: 6:30 p.m.

Location: New Carlisle Town Hall
138, Blvd Gerhard-D-Levesque
New Carlisle, Quebec.

To obtain more information email sgessb@essb.qc.ca or call 418-752-2247 (222).

Given at New Carlisle, this 28th day April 2022.

Denis Gauthier
Secretary General



Gilles Gagné
Commentary

Legault government clearly lacks leadership in the caribou file

During his April 20 visit to the Gaspé Peninsula, Premier François Legault complained about the Canadian government possibly intervening in the protection of the two types of caribou in Quebec that are endangered species. Mr. Legault said that Environment Minister Steven Guilbeault was trespassing in a Quebec jurisdiction.

In a way, the Quebec Premier was right. Woodland and mountain caribou are supposed to be managed by the provincial government, however, when they appear on the list of endangered species, the Canadian government can and must legally get involved.

This is exactly what Steven Guilbeault did in mid-April. He said that he would impose corrective measures to improve the caribou situation by April 21, if the Quebec government failed to make specific moves in that direction. The caribou issue also provided Minister Guilbeault with an opportunity to escape the embarrassment stemming from his decision to approve the Bay du Nord offshore oil exploitation project but that's another story. The April 21 deadline was extended at the last minute.

It is evident that the Quebec government has failed miserably in the wildlife management of caribou north and south of the Saint Lawrence River. In the case of the Gaspé Peninsula herd, the failure is striking. The problem was identified close to 50 years ago.

There were between 700 and 1,500 caribou in the Gaspé Peninsula in 1950. The size of the herd had dwindled to 223 in 1983, and to 131 in 2003, before a rare upward jump in 2007, to 189. Over the last 15 years, the decline has been steady and there were only 35 caribous left a year ago.

Of course, it is not entirely the fault of François Legault's government considering the Coalition avenir Québec was elected in October 2018. However, the failure to recognize the acute problem of the survival of fragile Quebec herds in the Gaspé Peninsula, in Abitibi, in Mauricie and a few other regions is appalling.

Since 2019, caribou specialists have prepared a detailed plan to protect the Gaspé Peninsula caribou herd and allow it to grow again. The plan is first and foremost based on the protection of its habitat. Caribou need old forest to survive and thrive. That old forest has been severely damaged by logging over the last decades.

LETTER TO THE EDITOR

Do you remember when there was a rumour about a guaranteed annual income? At the same time there was concern about homelessness; talk of pharma care; reducing, even forgiving student loans; and mention of raising the minimum wage. In short an attempt might be made to assist the plight of the wage slaves.

Alas it was all just babbling because the costs were prohibitive and the government didn't have the money. But wait, Ukraine happened and Canada suddenly had money to buy new jets, buy weapons and "donate" them to the Ukrainians (jets 18 billion) that's 18,000,000,000 and millions in donations with more to come.

So who loses? We do and so does Ukraine. Of course we were always going to lose. Why save lives or help people when you can profit from killing them? Ukraine loses because the country is in ruin and it must now decide who shall be its master, Russia or the United States. Either way it will have to repay the costs incurred for the weapons it is getting. It will also need to borrow tremendous sums of money to rebuild its destroyed communities.

Although old forests cannot be restored overnight, stopping their deterioration represents an important first step. If caribou suffer from forest overexploitation, other species will suffer as well. The whole ecological balance will be threatened.

The Legault government has so far ignored a wide set of environmental values and measures that would have protected fragile ecosystems.

Minister of Forest, Wildlife and Parks, Pierre Dufour, has proven over the last three-and-a-half years that he is overwhelmed with the complexity of the issues. In his mind, the relevance of forestry seems strictly tied to the market value of lumber and other related products. Considering he's kept the same role since October 2018, it is easy to think that Premier François Legault shares his lack of vision.

However, Mr. Legault recently asked Sonia Lebel, Minister of Governmental Administration and a troubleshooter on delicate issues, to start discussions with Dominic Leblanc, the Federal Minister of Intergovernmental Affairs, in an effort to either buy some time or find a viable solution. It might be a sign that Pierre Dufour is no longer the man of the situation.

Overall, François Legault can only blame himself for the current dead end that seems to characterize the caribou's recent woes.

The 2019-2029 caribou salvage plan has not been enforced. It has, in all likelihood, been shelved. So instead of witnessing at least a stabilization of the caribou herd population, we see further decline. There were 40 animals in 2019 and only 35 in 2021. What if there are only 30 animals left next year? The decline will likely continue.

Recently, instead of enforcing the 2019-2029 salvage plan this year, the Legault government conducted an independent commission on woodland and mountain caribou and a public meeting was held in Sainte-Anne-des-Monts on April 12. None of the three commissioners has expertise in the caribou! The president of the commission, Nancy Gélinas, is an economist specializing in forestry.

Université du Québec à Rimouski biology professor Martin-Hugues Saint-Laurent, arguably the best Gaspé Peninsula caribou specialist, stresses that the reference documents used by the commission are communicating false or inaccurate information.

The documents quantify the reduction in forestry exploitation surface and job losses using solely caribou protection measures as the reason behind the hypothetical subtraction of logging operation. Climate change and other biological diversity needs are completely waived.

It is also odd to see that the title of the commission is rather misleading, since the essence of its work revolves around the theme of social acceptability with a link to the measures to be taken to protect the caribou,

So who gains? The weapon makers are located primarily in the United States. Later the building companies from the United States will roll up their sleeves and open Ukraine's wallets to restore the cities. With luck, the Ukrainians will cease being American wage slaves by the year 3000. Ah, life is good for the manipulators!

First, you tell Ukrainians that they can be members of NATO and when Russia gets frightened, (like the U.S. did when Russia put nuclear weapons in Cuba) it attacks Ukraine. You tell Ukraine that they don't qualify right now but they might at some unspecified later date. The Ukrainians naively buy into the idea and we now have a proxy war being fought between Russia and the United States, with Ukrainian citizens and cities being listed as collateral damage. But hey! The stocks of some companies are doing well.

Why help save people when you can kill them? The solution has greater permanence, doesn't it? Maybe the homeless can be allowed to shelter beneath the wings of Canada's new jets. As for the rest, let's just be good wage slaves and consumers.

Renaud Cyr, New Richmond

not directly the protection of that animal. It is way too simple, as in stupid. How will the public, always sensitive to economic activities and job losses, react to the documents submitted by the commission?

It is good to know that people are consulted by a commission but currently, that consultation process blocks the major actions that should be implemented to protect the caribou herd as soon as possible.

The scenarios submitted to the public bypass a caribou protection scenario to concentrate essentially on economic stakes.

By postponing any valid protection measure, such as habitat protection, we are collectively wasting a lot of time. In theory, the Legault government has pushed back to 2023 the implementation of protection measures identified by experts years and years ago. That's in theory. There are people who fear that nothing will be done next year.

Communication staff from the Quebec Department of Forestry, Wildlife and Parks stress that they have started implementing measures to protect pregnant females through the construction of enclosures for them.

First, the construction of the first enclosure went wrong because the fences were too low. Caribou, and their predators, could have jumped over them, as nobody at the ministry had gathered that there is a lot of snow in the middle of the Gaspé Peninsula at times! Upon realizing that mistake, the ministry apparently sent two of its employees with shovels to clear the enclosure, a solution that was abandoned. Finally, the use of the enclosure was postponed until next year!

Secondly, as specialist Martin-Hugues Saint-Laurent has been explaining for years, an enclosure is definitely a subpar measure. There is no guarantee that it will work, that once sent outside the enclosure, the females and their offspring will be in a position to count on a welcoming habitat, which remains the key to the herd's survival. By the way, that real salvage scenario is not included in the documents presented to the public by the independent commission.

Delaying real protection measures until at least 2023 was not a smart decision, considering that the wiggle room we have to save the Gaspé Peninsula caribou herd was already very small.

Economically, the region's forestry industry could find some wood to compensate for the surfaces lost to caribou by getting some logs from Anticosti Island, which is close by and where the available volume remains significant.

The pressure of an upcoming October 2022 election and, above all, the presence of the federal government in the file, might convince François Legault's government to act earlier than 2023 regarding caribou herds, here and in other Quebec regions.

It is nevertheless too bad to see that the current government did not see the fragile balance between the economy and the environment, and failed to make the right decisions back in 2018.

The Gaspé Spec

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

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

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Civil servants on strike in the Gaspé Peninsula

Nelson Sergerie

GASPÉ – Some 675 members of the Syndicat de la fonction publique du Québec began a two-day walk out on April 26 in the Gaspé Peninsula and Magdalen Islands to force the Legault government to renew the collective labour agreement.

Without a work contract since March 31, 2020, a hundred civil servants from Côte-de-Gaspé and Rocher-Percé gathered on April 26 near Gaspé to demonstrate unity, like their 26,000 colleagues across the province.

"We want the Legault government to recognize the quality and value of its employees. We want it to invest in services to citizens and, for that, it



100 workers gathered to protest in Gaspé on April 26.

Photo: N. Sergerie

goes through fair wages," notes the regional spokesperson for the Lower Saint Lawrence, Gaspé Peninsula, Magdalen Islands, and Côte-Nord, Danielle Martin.

"When people come to

work, they often leave after six months because the salary is not there. They return to their former employer or go elsewhere to the private, municipal or federal sector because it pays more," adds Ms.

Martin.

Union research shows that in the Gaspé Peninsula, the Ministry of Employment and Social Solidarity has been deprived of 44 people for 10 years.

"It's huge for a region like the Gaspé and Magdalen Islands," says Ms. Martin

At the Ministry of Public Security, 17 positions are vacant. "It's serious! Hearings are postponed. Activities in courthouses are at a standstill. It has a direct impact on the population," says Ms. Martin.

Negotiations continue

Since the first day of the strike, on March 30, negotiations resumed and the Quebec government has tabled a

global offer that the union wants to improve upon.

"We hope that the two days of walkouts will show Mr. Legault that we must continue to negotiate and that he must really look into the problem of the shortage and retention of manpower," hopes Ms. Martin.

She notes that the Quebec Institute of Statistics has shown that the wage gap between civil servants and other workers in Quebec is 17.5%. In addition the gap is 27.5% with municipal and federal civil servants.

There are eight days left in the strike mandate adopted by 80% of the members.

A regional gathering was also held on April 27 in New Carlisle.

Vigil for Ukraine held on Orthodox Easter

Gilles Gagné

NEW RICHMOND - An evening vigil service was held in support of the people of Ukraine on Sunday, April 24, at St Andrew's United Church. It happened to be the same day Orthodox Christians in Ukraine celebrate the Orthodox Easter, and exactly two months since the Russian invasion started.

"It is awesome that people are doing this for us," Volodymyr Zmazhenko told SPEC. The Ukrainian national who lives in New Richmond was invited to address the crowd. "We need to make changes at the United Nations and at the International Red Cross. Because the way things are currently organized, they cannot stop such wars from happening. This is not just a problem for the Ukraine. This is a problem for the whole world."

More than 50 people turned out to participate in the



Volodymyr Zmazhenko was very touched by the vigil and the efforts made to support his family and his country.

Photo: C. Dow

service, which was held in four languages: Mi'gmaq, English, French and Ukrainian. Four religious leaders led the prayers: Host Pierre Momberg, Minister for St Andrew's United Church; Peter Jerome for the Gesgapegiag Christian community; Roman Catholic priest Father Patrick Gnivo; and Anglican priest Fa-

ther Joshua Paetkau. Mr. Momberg explained the themes of unity, comfort and support which were the reasons to hold the vigil.

A very professional visual presentation showed heart-breaking pictures of Ukrainian sites both before and after the Russian invasion, as well as photographs of people fleeing

their ravaged country. "We are shocked by the atrocities shown to us on various media," noted Mr. Momberg, "And we want to show support for the Zmazhenko family who lives in our midst."

For his part, Father Paetkau noted that this war is not an isolated event in the world, as the greatest humanitarian crisis is the ongoing war in Yemen, now in its seventh year. "The root causes of these devastating conflicts are the delusions of grandeur of some leaders, and the greed of the arms manufacturers."

Mr. Zmazhenko addressed the crowd, thanking them for their "good will to help our people. We can't sleep. We feel our life is suspended. We have a large number of family members in the war zone." With family members in the medical services in Ukraine, he is collecting money to send medicines and medical supplies to his home country. "You are all incredible for

what you are doing. We always feel at home here. We like it so much," he said.

The vigil included the Ukrainian national anthem, which speaks eloquently of the desire of the Ukrainian people to safeguard their freedoms, How Great Thou Art sung in Mi'gmaq by Peter Jerome, and John Lennon's Imagine sung by Claude Lucier. The congregation sang Amazing Grace led by St. Andrew's choir and organist Sheila Starrak.

A freewill offering of almost \$1,900 was collected which will be used for relief measures carried out through the United Church Mission and Service Fund. "The Mission already has people in the field offering relief," Kathleen Paquet explained. She said church leaders were very pleased with the event, with the generous donations, and with the representation of all churches within the congregation.

FMBM announces its lineup

Nelson Sergerie

GASPÉ - After two years, the Festival musique du bout du monde of Gaspé is back at full capacity for its 18th edition to be held from August 11 to 14.

Shows will take place at fifteen different locations including the Arche de l'Éveil Collectif near the intermodal station and the Mont Bécher-vaise summit.

"The main stages will combine the best elements of the pre-pandemic festival with the elements that we built in 2020 and 2021, in particular the summit of Mont Bécher-vaise," explains general manager Steve Pontbriand.

Three evenings are on the program under the big top with shows featuring either Lisa LeBlanc, or Lido

Pimienta, winner of the prestigious Polaris Prize in 2017.

The Mont Bécher-vaise stage will see Zal Sissokho, Kora Flamenca, Flore Laurentienne and Laura Niquay.

The rue de la Reine will host the Journées du bout du monde where young and old can admire street artists and free concerts with, in particular, P'tit Belliveau, Odreii, EMDE, Habana Café, Valérie

Écoumè, LaF.

Intimate concerts will also be presented with artists such as La Patente, Sam Tucker, Claude Hurtubise, not to mention emerging artists in friendly venues.

The now famous sunrise concert at Cap-Bon-Ami will host Vieux Farka Touré. For this show, the first 500 tickets sold quickly, with only 200 remaining.

The first 500 passports have been on sale since noon Thursday for \$60. Once these run out, the amount will increase to \$65. Mont Bécher-vaise and sunrise tickets will be sold separately.

Despite the pandemic, the organization was able to count on government support, which made it possible to come back with a full lineup for this 18th edition.

Good crowd attends outdoor Cinema Night in Percé

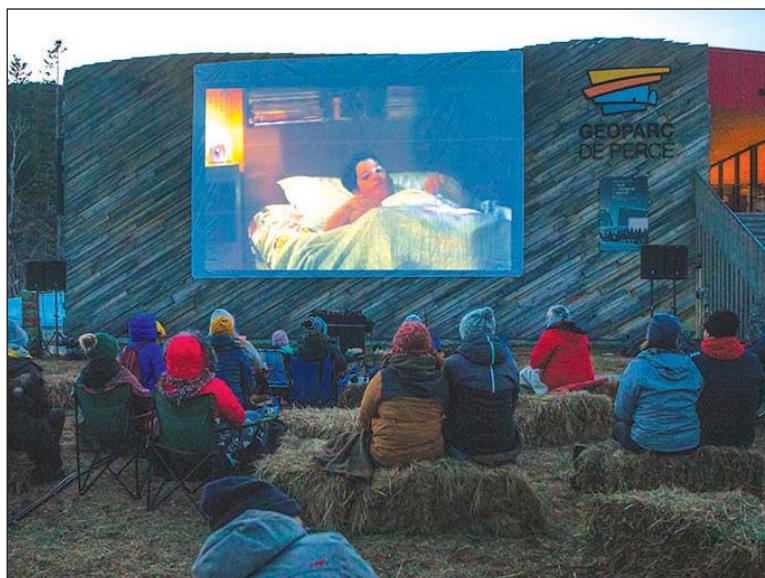
Gilles Gagné

PERCÉ – Together Percé's Géoparc staff and Percéides's organizers joined forces on April 16 to feature Percé's fourth Cinema Night, held outside featuring a tribute to famous Canadian movie maker Jean-Marc Vallée who died suddenly at the end of 2021.

The movies were presented between 7:30 p.m. and about 1:30 a.m., under a beautiful full moon. The chilly but windless weather attracted a total of 150 people. Some attended the first showing, others the second, and a group of very loyal fans stayed for both sets of films.

Documentaries, short fiction films and a series of short Ukrainian movies were presented during Percé's Cinema Night. Cinema Nights also took place in the winters of 2008, 2009 and 2010 near Percé's wharf.

"It was the return of outside movie screening in Percé. It was not wintertime like in 2008, 2009 and 2010 because it took some time to organize, due to the complications arising from the pandemic. We initially wanted to do it earlier this year, in the winter. We expect to come back in January or



Jean-Marc Vallée's *Magical Flowers* was one of the first movies screened at Percé's Cinema Night.

mentary," points out François Cormier.

In the winter of 2023, he would like to hold more than one outside cinema night in the Gaspé Peninsula, in addition to Percé's. "We would like to make it a real cultural event. I would hold two or three such nights over the following years. It is a concept that we want to make nomadic, outside cinema nights in the Gaspé Peninsula, like the Traversée de la Gaspésie, the skiing and snowshoeing event. We have the films, the organization, the team. So it's easy to get around," concludes Mr. Cormier.

As part of the tribute to filmmaker Jean-Marc Vallée,

the April 16 event featured the short fiction film *The Magic Flowers* (Fleurs magiques), shot in 1995. The documentary *Comme une vague* (Like a wave), directed by the Quebec filmmaker Marie-Julie Dallaire was also presented. It pertains to the importance of music for humans. This is the last film that Jean-Marc Vallée signed as executive producer with his American production company Cazyrose. Ms. Dallaire was on hand to present her movie, an award-winning production during last summer's Percéides.

Gaspesian films were also

Cont'd on page 7

February 2023 with Percé's Movie Night," explains François Cormier, art director of the Percéides, the Percé summer movie festival.

"We started working with the Géoparc team last summer as we needed to present a digital piece of art, featured over four days on the facade of the Géoparc building. From there, we nurtured the desire to work together again. We then discussed the outside Cinema Night over the fall. The Géoparc is open year round and wants to present events regularly. We take advantage of the Géoparc constancy of na-

ture, its UNESCO recognition, and our (Percéides) culture label, which makes us comple-

Nothing wrong with your memory, it's Memory Clutter!

Diane Skinner

Forgetfulness can be one of the signs of old age but a new theory (2021) from the Rotman Institute, part of Baycrest Health Sciences Centre, Toronto, suggests that this is a normal state because older people's brains are full of memories and knowledge. The good news is that forgetfulness may not be a sign of cognitive decline at all!

Do you ever have a problem recalling the name of your neighbour or the title of a great book you read years ago? Nothing is wrong with your brain because for all these years it has been very busy – learning, experiencing life and remembering. If you cannot remember a certain word, it is just because your brain is chock full of information and memories!

Memory clutter is not necessarily a negative thing. Older people, those with the "full" brains, are great problem solvers because they have knowledge and experiences that have been gathered over their lifetimes. This is an important little thing older people can offer called 'wisdom.'

So, just because you cannot recall what musician sang Hello Darlin' does not mean you are "losing it" but rather that your brain is full! (By the way, that was the legend, Conway Twitty!)

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Cégep de la Gaspésie
et des îles

Not all heroes wear capes

Diane Skinner

"Nurses are there when the last breath is taken, and nurses are there when the first breath is taken. Although it is more enjoyable to celebrate the birth, it is just as important to comfort in death."

On May 6, National Nurses' Day, we have the chance to celebrate and thank nurses who are the backbone of our health system and are our modern day heroes. They are the people on the front line of patient care. They may be the first and last person we see in our lives but certainly they are likely to be the first and last healthcare worker we see after a stay in the hospital. Nurses also serve in a variety of settings, including clinics, long-term care, old age nursing homes and home care. Their job has become even more difficult during the last two years of the pandemic – staff shortages and an increase in patients with COVID, some critically ill. During the pandemic, and even now in May 2022, they are still dealing with all the demands and additional stress.

Essential workers have been the ones who have kept the

world going through the last two years and they are heroes. This includes truck drivers, teachers, retail staff and healthcare workers. All these people are our frontline heroes. Doctors diagnose, prescribe medication, and perform surgeries and for that we are grateful. Without nurses, the doctor's job would be impossible. The work they do is so important.

In the late 1800s, Florence Nightingale founded modern nursing in North America. She followed strict hand washing and other hygiene practices while she was tending to wounded soldiers in the Crimean War. Due to these protocols, the mortality rate went from over 40% to about 2%! These are the same suggestions we have followed during the current pandemic. Nurses know about the importance of sanitary practices.

Being a nurse can involve long hours and, during one hospital shift, the average nurse walks six kilometers. Nurses are there to assist and care for us when we are at our most vul-

nerable. The demands they face can be daunting – but they continue and then return for their next shift.

So, why would someone want to choose nursing as a profession? Nursing attracts people who like to help others and those who have empathy. It is a profession that we place our trust in. Giving comfort to an ailing patient is something that most nurses do readily. They often are people who love to learn new things – practices and techniques. They find joy in acquiring new skills.

Nurses go "above and beyond" their duties to give caring and compassion when it is needed the most - to both patients and their families.

Let them know how much they are appreciated, because they have a difficult job and COVID has made it much more challenging. Not all heroes wear capes. Say thank you to a nurse, not only on May 6, National Nurses' Day, but anytime you appreciate what a nurse has done for you or a family member.



"The biggest challenge that nurses face today is obviously the shortage of nurses"

Diane Skinner

NEW RICHMOND: Marlene Willett, BScN (Bachelor of Science in Nursing) spent a total of six years studying to be a nurse. She completed her college degree in 1994 at the CEGEP Beauce-Appalaches in St-Georges-de-Beauce. After that she obtained a Bachelor of Science in Nursing at the University of Montreal in 1999. Marlene worked at the Centre Hébergement Marie-Victorin and after that at the Santa Cabrini Hospital in Montreal to help pay the expenses of her studies.

From 1999 to 2002 Marlene worked in Lausanne, Switzerland, in the Department of General Vascular and Thoracic Surgery.

After being away from home during all those years, she decided to return home to the Gaspé Coast. Currently, and since 2003, Marlene is an employee of the CISSS. She has worked in the Department of General Surgery, Obstetrics and in the Operating Room at Maria Hospital. For two of those years, she was the head

nurse in Surgery and Obstetrics. She has been working in Community Health in the areas of perinatal and early childhood for more than a year in Avignon and Bonaventure MRCs.

Marlene tells SPEC, "The biggest challenge that nurses face today is obviously the shortage of nurses. It is a constant reality that we have to face because our main goal is not only to give to the population

shortage of staff and all the care that was added because of the virus. All the nurses had to be creative and had to develop a capacity to adapt quickly to this new reality. Marlene states, "I think we all did this and continue to do so."

The biggest reward that Marlene gets from her job is to observe a positive change regarding their health after receiving care from her or the team of nurses.

Marlene's advice for a person who is considering going into nursing: "Go for it! It is one of the best jobs because of all the knowledge that we need in different areas of science (biology, pharmacology, psychology etc.), the human contact and best of all we learn every day which makes it interesting! There are so many things that can be learned and so many skills that can be developed in nursing!"

Photo: Marlene Willett feels that nursing is one of the best jobs because of the human contact and the continued opportunity to learn new things.

Courtesy: M. Willett.



nursing services of high quality but also to follow all the other specialties in health and improve our knowledge of science and to give better nursing care in the future."

COVID, of course, changed nursing with the increases in

Reflections

by

Diane Skinner Flowers



We need heroes

Just last week one of our legendary hockey heroes passed away. Guy Lafleur was the last of the hockey greats known as the "Flying Frenchmen" which included Jean Béiveau and Maurice "Rocket" Richard. For those who recall watching hockey in the 70s, Guy Lafleur was a true legend. He was an exciting player who had the appeal of a rock star and the image of him streaking down the ice remains vividly clear. He was a hero, someone who was admired and inspired by fans of all ages.

Why do we need heroes? These people can play a role in our own lives because they inspire us. Heroes give us hope for better things ahead. Heroes make us feel that all can be well in the world. Heroes show us that good can indeed prevail. Heroes possess qualities and achievements to which we can aspire. These special people demonstrate that hard work, perseverance and even kindness still have a place in a troubled world.

Mothers are heroes. When you celebrate Mother's Day on Sunday, May 8, think of your own mother or mothers in your extended family circle. Mothers display compassion, caring, devotion and persistence. Mothering is a 24 hour a day job and do not think that responsibility is complete when your child leaves home. Oh, no. Mothers care for and worry about their adult children too. Mothers lose a lot of sleep, especially when their children are younger or sick. Mothers put themselves last and they eat the broken cookies. Mothers are givers and they wait up until their teenaged children arrive home safely after a night out. Mothers do not give up. We cannot help but think that if women, particularly those who are mothers, ruled the world that things might be a whole lot better. Wars? Environmental disaster? Racism? Mothers would wrestle all these concerns to the ground. Why? They are heroes.

Nurses are modern day heroes who have been on the front line of the war against COVID. This battle still rages on in May 2022. Nurses tend to their patients in so many settings, not just hospitals. Long care residences, home care, clinics, nurse practitioners, teaching - nurses support their communities in so many ways. Nurses demonstrate compassion that is combined with professional training and knowledge. They complete their shifts and return the next day to do it all again. Why? They are heroes.

Sometimes heroes are people in our own community who show acts of kindness and empathy, in seemingly small yet significant ways. In this week's SPEC there's an article about a young girl who donates her hair to Angel Hair for Kids. Kylian Horth, an 8-year-old has cut her gorgeous, long red hair and donated for children who lose their hair due to cancer and other health challenges. Small acts of kindness are never wasted, and Kylie is such a positive example of kindness. Why did Kylian do this? She is a tiny hero.

These are dark days on our planet, and we need to be hopeful that brighter, better days are ahead. Some of that hope comes from heroes around us. They inspire and give us hope that goodness can win. Thank you to all our heroes.

CINEMA:

► *Cont'd from page 6*

screened during Percé's Cinema Night in Percé, including the *Coureur des Bois* and *Nutshimi-innu* by Gaspé director Éli Laliberté, who also presented documentary cinema classes on April 17 at the Géoparc.

Ukrainian short films were

also presented on the April 16 evening by Oleksii Pivtorak, a student of Ukrainian origin who resides in Gaspé. Other international short films were screened, including *Warsha* by Lebanese-born Montreal director Danaia Bdeir, who won the prize for best international short film at the prestigious Sundance Festival in the United States in January.

"There are many challenges for nurses in today's health system..."

Diane Skinner

NEW RICHMOND: Shelley Lepoidvin is an Registered Nurse currently teaching the Institutional and Home Care Assistants' course for the Eastern Shores School Board at the Anchor in New Carlisle. This is the third year she has been teaching this 870-hour course.

Shelley has worked in many different areas throughout her nursing career including St. Joseph's Long Term Care Residence in Maria, Campbellton Regional Hospital in geriatrics, pediatrics and medical/palliative care, and Gesgapegiag as a home care nurse.

She received her degree in nursing from Dawson College and has completed different courses and certificates at the CEGEP and university level, including a Continuing Care certificate from St. Francis Xavier University in Antigonish, Nova Scotia. She men-

tions that her certificate in medical foot care has been particularly useful since she can give patients this care in their homes for a fee, which is convenient for those who cannot get to appointments easily. Shelley also offers diabetic instruction and follow-up if required.



Shelley Lepoidvin

Shelley enjoys a challenge, and she mentions that her experience from working in palliative care was an opportunity to gain experience about the importance of understanding death and accompanying the patient

and their family through that difficult journey. In doing so, Shelley has learned that for each person that journey is different and adds that it allows for the health care professional to learn so much about themselves.

Shelley states, "There are many challenges for nurses in today's health system. I have not been in the system for over 13 years; however, I see the challenges that peers have regarding the workload, the overtime and patient to nurse ratio."

The biggest rewards are "the knowledge that I have provided quality care to a person by keeping up with the latest treatments in nursing today and of course when family tells you 'Thank you.'"

Teaching about patient care gives me the opportunity to "pass on information, experiences and values of nursing to ensure this generation provides quality care, looking at the per-

son being treated as a whole person and not as a disease or illness, and taking the time to treat them as they would want to be treated. Recently I had a student tell me a personal experience they had as a patient saying that 'It is true. It is particularly important to pay attention to the patient and concentrate on the patient in front of them.' She was listening in class and understood the importance of giving full attention to the patient."

Things have changed a great deal since Shelley graduated in 1991. Shelley notes, "Technology and medications and treatments have changed

"The human body is amazing, intriguing and complicated. If we could only be like the Magic School Bus and go inside our body's systems, I believe we would all understand our bodies better - making it easier to understand the importance of caring for ourselves and being compliant"

for the better. People are living longer, and illnesses that once were questionable for treatment are now treatable."

Shelley offers this advice to someone considering going into nursing. "Know that it is a tough career but worth it if you are empathetic, enjoy caring for and helping people. You must dedicate yourself to working days, evenings, nights, weekends, birthdays, and holidays. It is not a Monday to Friday, 8-4 job. Get your Bachelor's Degree and then train to be a nurse practitioner. I believe in the future we will have more nurse practitioners to assist doctors and, as well, to practice to the fullest possible level. Nurses have a great responsibility every day caring for patients, evaluating the patient, knowing when to contact the doctors, and when to perform treatments, etc. . There is a variety of places to work today in nursing and the sky's the limit."

Photo courtesy of:
Shelley Lepoidvin

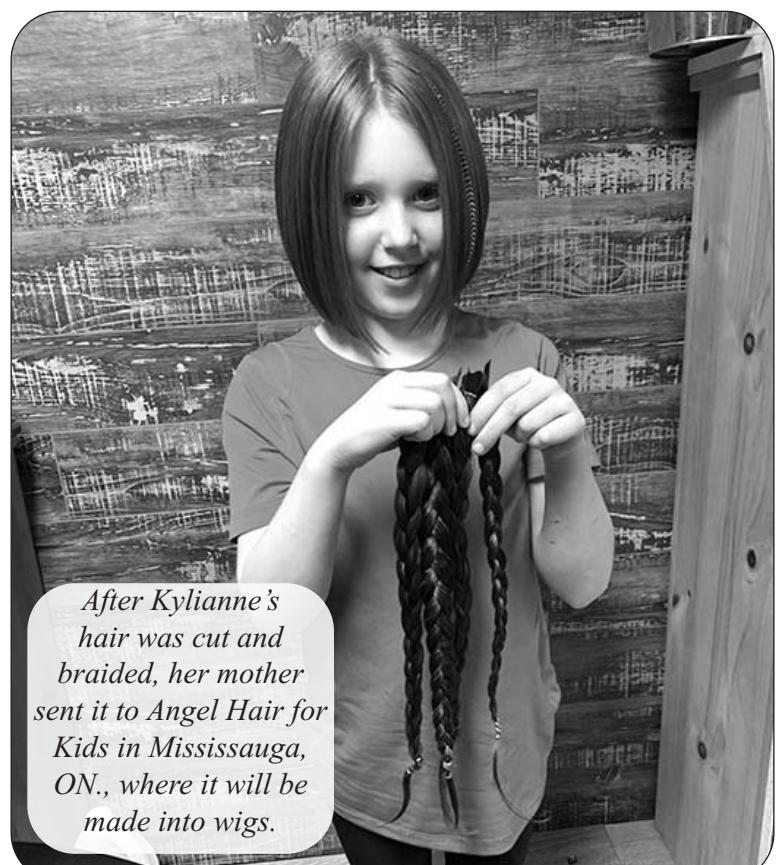
Young girl donates her hair to Angel Hair for Kids

Diane Skinner

NEW CARLISLE: Kyianne Horth, age 8, was planning to get her long, red hair cut about six inches and her mother, Pamela McLellan, thought it over and felt that she did not want the hair to go to waste. Pamela did a bit of research and found some websites where Kyianne could donate her hair and when she learned that Angel Hair for Kids is a Canadian site, she and Kyianne sat down and talked it over. Kyianne agreed right away to donate her hair for children who have lost their hair due to cancer and other autoimmune diseases. Kyianne's dad, Jean-Luc Horth, fully supported his daughter's decision. The donated hair is used to make wigs for these children.

As Pamela read over the information on the Angel Hair for Kids website, she noticed that the minimum length of hair that is required for donation is 12 inches. Though this was more than Kyianne had originally planned to cut, she still happily agreed to this. She had been letting her hair grow since she was a baby, with only occasional trims to keep it healthy and strong. This would be the first time that more than two inches would be cut.

Pamela spoke with her hairdresser, Tracy-Lee Pelletier,



After Kyianne's hair was cut and braided, her mother sent it to Angel Hair for Kids in Mississauga, ON., where it will be made into wigs.

fully dry and then they were placed in a Ziplock bag and sent to Angel Hair-A Child's Voice Foundation located in Mississauga, Ontario. Pamela also sent a financial donation to the organization. Soon, Kyianne will receive a certificate of appreciation from Angel Hair.

Kyianne loves all sports and has been playing hockey since the age of three. She also plays softball and soccer. Her mom adds, "She is a determined little girl. Whatever she puts her mind to, she will try her hardest to conquer it. She also likes to play board games, do crafts, and play with her friends."

Pamela mentions that everyone knows someone who has been touched by cancer or another autoimmune disease. She adds, "We do have people in our family that had cancer and one of my son's friends has an autoimmune disease that caused him to lose his hair. I can't really say that it was the

and told her about the plan to cut 12 inches (or more) of Kyianne's hair. Tracy-Lee had done this for another person when she was a hairstylist in Montreal and when Pamela told Kyianne that there was an opening for an appointment, she was more than ready for the hair cut. In fact, her mom says, "I told Kyianne and she was so excited that she started to scream, laugh and jump around. She was ready to get it cut and feel free of the long hair that was making some mornings unbearable with the brushing and tangles. She was more

ready than mommy was. I was a little nervous as she has never really had short hair so I was scared that she would not like it after it was cut."

Kyianne walked into the salon with a smile and as her hair was washed and braided, she was an incredibly happy and excited little girl. Once the hair was cut Kyianne said it felt "weird" because when she put on her jacket, she tried to take her hair out as she always had to do but there was no hair to take out anymore!

After the cutting was complete, the braids were laid out to

reason we chose Angel Hair, but it played a role in the decision for sure."

Kyianne is a natural redhead whose hair has never been dyed, highlighted or streaked. Pamela always allowed the hair to dry naturally to prevent damage and maintain healthy hair. Kyianne has always been noticed for her beautiful hair. A few people have asked if they could have a bit of Kyianne's hair when she was getting a trim so that they could ask their hairdresser to match the colour!

Pamela states, "Kyianne has red hair and blue eyes which is the rarest colour combination of all for human beings. Around 17% of people have blue eyes and when combined with 1-2% having red hair the odds of having both traits are around 0.17%. As a mom I am so proud of the courage she has and the act she did for a great cause. I love my unique little firecracker so much!"

In Canada, each year, approximately 1,000 children aged 0 to 14 years are diagnosed with cancer, and 110 die from the disease. The most common childhood cancers are leukemia (32%), central nervous system tumours (19%) and lymphomas (11%). Cancer is the second leading cause of death in Canadian children, after accidents. Cancer is diagnosed before the age of 5 at almost twice the rate it is diagnosed between the ages of 5 and 14. The rate of deaths for childhood cancer is decreasing by 2 % each year.

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Announcements



In Memory

ANNETT: Emily (Nee Tuzo)

ANNETT: Francis

In loving memory of a dear mother, mother-in-law and grandmother, who passed away on May 2, 1998 and a dear father, father-in-law and grandfather, who passed away on May 14, 1998.

*A page in the book of memory
Silently turns today.*

*You may not be with us Mum and Dad,
But you are never far away.
You had smiles for everyone
And hearts as good as gold.
No treasure can ever replace you and
Your memory will never grow old.
You did so many things for us,
Your hearts were kind and true
And when we needed someone
We could always count on you.*

*The special years will not return
When we were all together,
But with the love within our hearts
You will be with us forever.
Of all that life has given us
And all that is left to do,
We will never know a greater gift
Than the years we shared with you.*

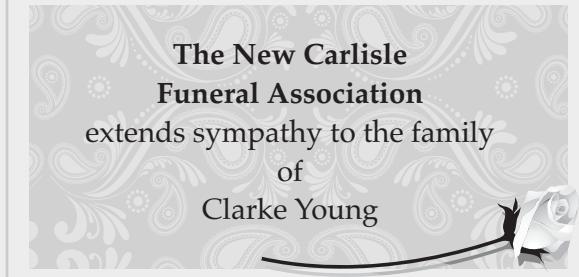
Sadly missed and forever loved by daughter Bonnie, son-in-law Daniel, granddaughter Janna and grandson John.

BOURGAIZE: Nelson

In loving memory of a dear father, grandfather and great-grandfather who passed away April 29, 1985.

*Those we love don't go away,
They walk beside us every day.
Unseen, unheard, but always near
Still loved, still missed and very dear.*

Forever in our hearts and deeply missed by Dolly, Merle, Clayton (Eleanor), Bradford (Shirley) and families.



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COAST ROUND-UP

GASPE:

Gaspé Cancer Foundation AGM

The AGM for the Gaspé Cancer Foundation will be held on **May 22** at the York River Community Centre at 1 p.m. Wine and cheese will be served.

DOUGLASTOWN:

Community Centre Café

May 13: English documentary entitled Grande Chaine, produced by the Douglastown Community Centre. No entrance fee.

May 13: Book launch for Irish Gaspé Coast story by local author Linda Drodry, beginning at 5:30 p.m. Entrance is free.

PORT DANIEL:

Mother's Day Bingo

May 13: Gift bingo at 7 p.m. at the Three Star Golden Age Club in Port Daniel. \$10 for one series and \$20 for three series. Hundreds of dollars in gift card prizes along with many practical gifts. Bring your

dabbers. Canteen available.

NEW CARLISLE:

Heritage New Carlisle

May 14: Telethon for Heritage New Carlisle from 10 a.m. to 3 p.m. at the New Carlisle Town Hall. Life time memberships available for \$25. Payments can be made by cheque, cash or electronic transfers to heritage@globetrotter.net. Drop in for coffee or tea.

NEW CARLISLE:

Royal Canadian Legion Branch #64

June 7: General meeting at 7 p.m. at 1 Mount Sorrel, New Carlisle.

Thursdays: Crib from 6 p.m. to 8 p.m. \$5 per person.

Fridays: Darts at 7 p.m. New members are welcome. \$5 to play. Bar opens at 6 p.m.

Saturdays: Open at 1 p.m. Everyone welcome.

May 7: Mother's Day Lobster supper 5 p.m. Members: \$25, non-members: \$30. Only 50 tickets available for sale. Call Fay 418-752-9158 or Mary 418-752-2845 for

tickets.

May 15: Poker Tournament \$35 registration at 12:30 p.m.

May 21: Dart Tournament \$10 registration at 1 p.m.

May 28: Ladies night with a D.J. \$5 entry

NEW CARLISLE:

Funeral Association

The Annual General Meeting of the New Carlisle Funeral Association will be held on **Thursday, May 12**, at 4 p.m. at the Town Hall. Everyone is welcome.

NEW CARLISLE:

Bible Chapel

Sundays: 9:30 a.m. Breaking of Bread for believers and 2 p.m. Gospel meeting.

Wednesdays: 2 p.m. Ladies' Bible Study.

Thursdays: 6:30 p.m. Prayer Meeting and Bible Study. Everyone welcome, in person and on Zoom. For more information: 418-752-3372 or 418-752-6011.

CASCAPEDIA-ST-JULES:

Book Room

The book room is once again open on **Wednesday**

afternoons from 1 p.m. to

4 p.m. A large selection of books is on hand. For more information, please contact Kathleen at 418-392-4896.

CASCAPEDIA-ST-JULES:

50 Plus Club

Tuesdays: Grocery Bingo every Tuesday night beginning at 7 p.m.

May 6: Jam session, open to all musicians and spectators. Doors open at 7 p.m. with entertainment beginning at 7:30 p.m.

May 8: Mother's Day brunch from 9 a.m. to 12 (noon), \$15 per adult and \$10 for children under 12.

May 28: Spring Bingo at 1 p.m. \$10/3 cards and \$1 for each additional card.

June 19: Father's Day Brunch from 9 a.m. to 12 (noon), \$15 per adult and \$10 for children under 12.

CASCAPEDIA-ST-JULES:

Interested in

meditation?

Two experienced practitioners, Ann Kelly and Cynthia Dow, invite you to explore:

Mindful walking: Saturday, May 7, Hope Town

Trail (near Hope Town Park) at 10 a.m. It is important to register so we can follow COVID regulations. For more information and to register: cynthiadow@me.com.

ROTARY CLUB WINNERS:

The winners for the week of April 24 are: Dawn-Marie Bujold, Marik Cormier, Cindy McBrearty, Gilles Savard, Claudine Boudreau, Alain Boudreau and Gaétan Loubert.

UNITED CHURCH

NEW RICHMOND

Sunday, May 8

10 a.m. Service

UNITED CHURCH

HOPE TOWN

Sunday, May 8

2 p.m. Service

ANGLICAN CHURCH OF CANADA

Sunday, May 8

NEW CARLISLE

11 a.m. Holy Eucharist

PORT DANIEL

9 a.m. Holy Eucharist

Is your organization a frequent user of the Coast Round-Up section of Spec? For a flat rate of \$60, we will publish all your Coast Round-up announcements for one year.

All you have to do is call 418-752-5400 or email holly.smith@globetrotter.net without having the hassle of making individual payments each time! Keep in mind, Coast Round-ups are \$5 per week, making this plan an even more profitable deal!

ANNOUNCE ALL YOUR UPCOMING EVENTS!
\$60 per year Coast Round-Up Plan

On the lighter side...



SHIGAWAKE

Some call it heaven on earth
The Mi'kmaq, "The Land of the Rising Sun"
A place to live, work and play
Wonderful sunsets when day is done.

Waves crash into a mix of rock and sandy beaches
Red cliffs fall into the ocean here
Lobsters seek homes in their coastal waters
Many shades of seaweed always quite near.

The cries and calls of gulls, a constant din
Their nests scattered among lofty rocks
Seaside flowers cling to small earthen patches
And eyes are drawn to a single blue phlox.

Fertile fields reach to ocean bank edges
Aged cedar fences crafted by hand
Beef cattle have replaced most dairy Holsteins
While a few sheep feed on pastureland.

Tractors are seen most mornings
Moving slowly, hauling equipment behind
There is daily work needed to be done
Fields to plow, seed to sow, hay to bind.

Crystal clear brooks so lovely here
Native brook trout swim, frolic about
Ice cold water winds its way south
While waterfalls crash down and really stand out.

Eyes and ears are drawn to birds in the field
Warblers and Bobolinks offer color and song
We pause to listen to their lovely melody
Delightfully shared, all the day long.

Off in the distance, yet ever so present
Shaded green mountains always in sight
Tamarack, Fir, Birch and Spruce
Fill the landscape with massive might.

Farmhouses painted in white with bright colored roofs
Welcome those passing to visit awhile
Friendships encouraged and always desired
Cheerful folk with plenty a smile.

So sing out Gaspesians to the Bay de Chaleur
And join the spirits that often call back
Those that have visited or natives from past
Sometimes seen leaving.... yet always come back.

*John A. Affleck - March 18, 2013
(son of Mary Hayes, born and
raised on the Gaspé Coast)*

HOROSCOPES

ARIES – Mar 21/Apr 20
A strong urge to be alone arises this week, Aries. If this happens, turn off your phone and put a message that you're not to be disturbed until you're ready for some company.

TAURUS – Apr 21/May 21
Yours may turn into the party house this week when a lot of uninvited visitors show up and expect to socialize. It's a good thing you have energy to spare right now, Taurus.

GEMINI – May 22/Jun 21
Errands are not going to complete

themselves, Gemini. Schedule time this week to get all of your ducks in a row. You have obligations to your family and friends.

CANCER – Jun 22/Jul 22

You intend to use the extra energy that seems to have been building in you for some time, Cancer. An impromptu sports match or a trip to the gym can burn off energy.

LEO – Jul 23/Aug 23

This week you could receive word of an exciting challenge at work, Leo. If you have been putting in for a promotion or job change, this could be what you've waited for.

VIRGO – Aug 24/Sept 22

Keep in mind that you shouldn't mix money and friendship, Virgo. If a close friend wants you to

Great Ideas for old

WINDOWS & DOORS

MEDITATION WORD SEARCH

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

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

WORDS

ASANA
ATTENTION
AWARENESS
BALANCE
BREATH
CATCHES
CHAKRAS
CHANTING
COGNITIVE
COMFORT
DEVELOPMENT
ELEMENTS
ENERGY
HEALING
HINDU
HYPNOSIS
IMAGERY
JAPA
MANTRA
MEDITATION
MENTAL
MINDFULNESS
NIRVANA
SACRED
SENSORY
SESSION
SPIRITUAL
STRESS
TRAINING
TRUST
YOGA
ZEN

work for him or her, remember the importance of this separation.

LIBRA – Sept 23/Oct 2

Spring cleaning is in the air, and this week you are ready to tackle your home top to bottom. Why not ask for some help from the kids or your spouse to work more quickly?

SCORPIO – Oct 24/Nov 22

Frustrations may be high this week. Scorpio. Despite your desire to socialize, you can't seem to get out of the house. Responsibilities at home won't change for some time.

SAGITTARIUS – Nov 23/Dec 21

Keep in mind it can take a few days for you to recover from a night of revelry, Sagittarius. Avoid overdoing it on weeknights or you may pay the price at work in the

morning.

CAPRICORN – Dec 22/Jan 20

There is a lot of work to get done around the house, Capricorn. A lack of funding has you in a holding pattern. Examine your budget to see if there's wiggle room.

AQUARIUS – Jan 21/Feb 18

Aquarius, if you find yourself in a poor mood this week, try not to take it out on others. Simply ask for some alone time until you can work out your feelings for the better.

PISCES – Feb 19/Mar 20

Exercise tact and diplomacy when someone asks for your honest opinion about their performance at work, Pisces. You'll get your point across.

FAMOUS BIRTHDAYS

MAY 1

Jamie Dornan, Actor (40)

MAY 2

David Beckham, Athlete (47)

MAY 3

Eric Church, Singer (45)

MAY 4

Will Arnett, Actor (52)

MAY 5

Henry Cavill, Actor (39)

MAY 6

Bob Seger, Singer (77)

MAY 7

Tommy Fury, Boxer (23)



Photo: D. Skinner

Gift ideas for Mother's Day

Diane Skinner

On Mother's Day, May 8, you may choose to give your mom a gift, unless having you as a child is an adequate reward!

Many of us in our younger years, bought gifts for our moms that may have not been the perfect choice, but she would never act disappointed! A huge bottle of inexpensive perfume, a giant brooch of glittery stones, chocolates that we hoped she would share with us (She always did!), a stone or a feather found outside on the grass – all of these were received with a smile and a hug. We knew that our moms just loved our gifts!

I received a particularly cherished necklace made from Shreddies with sequins glued onto them that I keep in a small box. Simply gorgeous – though I cannot wear it for fear of it getting broken.

Here are a few ideas for gifts for mom on Mother's Day – but if you feel inspired you could make her a Shredie necklace and don't forget the sequins!

- Flowers / A plant**
 - Gift card for gas or grocery store (groceries and gas are expensive!)**
 - Gift card for books or online shopping**
 - Fuzzy slippers**
 - Gardening tools**
 - Seed packets, including wildflower seeds to attract butterflies and bees**
 - Take her out for breakfast, lunch or supper**
 - Make her a favourite dessert**
 - New beach towel or tote bag**
 - Beach shoes**
 - Fitbit for tracking how many steps taken daily**
 - Fancy bubble bath**
 - Yoga mat**
 - Wine**
 - Indoor hydroponic garden**
 - Magazine or SPEC subscription**
 - Pure silk pillowcase**
 - Fruit Infuser water bottle**
 - Gift card for hair, manicure, pedicure**
 - Binoculars for bird-watching**
 - Rain jacket**
 - Hiking boots**
 - Walking stick**
- (This year, don't get your mother a new bird feeder because of the avian flu.)



The month of May brings much joy, as it is filled with warmer temperatures. May is also special because Mother's Day is celebrated during the month of May.

On May 8, when Mother's Day is celebrated this year, many mothers will be reminiscing about the times they held their children in their arms, which was such a gift of love.

Since that unconditional love never faded from our hearts as we grew older, it's the perfect time to acknowledge our Mother of yesterday and today: the never ending contributions she gave with strength, determination, and work ethic every day.

*Roses are Red, Violets are blue
There is no one dearer than our Mom.*

Her voice was special when she gave advice. Her patience and her strife of helping a neighbour filled her dreams and that is why each mom was special. Today, her everlasting bed of roses is filled with comfort, strength, and warmth that will blossom forever in our hearts.

*Love you, Mom, from all of us.
Ken Ross,
New Carlisle, Quebec*



Grade 5 students take part in videography project

Dave Felker, Community Correspondent

NEW CARLISLE: - "Students from Ms. Budd's grade 5 class at New Carlisle High School are busily acting out scenes from their version of *In Our Own Words*. The activity is part of a Family Ties videography project, funded by Canadian Heritage, which tells community resilience stories in the face of a pandemic, from different points of view."

While learning skills on how to create films, the grade 5 students created two short movies that depict the impact that COVID had on them. These films will be part of a larger production to be premiered in June."

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