

## Federal Liberal MPs from Quebec meet in Gaspé and Percé

**Nelson Sergerie**  
GASPÉ – Inflation is one of the concerns of Federal Liberal Members of Parliament from Quebec who held three days of meetings on the Côte-de-Gaspé and in Rocher-Percé on August 30, 31, and September 1 to prepare for the return to parliament.

The MP for Outremont in the Commons, Rachel Bendayan, hears the concerns of Quebecers who she says see their grocery bills increase and notes the uncertainty on the international scene.

The elected official ensures that her government will have a plan as it responded during the COVID-19 pandemic. “We will put in the same energy. We have a plan that contains concrete measures to

make life more affordable. It is important. We have to give Quebecers and Canadians confidence that we are here and we are ready,” explains Ms. Bendayan.

The group visited businesses such as the LM Wind Power plant in Gaspé, and Nergica, and met with elected officials including Percé mayor, Cathy Poirier, who spoke in particular about housing. Seven MPs also attended the annual fisheries sector conference on September 1 in Rivière-au-Renard.

Deputy Minister Diane Lebouthillier, who was happy to greet the caucus in the Gaspé Peninsula, notes that some fisheries in the sector are struggling.

“We want to look at it with the people in the community



Federal Liberal Quebec Caucus Chair, Rachel Bendayan and Quebec MPs behind her.

Photo: N. Sergerie

in a global way to find solutions in order to project ourselves into the future,” explains the MP for the Gaspé Peninsula and Magdalen Islands

The opportunity was too good for her to resist once again criticizing the words of Bloc leader Yves-François Blanchet, who spoke of squid fishing in order to allow

pelagic fishermen to be able to generate income.

“I met with fishing associations from the Magdalen

Cont'd on page 16

## Wejgwapniag Orientation Day

### Student Ambassadors

GESGAPEGIAG: - Wejgwapniag staff welcomed back students on August 29 with an orientation day. Activities began at 9 a.m. and carried on throughout the day until 2 p.m. Students were welcomed into their classrooms and unpacked their supplies. Then they all went outside for some fun.

Activities consisted of a bean bag toss, bouncy house, mini putt, a shooting gallery, face painting and archery. Popcorn and hot dogs were provided for lunch.

Grade 5-6 interviewed staff and students about what they liked best about our school and here are some of the responses:

*We learn three languages in a fun environment.*

*We learn about our culture.*

*We get to eat a good breakfast, snacks and have a hot lunch every day*

*We learn new things every day.*

*The teachers are nice.*

*There is good energy.*

*It is a happy place.*

Our welcome back to school was a huge success and we are looking forward to reporting on our next activity day.

*Welalin, thank you, merci, The Wejgwapniag Reporters Carter, Anabelle, Nevaeh and Maddie*



# Provincial election

# October 3, 2022

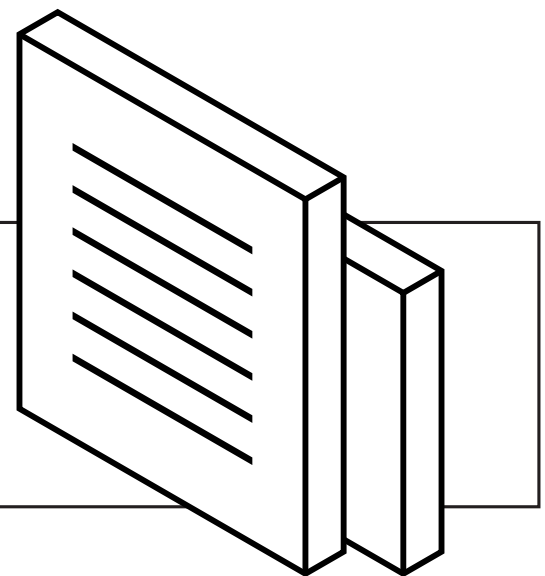
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- Bring one or more pieces of identification that together show your **name**, **date of birth** and **address**.
- On September 23, 24, 27, 28 and 29, you can vote at the same time.\*

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**Don't wait until October 3 to register on the list, it will be too late!**



**On September 25 and 26, from 9:30 a.m. to 8 p.m.**

**On October 3, from 9:30 a.m. to 8 p.m.**

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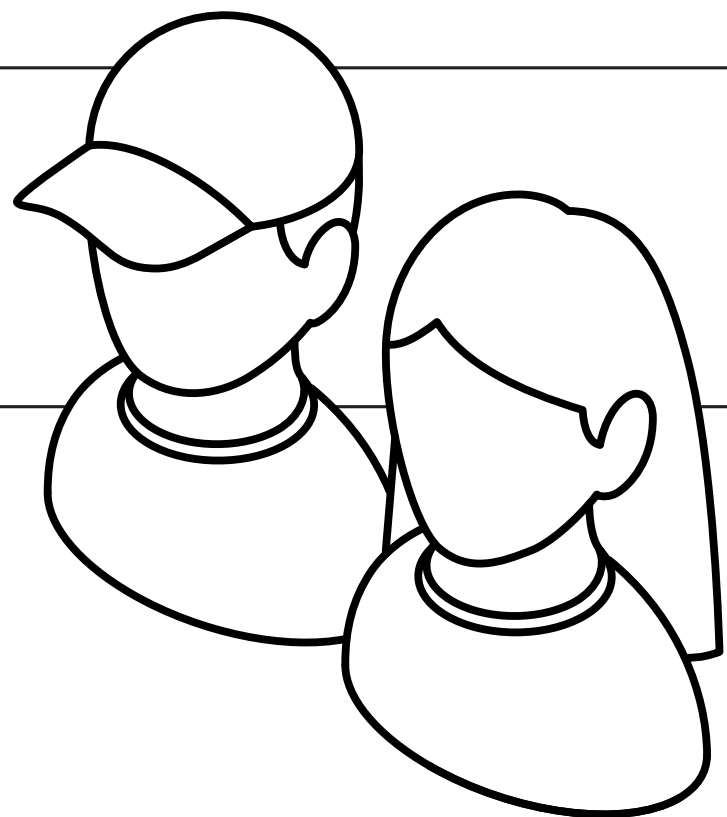
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## Experience democracy as a family!

Do you have young children? Introduce them to democracy by accompanying them to the small polling stations. Set up in each polling place, the small polling stations allow children to answer a question specially created for them. Discover this question at [www.elections.quebec/smallpolling](http://www.elections.quebec/smallpolling).



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\*All advance polling places are accessible as well as most of the places where you can vote on October 3. To learn more about the accessibility criteria for each place, visit [www.elections.quebec/where-when](http://www.elections.quebec/where-when). If your voting place does not meet your needs, contact your returning officer to request permission to vote at another place in your electoral division.

**On October 3, let's reverse the trend.  
Let's all vote.**

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# Fishing and the electoral map are the focus of the Bloc Québécois

Nelson **Sergerie**

PERCÉ - During the August 22 to 26 tour of the Gaspé Peninsula by Bloc Québécois leader Yves-François Blanchet, fisheries, particularly the pelagic fishery, was a main point of concern.

On August 24, Yves-François Blanchet held a press briefing in Newport to criticize Ottawa's inaction as herring fishing quotas have fallen by nearly 50% in three years and the fall fishery has also experienced a significant decrease.

"Things have moved a bit. I know there are phone calls being made. I know it's not exclusively because of that, but because we are talking about pelagic fishing and bringing it to other forums, people have understood that something will have to happen," states the Bloc Québécois leader.

Mr. Blanchet believes



Photo: N. Sergerie

*Yves-François Blanchet ended his tour in Percé on August 26.*

that we cannot deprive a region of its economic development, regardless of the region.

"You can't just abandon an important economic sector and say it's okay. Work out your problems. It is not easy, the reality of these people. It's not just for fish-

ermen. It's for all workers for all sectors. The importance we attach to the regions and the regional economy must always be supported, not just during an election period," says the elected official.

In addition to the fishing file, Mr. Blanchet also dis-

cussed the electoral map issue. "I remain quite struck that a region is going to lose one in four counties and that the Prime Minister came here and did not say a word about it. Does it bother him that Gaspé loses a county? Quebec has regions, including the Gaspésie, but for Ottawa, Quebec is just one region. It doesn't make sense," criticizes the Bloc leader.

The riding of Avignon-La Mitis-Matane-Matapédia could disappear and be redistributed to the ridings of Rimouski and Gaspésie.

In an interview, Mr. Blanchet mentions that he intends to help the Parti Québécois in the Quebec election campaign. "The weight of the National Assembly vis-à-vis Ottawa will go through the election of PQ members and it is here that there will be the most of them," underlines the leader.

## Seniors

In 2019, the Bloc demanded an increase of \$110 per month for the federal pension plan, denouncing in passing the inequity made by Ottawa for seniors aged between 65 and 74 years old.

"We didn't do the job. The federal government has never agreed to look at it," says the elected official.

"The basic principle of the pension scheme is that at 65 you have worked all your life. You are entitled to your pension. But here, we say to the 65 to 75 year olds, you won't have it all, whereas at present, not only must the pension be increased, but the incentives must be increased so that they have an interest in staying in the labour market," explains the Bloc leader.

According to him, there is no reflection on the place of seniors in our society and it must take place, he says.

# \$4.3 million to erase the traces of the old Route 132 in Forillon Park

Nelson **Sergerie**

GASPÉ - Forillon Park will allocate \$4.3 million to restore an old section of Route 132 in the Beaver Pond sector, near the Welcome Pavilion and the Discovery Centre of the northern sector, in Cap-des-Rosiers.

Funded through the Parks Canada Conservation and Restoration Program, this project aims to restore the ecological connectivity of the forest and waterways located near the old road.

The work consists in particular of removing the asphalt, the guardrails and reforesting the right-of-way over 5.5 kilometres of the old road. Waterways and soil will also be redeveloped and restored to facilitate, among other things, the movement of animals and the dispersal of flora.

Some 15,000 native trees will also be planted as part of this project to restore ecological connectivity, clean the air, combat climate change and



Photo: Courtesy of Forillon Park

*The old section of Route 132 in Forillon will be renaturalized.*

protect biodiversity.

Three portions of trails of various types will be developed in harmony with nature and will create a most interesting circuit that will lead to several points of interest: the Reception and Discovery Centre, the Beaver Ponds sector, the Ruisseau de Cap-des-

Rosiers and the La Chute trail.

"It's a conservation, restoration and enhancement project," notes the manager of resource conservation at Forillon Park, Mathieu Côté.

"We are going to reconnect six rivers. We are going to redevelop the soil and plant 15,000 trees. It's a bit like re-

moving the scar of the old road," adds the manager.

The tree species used will be those already present in the old road layout.

"In our case, we are also going to use species that will be less favourable to grazing for animals to give ourselves a better chance for the refor-

estation to work," says Mr. Côté.

The difference will be noticed a few years after the work, but before having a mature forest, it may take a few decades.

At the end of the project, Parks Canada will have restored 133,000 square metres of surface area and will have connected six streams, whose banks will have been rehabilitated, facilitating the passage of fish and amphibians.

"It is a very rich sector for its biodiversity. The beaver creates habitats and that attracts a whole range of biodiversity and that is what we will be highlighting in the coming years," says Mr. Côté.

This project is consistent with projects previously carried out in the north sector of the park, such as the major repair of Route 132, the restoration of the Cap-Des-Rosiers beach and the transformation of the Interpretation Centre into a Welcome and Discovery Centre.

# How to Find Comfort in Bereavement

Constance Brochet

Grief is so intensely personal, so individual, how can anyone speak about it in a way that might be useful or helpful? It seems utterly presumptuous to even make the attempt, for what can anyone know of someone else's heart and its pain? Yet we share a common humanity entailing life and death experiences, experiences of loss and grief eventually shared by all. Perhaps we should speak about it, despite its difficulty and inherent pain. Perhaps we need to. We all struggle with loss and grief, but feel that we struggle alone. It's not so. In the end, each of us must make what peace we can with both living and dying, but no one is alone in this, we all face the same challenges.

Bereft--such a lonely word. Here we are in the middle of a relationship, and whatever its conflicted or complicated nature, it's an important one. Suddenly, the other is gone, the relationship shattered, and we're left holding our part, but what to do with it now? Words have gone unspoken, actions undone--there's no closure, how can there be? Even if we got to say goodbye, it wasn't what we wanted, it would never have been . . .

What can we do? We can honour our loved one and ourselves by expressing what we need to, our part of the relationship. There's nothing to prevent us from expressing the love that's in our hearts, or even some difficulty we might've had with the other that remained unresolved-- whatever has left us feeling unmoored, disappointed, angry, or sad. (In the latter case, it's important to acknowledge the positive parts of the relationship as well--what we might've wished for: love, forgiveness, and gratitude.) We realize that the other is gone and not coming back, but why shouldn't we talk to them, write them letters, relive a tender moment of connection, if it heals our hearts of grief? This type of connection can ease the pain of our loss until we feel ready to let go and say good-bye.

Bereavement requires lots of kindness and compassion--not for the dead, but for the living. When we are the grieving one, there's nothing wrong with extending that kindness to ourselves. The kindest thing we can do is give ourselves permission to heal from our grief. We must want to stop hurting and be willing to do whatever is necessary for that to happen. It might mean finding new ways of thinking about it all, about life, death, and time.

Loss is so painful that it can obliterate good memories of a life. Instead, we relive wrenching or terrifying final moments, moments lost in time and gone forever, moments our loved one experienced once and is free of. Death is a stage passed through, and it's over. The suffering is ours, a painful revisiting that we need to let go of, perhaps by recollecting earlier, happier times from the past.

Anniversary grief is so common--who has not felt it? The date that sticks in our minds and tortures us as if whatever horrible thing that happened on that day is going to be repeated. Here's one way of thinking about this painful reaction: Recall a wonderful day. No matter how lovely it was, it won't come again, it's gone. Bad days are the same--they come and they go. A calendar is just a way of tracking time--a human invention. The same time of year comes round again, but no day, no moment, is ever repeated. For good or ill, it's gone.

The ultimate answers to questions of life and death remain a mystery. We don't know, it may be that we'll never know. All we can do is discard what is patently nonsense and entertain possibilities that may or may not be true. Not knowing isn't necessar-

ily a bad thing, doubt can be a refuge--it keeps possibilities open.

Death is change and transformation--that's all we know for sure about it. Change scares us, particularly when we don't know the nature of that change. Out of our fright, we imagine and assume the worst. But what if we're wrong in our assumptions, and death is not the enemy we imagine? In a very real sense, the cause of death is life itself--to live is to die, for all life dies. Bodies suffer horrific injuries and incurable diseases, they age and simply wear out--death becomes the antidote, the cure, when there is no other. It's our final escape. In extreme old age, people sometimes feel ready to go--both ready and fearless in the face of a death that earlier in life they would've feared and fought, but have now made their peace with. The years teach us many things, the most poignant being that of loss, and even the ultimate loss of our own lives can be accepted with a degree of equanimity.

It's hard for us to imagine our own deaths, hard for us to imagine not being here, until we remember that we were born. Prior to that, we were a fetus, before that an egg, and further back, a few molecules or atoms . . . Then we lived, but we don't recall our previous state of non-being. Perhaps death is the same, and when it happens again, we won't recall non-being then, either. Death might be a non-event--a simple moment in time, characterized by 'Here' and 'Not-here'. In the end, what ultimately matters isn't that we died, but that we lived.

And we lived in time. One theory about time is that it's not linear--it doesn't exist in the way we think it does, as before, now, and later in sequence (or, if you prefer, past, present, and future). Instead, time might be conceived of as a collection of still lifes, a series of everpresent nows. In this view of time, our lives are written on the cosmos, written in time by the dates of our birth and death. Whether or not this theory of time is true, the fact remains that we live and we die, but for good or ill, we will always have been here. Nothing can change that--neither for us, nor for our loved ones.

In our most intimate and loving relationships, each fears losing the other. When death comes, and we are the one left behind, we carry the burden of loss, and the other is spared this grief. A small consolation perhaps, but a consolation nonetheless.

At the tender age of nineteen, Victorian poet Christina Rossellini (1830-1894), wrote a sonnet about death. The poem is titled, Remember, and it's written from the point of view of the deceased. At first, Rossellini begs her loved ones to remember

her, but she quickly reassures them that should they forget her for a while, they need feel no guilt. The poem ends with the following loving lines:

Better by far that you should forget and smile  
Than that you should remember and be sad.

These lines capture how many of us would feel about dying and leaving loved ones behind.

We all want to be remembered--but not for our deaths. We want to be remembered for our lives, for the wise or funny things that we said or did, for whom or what we loved and championed, for the imprint we made on the Earth and in the lives of others and, equally, if not more important, we want our loved ones to be happy.

In the face of eons, a human lifespan is short, a precious span of time in which to live and become aware of the great and limited nature of being alive, to finally let go of our demands, and simply be grateful for this tremendous gift. In this larger context, it's sad when we lose our ability to enjoy life and spend our precious and limited time grieving--unless that is how we put away our grief and move on.

Grief can lay us low, even incapacitate us, until we recover. Perhaps we need this time to feel and honour our feelings, to give over to mourning until the emotional storm passes, and we're able to move on. The slow and painful realization dawns that what happened can't be changed no matter how much we might wish it. Our despair, our raging, even our numbness, has been a protest but, sooner or later, we must face the truth. There's nothing to be done for the other. We can only help ourselves now. It's time to let go, to honourably surrender our fight against the universe. We accept what we must with a new respect for the limited span of a human life. Perhaps we vow to live our own lives to the fullest. Our hearts have been broken open, and it's with a bittersweet taste on our tongues that we acknowledge the new peace that's upon us: our loved one we'll carry with us always--they've become part of us now.

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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

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# Fishing sector generates spinoffs of \$800M in the Gaspé Peninsula and Magdalen Islands

Nelson **Sergerie**

GRANDE-RIVIÈRE - The Gaspé Peninsula and Magdalen Islands get a large share of the \$1 billion in economic spinoffs from the fishing sector.

A study conducted by the firm Raymond Chabot Grant Thornton, commissioned by the Grande-Rivière Economic Development Corporation, estimates that about \$800 million goes to the region, including \$329 million for just the Rocher-Percé MRC alone.

The document had been commissioned on the sidelines of the debate on the creation of a Grande-Rivière wintering area, the towpath and the

gantry crane.

“To justify these investments, given that there is no program at the federal or provincial levels, we were asked to have a study of the economic spinoffs of the fisheries sector,” mentions Mayor Gino Cyr who indicates that the request was made by Ottawa.

“What was asked of us was to have tools to justify budgets or programs to be able to support the infrastructures and the advancement of the fishing industry,” adds the mayor who mentions that Ottawa and Quebec already have the document in their hands.

“This study will make it possible to justify the need for

investments in port infrastructure such as the Grande-Rivière boat winter park,” proclaims the elected official who has taken this entire file under his wing.

“This is the tool that Ms. Lebouthillier (Diane, federal Minister for the Gaspé Peninsula and Magdalen Islands) will be able to use, to discuss with her colleagues the possibility, of eventually in the next budget, having funding. It's not fair to Grande-Rivière. It's as much for Newport, Fox River as for the Magdalen Islands,” believes the elected official who insists on the \$800 million in spinoffs only for the federal riding of Gaspésie-Les Îles-de-Madeleine.



The Mayor of Grande-Rivière, Gino Cyr

Photo: N. Sergerie

## CAQ confirms the candidacy of Stéphane Sainte-Croix in Gaspé

Nelson **Sergerie**

PERCÉ - The candidacy of Stéphane Sainte-Croix for the Coalition avenir Québec in the riding of Gaspé was confirmed on August 26 in a press briefing in Percé.

Mr. Sainte-Croix has been working in tourism and culture for 25 years, leading Escale Gaspésie since 2008 and Destination Gaspé since 2018.

“25 years of regional development behind the tie and I've been thinking about it for a while. The time has come. I'm ready,” says the candidate who justifies his choice of the CAQ.

“I think that the CAQ has demonstrated over the past four years its real desire for support in the regions. This is what motivates me,” adds Mr. Sainte-Croix, who intends to explore the issues of education, health, access to housing and transportation to which the candidate will pay particular attention.

“I think that bringing a strong voice to the caucus and my knowledge of the realities cannot harm decision making and my job will be to influence the government to move in this direction and to invest massively to update our infrastructure,” says the candidate.

Having long deplored the lack of a train to the tip of the Gaspé, especially for cruise tourism, Mr. Sainte-Croix sees more than this means of transport in regional development.

“It's a segment of transport



Photo: N. Sergerie

Stéphane Sainte-Croix was presented by Minister André Lamontagne

infrastructure that is very important but, as I told you, whether at the road level, the rail level, the sea level or the air level, all access to the region is essential and I will make every effort,” says the man who said he was satisfied with the four-year mandate of the CAQ which is coming to an end.

“I just look at the efforts made for port infrastructure. This is something that should be emphasized. Also the air services which are concrete achievements,” he comments.

André Lamontagne, Minister of Agriculture, Fisheries and Food spoke on the candidates behalf with enthusiasm, as he introduced Stéphane Sainte-Croix to the Gaspesian CAQ supporters.

“We found an extraordinary

person to accompany us and represent us for the election. He is truly someone who has Gaspésie tattooed on his heart,” said the Minister, referring to his “impressive” journey in the development of his community.

In recent months, several people had refused the Coalition avenir Québec's invitation to wear its colours. Among them, businesswoman Claudine Roy, former Liberal candidate Alexandre Boulay, former PQ Minister Gaétan Lelièvre, former president of the Southern Gaspésie Association of Professional Fishermen, Joël Berthelot and the mayor of Gaspé, Daniel Côté.

Only the Liberals still did not have a candidate in Gaspé as SPEC was reaching its deadline.

## Caplan has found a new director general

Nelson **Sergerie**

CAPLAN - The Commission municipale du Québec (CMQ) is satisfied to see that Caplan has finally found a director general for the municipality.

On June 1, the CMQ produced a report which concluded that the elected officials had failed to meet the requirements of the Municipal Code and had not been diligent in filling the position of director general within a reasonable time. The position had been vacant for over a year.

The mayor, Lise Castilloux, confirms in an email that Jean-Pierre Therrien has been hired for the position and will start work on September 6.

“We are very pleased with his taking office as well as with the decision of the CMQ to put an end to the actions. Although the CMQ told me not to blame the Municipality of Caplan but to issue recommendations, this conclusion puts an end to the various threats,” says the elected official.

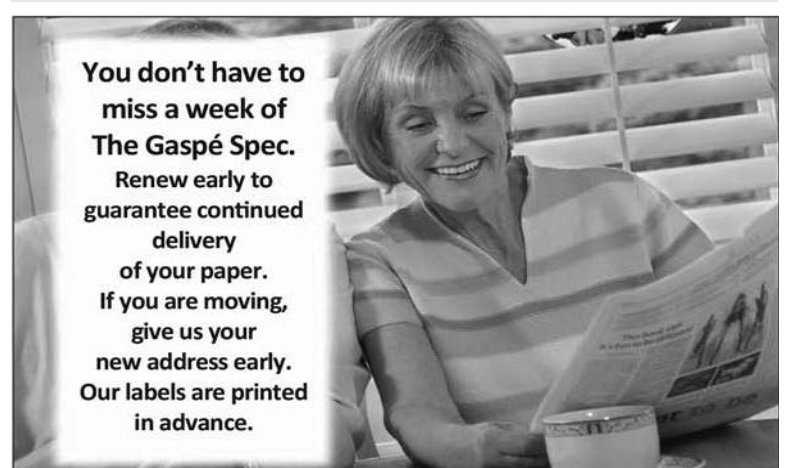
The CMQ indicated in June that the mayor had exceeded her responsibilities by carrying out tasks that were the responsibility of the municipal administration, in particular the general management.

In addition, the organization noted that the municipality had voted for additional remuneration for the mayor in connection with the increase in the tasks performed.

The commission had given the town until August 1 to follow up on the recommendations, including appointing an interim director general and ending the administrative tasks performed by the mayor.

During the verification, the commission noted that the mayor had not been permanently present at the municipal office since June and no longer received her special remuneration.

“The Municipality of Caplan has taken certain measures which, if they do not respect the recommendations of the commission's report, make it possible to achieve the most important objectives. No further action is required in this case,” concludes CMQ vice president Denis Michaud.



# Housing developers want incentives

Nelson **Sergerie**

CARLETON-SUR-MER - The Regroupement of Gaspé Peninsula MRCs has received 107 applications so far, as part of its program to stimulate the construction of apartment buildings in the region.

"The response is very good. The requests are currently being analyzed by the Ministry of Municipal Affairs and some have been accepted. This is a sign that there is an interest from developers for the construction," says President Mathieu Lapointe.

Of the 107 being analyzed, 50 are in Côte-de-Gaspé, 24 requests were received from each Haute-Gaspésie and Rocher-Percé,



*Incentive to promote housing construction is a success.*

Photo: N. Sergerie

six from Avignon and three from Bonaventure.

"In the MRCs of Avignon and Bonaventure, we are in

talks with promoters and we know that soon there will be projects for around twenty housing units per MRC,"

notes Mr. Lapointe.

Each MRC has \$400,000 to build a maximum of 40 apartments with support of \$5,000 per unit up to a maximum of \$100,000 and the Regroupement has an overall envelope of \$2 million for the region.

"We think we will use the entire envelope, but we do not know when it will be emptied. For the moment, it is first come, first served, up to a maximum of 40 dwellings per MRC," says Carleton-sur-mer Mayor Mathieu Lapointe.

About fifteen municipalities added various measures to improve the incentives, including Gaspé, New Richmond, Carleton-sur-Mer, Grande-Rivière and

Bonaventure. In some cases, the total can reach \$25,000 in assistance per unit built.

In the spring of 2021, a CIRADD study discovered four findings: 13.2% of tenants are forced to leave their accommodation for the summer period; 46.67% of respondents found their accommodation through word of mouth; the vacancy rate is 0% in four of the five municipalities with 2,500 to 10,000 inhabitants; the cost per unit of a new construction in the Gaspé Peninsula would be \$20,000 to \$25,000 higher than elsewhere in Quebec.

The labour shortage and the amortization of investments are issues that affect construction.

# Former MNA François Gendron in New Carlisle to mark René Lévesque's 100th birthday

Nelson **Sergerie**

GASPÉ - François Gendron, who happens to hold the record for longevity in the Quebec National Assembly, was in New Carlisle on August 27 to take part in the celebration of René Lévesque's 100th birthday.

Mr. Gendron had a ringside seat in 1976 when the Parti Québécois first took power.

When asked to talk about René Lévesque, he says straight out that he has nothing more to say than what has been written in the books. "There is nothing that has not been said about this extraordinary man but I can colour it with my perception," says Mr. Gendron.

He remembers the call he received from René Lévesque in September, 1979, asking him to become Minister of Public Service: "...Mr. Gendron, I want to appoint you Minister of Public Service." "Mr. Lévesque, I would like to talk about this a bit," Mr. Gendron replied. "I don't have time. You know the trade union discourse, whiners. You know that. You do trade



*François Gendron (in the centre) in discussion with people in Gaspé on August 26.*

Photo: N. Sergerie

unionism. I trust you. It's done!" Mr. Lévesque answered.

The former Member of the National Assembly for Abitibi-Ouest maintains that, at the time, people were in politics for good reasons and to change things. "Politics, at that time, was noble, dignified, sincere," mentions Mr. Gendron, recalling that assessment of the social emergencies that were at the time the environment, education, agriculture, the protection of

the Consumer, Automobile Insurance Act, Act respecting the protection of agricultural land and the Act respecting the financing of political parties.

"Eight out of eight on the major missions of the government. Do you find deals like this today? Nope!" maintains the ex-politician who notes that it is not necessarily bad to be out of bipartisanship.

"What is bad is that today there is too much populism. For me, a head of state who

only has the ambition to say: I'm moving forward, I'm going backwards, I should have done it like that.' The people like it, but that's not how you build a society," says Mr. Gendron bluntly.

He says that 67% of Quebecers mention that René Lévesque is the politician who has most marked the history of Quebec and Quebec society. His first contact with René Lévesque was at the Voyageur bus terminus in Montreal, where there are all kinds of

people.

"Mr. Lévesque went there to have contact with the people. You cannot be premier in active politics without accompanying your people," declared Mr. Gendron.

If he were premier, we would have to protect the French language, urgently deal with climate change, and regionalize immigration.

"But for that, the state must be adult, mature, responsible and that means having all of its responsibilities," he said, referring to the principle of independence.

Mr. Gendron believes that it is the fault of the media if the Parti Québécois is not recognized at its fair value. According to him, the sovereigntist party remains a group of stars.

"That's the reality. Who had the best team in the National Assembly even if they were only eight? The parliamentarians have established five merits: three out of five in the smallest team. It is the PQ who has had it," concludes the man who always speaks with vigor and passion about politics.

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# RAIL: other calls for tenders to come this fall

Nelson **Sergerie**

**GASPÉ** – The Ministère des Transports plans to launch six new calls for tenders by the end of the year to ensure that rail rehabilitation on section 2 between Caplan and Port-Daniel-Gascons is completed by 2024, as promised.

This is what the ministry indicated when it has just launched a call for tenders for construction work aimed at moving a portion of the railway line in Port-Daniel-Gascons due to the erosion observed in this sector.

The ministry favoured this solution in order to facilitate the execution of the work and future maintenance while not having to intervene in the marine environment. This work should begin by the end of the fall.

Among the six calls for tenders to come, the ministry must resume the call for ten-



Photo: N. Sergerie

*Other rail calls for tenders will be launched this fall, according to the Ministry of Transport.*

ders to replace the culvert of the Castilloux Stream in Port-Daniel-Gascons. A first proposal had been requested on April 6, but a new call is necessary, indicates the ministry.

Tenders will be requested to widen the tunnel at Port-

Daniel-Gascons, to replace 13 culverts along Section 2, to replace structures over Cullens Brook and Day's Brook in Bonaventure, structures spanning Paspébiac River and Saint-Godefroi River in Hope Town, and rehabilitation of the

structure spanning the Saint-Simeon River.

These requests are in addition to those published since February 24, namely the reconstruction of the structure in Caplan-Saint-Simeon, the rehabilitation of the structures in

Bonaventure, Shigawake and Port-Daniel-Gascons, and the replacement of the structure spanning the Arsenault Stream in Bonaventure.

In addition, planning is continuing for the repair of Section 3 between Port-Daniel-Gascons and Gaspé.

The ministry indicates that the timetable for its commissioning can be specified once the project studies have been completed.

An optimization strategy is currently being analyzed, in particular concerning the sequence and type of work recommended.

In the meantime, preparatory design and engineering work for the replacement or rehabilitation of 21 infrastructures, including soil characterization analyzes as well as geotechnical and hydraulic studies, is underway in order to complete the business file for 2023.

## Intermunicipal Energy Board wants to be prepared in case its projects are retained by Hydro-Québec

Nelson **Sergerie**

**SAINTE-ANNE-DES-MONTS** - In the event that the 11 wind power projects submitted by the Alliance de l'Est are selected by Hydro-Québec in the context of the most recent call for tenders, which ended on July 21, the Gaspé Peninsula-Magdalen Islands Intermunicipal Energy Board is preparing to borrow \$125 million in order to be ready to take action.

Since the board is a paramunicipal organization, it must obtain authorization from the Ministry of Municipal Affairs to borrow money. Since it is a long process, the board held a special board meeting on August 29 to adopt the resolution decreeing the loan by-law.

"When a loan by-law is requested, it must be analyzed and accepted by the Ministry of Municipal Affairs. There is a delay before obtaining the sums of money," explains President Simon Deschênes.

The results of the tenders should be known in December.

"We expect to win. We



*The President of the Gaspésie-Îles-de-la-Madleine Intermunicipal Energy Board, Simon Deschênes*

Photo: N. Sergerie

don't want to be overly optimistic but we want to be realistic. We expect to win at least one wind farm," says Mr. Deschênes.

Early in January, the private partner of the Alliance will be ready to begin the preparation work for the project and that is when the money will have to be available.

"We built our credibility over time by being a serious player. If I need to put a few million on the table for the parks, I'll do so, and stake

our claim. It is provisional, but the \$125 million is in the event that we win all the projects in which we have tendered. We are going to be ready in case," underlines the president who indicates that if only \$20 million is used, the balance will be returned.

Six files were submitted with private partners in the wind energy component: Madawaska Park in partnership with EDF located in Dégelis and Saint-Jean-de-la-Lande, in Témiscouata, with

a capacity of 300 megawatts; that of the Forêt Domaniale, still with EDF in the Montmagny MRC, in Chaudière-Appalaches with a power of 210 megawatts; the Matapedia Park with Invenergy in the MRC of Matapedia, which totals 297 megawatts; Pohénégamook-Picard-Saint-Antonin with Invenergy in the MRCs of Témiscouata and Rivière-du-Loup for a total of 297 megawatts; the Saint-Paul-de-Montminy Park with Kruger in the MRC of Montmagny with a capacity of 204.6 megawatts; and the Vauban Park with RES Canada in the MRCs of Témiscouata and Kamouraska, in the Lower Saint Lawrence, with 300 megawatts.

Five of the six have also been in the renewable energy component in the form of wind: those of Matapedia and Madawaska in a tripartite agreement between the Alliance, private producers and Hydro-Québec with the same powers in this partnership announced last Monday.

Those of the Forêt Domaniale and Saint-Paul-de-Montminy are also there with

the same capacity, as is that of Pohénégamook-Picard-Saint-Antonin with an increased power of 349.8 megawatts in this section.

Electricity deliveries must begin no later than December 1, 2026.

On April 20, in Gaspé, Premier François Legault went to LM Wind Power to add a new round of calls for tenders, this time for 1,000 megawatts reserved for wind power and 1,300 others for renewables.

The call for projects should be launched in December and would forecast 400 megawatts in 2027, 300 megawatts in 2028 and 300 megawatts in 2029.

"It is certain that the non-winning projects have already been studied, and financial modeling has been established. These projects will surely serve as new projects. On the other hand, it will be necessary to analyze the reason why they did not win. The projects will have to be reworked to bring them up-to-date," says the president, who underlines that other parks could be developed.

# A passion for acting: Liam Condo

Diane Skinner

GESGAPEGIAG & CANTON DE HATLEY: Liam Condo, who is returning to complete Grade 12 at Bishop's College School this fall, has plans, and they are exciting. Originally from Gesgapegiag, he and his family now live in Canton de Hatley but spend summers and holidays on the Coast. His parents, Mélissa Poirier and Quentin Condo, encourage Liam and all of their children to "follow their dreams, love what they do and be happy." Mélissa states, "We always encouraged them to try new things, explore, develop their autonomy and get out of their comfort zone. That is the main reason why we moved to the Eastern Townships seven years ago: to allow our children to have access to a wide variety of activities while pursuing their education, but without forgetting their roots and where they come from."

Liam has many accomplishments already but he looks forward to furthering his skills as an actor. He will be filming a movie in the Montreal area this fall but, at this point, the title and details are confidential.

His interest in drama started over seven years ago when he was asked to play a role in a film by Anik Jean called *Lost Soul*. Through his involvement with that film, he met Patrick Huard who encouraged him to pursue a career in acting. Liam was even invited as a guest on the production set during the filming of *Bon Cop, Bad Cop 2*. After that, when he was just 12 years old, Patrick Huard and Anik Jean referred Liam to Bellini International Agency, based in Montreal and he has



Liam Condo, son of Mélissa Poirier and Quentin Condo, has a passion for acting which goes back to the age of 10, when he appeared in a short film by Anik Jean.

Photo: courtesy Liam Condo

been under their representation since then.

Liam, remembering this early experience with Anik Jean, recalled, "When I was 10, I worked on a short film with Anik Jean. I don't remember the details of it all, but Anik was looking for someone to play the role of her son, and being friends with my parents, she offered me the role. I eagerly accepted, knowing virtually nothing about filmmaking. I'm not sure what I expected, but I certainly enjoyed myself. Thus began my passion for acting."

But Liam's interest in acting goes back even further to grades five and six when he was part of the annual play presented at North Hatley Elementary School. In high school, at Bishop's College School, he took part in several plays and last year he was the assistant director for one play and, also, along with other classmates wrote one of the plays. He also received an award for drama during the academic award ceremony.

Mélissa notes that, "Having

a child interested in the acting industry can be quite demanding for a parent as well. We have to take them to their auditions, familiarize yourself with the jargon of the industry, and fill out different governmental and legal documents. Different productions have different requirements so you need to be flexible. Liam is really pas-

sionate about acting. He participates in different acting workshops in Montreal and went to the New York Film Academy a couple years ago for a summer camp."

Liam is accomplished in a number of areas and has a wide variety of interests. He has been playing hockey as a goalie since the age of five. He also plays soccer, lacrosse and is a cross-country runner. He participated in a two-month student exchange to Germany when he was in grade nine.

Liam is often described by both his peers and teachers as a leader, and was elected BCS prefect for the upcoming school year. He is a strong academic student and his mother says, "One of the things that makes us the proudest is that he is a good person and has great values. For example, during his high school graduation ceremony last June, Liam was the recipient of the Jennifer Prosser Wade Award. This special prize

is donated by Jennifer Prosser Wade to recognize a Form VI student who best exemplifies what Martin Luther King called "content of character and stresses kindness, caring and courage of one's convictions."

Liam appreciates all the encouragement from his family and tells SPEC, "Without my parents' support, I doubt I'd still be acting today." When asked about his favourite movie, his reply is, "I don't really have a favourite movie, but if I were to pick, it'd probably be *National Lampoon's Christmas Vacation* because of the memories I have of watching it with my family."

Following this academic year, Liam hopes to attend Toronto Film School. After that, his plan is to attend university. He concludes, "Although there's a lot I'm not sure about regarding my future, I certainly intend to continue acting."

## Alternatives to the emergency room for non-urgent health issues

Holly Smith

PORT DANIEL - The Gaspé Peninsula Integrated Health and Social Services Centre has issued a press released stating that there are "alternatives (to the emergency room) available in the event of non-urgent health problems.

It is recommended to users whose situation is not urgent to contact their family doctor, pharmacist or Info-Santé at 8-1-1, where a nurse can advise them and direct them to the appropriate service. "In fact, when the situation does not require it, it is not necessary to go to the emergency room," says the press release.

However, the CISSS does mention that urgent cases "must continue to be presented to the emergency department and that the teams in place are able to provide the same quality care to which the clientele is accustomed. People who are in doubt or who present an urgent, critical, or unstable situation should not hesitate to come to the emergency room. These people will be treated as usual."

The CISSS is working closely with health care professionals to ensure the proper management of high-volume traffic in the region's health care establishments.

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# New organization plans to combat feral cat problem

Jeanie LeLacheur

Gaspé municipal councillors Charlie-Maude Giroux and James Keays hosted the second meeting of Animal Protection Gaspé at the town hall on August 18. Motivated by the current domestic animal needs of the region, the group formed a five member Board of Directors: Anik Dufresne, Myriam Gaul, Caroline Ross, Stéphanie Noel, and Connie Fournier who are now in the process of applying for a charter. Once the legalities of the organization are set up, the group will be in a better position to help manage issues such as the feral cat population that continues to flood the region with animals who have no real owners and, therefore, are without basic essential care.

In the long term the group would like to see the creation of an Animal Refuge that would provide respite and a second chance for dogs that are abandoned or brought in for euthanization.

Although there are provincial laws governing the fundamental needs of domestic animals, including adequate food, water and shelter, the vastness of the Gaspé region often makes it difficult to evaluate, monitor and ensure healthy and appropriate living conditions for all the animals of the territory.

Joanie Normand, owner of *À chacun sa bête* has been working within the community and region for many years and says that there have been improvements but there is still a long way to go. She and her organization pick up abandoned animals, manage spay and neuter options and are working steadily to educate the community.

In an ideal scenario the animals of our area would be in a registration system. Micro chipping would be an excellent option as it allows animals to be tracked and would virtually eliminate the possibility of people “dumping animals” they no longer want, which is so often the case now.



The board of directors, left to right: Caroline Ross, Myriam Gaul, Connie Fournier, Anik Dufresne and Stephanie Noel.

Photo: Courtesy

Local vets have helped out in the past and continue to work with organizations like *À chacun sa bête* but they are admittedly not able to keep up with the needs of the region.

Other concerned residents have also taken steps to offer a helping hand. Bonnie Baird, Tracy and Bob Wolfe and

Nancy Briand are also among those wanting to bring about change. They have organized a “can pick up” service and the money is to be used in veterinary care. For more information or to donate cans or help out, please contact Bonnie at 418-368-8768. The new animal protection group is very

aware and appreciative of the many individuals and organizations already working within the community; and it is their hope that future efforts and initiatives can be combined to concentrate resources and create a united force to become the voice of those who cannot speak for themselves.

It should, however, be noted that although Animale Protection Gaspé cannot be responsible for individual efforts to raise money for the region's animals. It will never endorse any door to door canvassing for money, therefore, the community at large should be vigilant in their support of any cause and verify validity.

The need for a strong network of foster families to provide temporary care for animals is also apparent and an invitation is being extended to the general public to: first, share their ideas about how to manage and better the existing animal situation and, secondly, to have their names added to a list of eventual foster families.

For more information or to offer assistance, please communicate by using the following email address: [protectionanimalegaspe@gmail.com](mailto:protectionanimalegaspe@gmail.com)

## ANNUAL GENERAL MEETING

Wednesday, September 21 at 4:00 PM  
Fleurant Community Hall

The Board of Directors of CASA is pleased to invite community members, stakeholders and partners to our Annual General Meeting. Find out about the exciting work done during 2021-2022, ask questions, and get to know CASA better.

Join us at the Fleurant Community Hall for the AGM, followed by a light supper and entertainment.

If you plan on attending, please RSVP by September 19 by emailing [ashley@casa-gaspe.com](mailto:ashley@casa-gaspe.com) or call Ashley at 418.751.6007.

If you cannot attend in person, a zoom link will be sent to you prior to the meeting.

Looking forward to seeing you!



**Register now!**  
[cegepgim.ca/english-section](http://cegepgim.ca/english-section)



# School newspaper leaves lasting memories for students

Nancy Dea, former *The Inside Scoop* editor and SPEC summer student

NEW CARLISLE: - No one remembers whose idea it was but it most likely started as a joke over a plate of shared French fries in the basement cafeteria of New Carlisle High School.

Think 1992! No smartphones or internet or even cable TV for most of us. We had to make our own fun and some of us decided it would be fun to make our own newspaper. So we did and we called it *The Inside Scoop*.

Our handmade newspaper was cut and pasted (literally) together on legal paper and photocopied. We sold it for 25 cents to students and staff during recess at a snack table in front of the gym.

*The Inside Scoop* was a mishmash of sports statistics, astrology, special event reporting, poems, interviews and awesome artwork! It included everyone and everything that meant something to us in Grades 7 and 8. It was our way of capturing the moment.

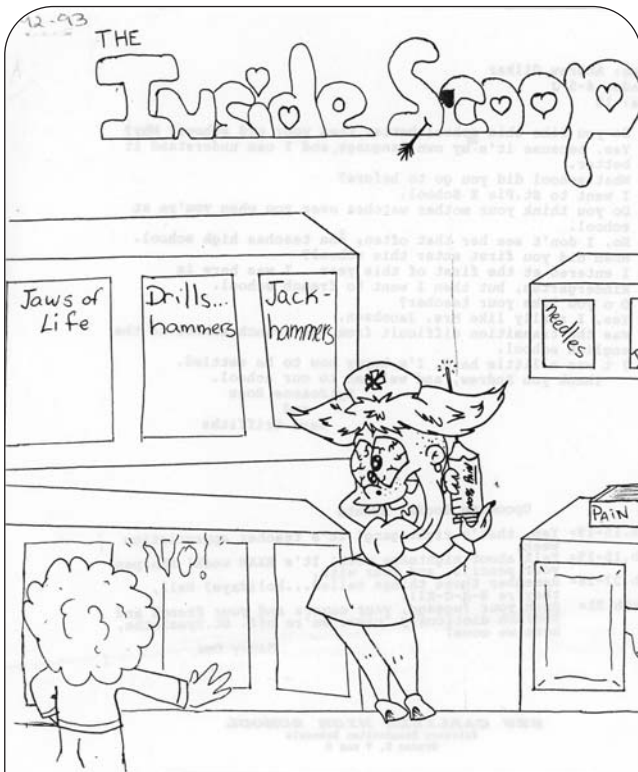
Flipping through the papers all these years later, we realize just how small our world was, but how important and liberating it was to be able to express that world. *The Inside Scoop* allowed a group of 12 and 13-year-olds a chance to be in charge of our own project and to share our thoughts and humour and creativity.

After reading the recent article in SPEC, *Let's talk journalism-Student Ambassadors*, we (former staff) wanted to share these newspapers hoping to inspire other students to share their own perspectives and have a little fun doing it!

"Looking back on these creations, I'm impressed with just how diverse, eclectic, creative, and ambitious we were for a bunch of kids from a very rural area with access to so little. It really puts a smile on my face to see that, despite not having many resources or much know how, we were so ambitious and got the job done. It's a testament to how hard work, resourcefulness, and persistence are qualities that are built into young Gaspesians!" says Patrick Benoit

*The Inside Scoop* staff included: Nancy Dea, Patrick Benoit, Sara Griffiths, Penny MacWhirter, Jason Marsh, Joanne Ross, Cindy Carney, Tracy Hayes, Julie Hall, Billy-Jo Gallan, Charlene Renouf and Tammy Gallan.

You can check out some editions of *The Inside Scoop* at: <https://tinyurl.com/eks59kdy>



**A Day of Golfing Fun**  
 "See that white thing over there? Bet ya I can hit it," I tell the guys. I tee off. It flies! Is it a bird? Is it a plane? No! -it's...a...golf ball!  
 These are the things you might have heard on Wednesday, September 13th, 1992, at the golf course in Fauvel.  
 Of course, these aren't the only things you would have heard! A lot of us had to take a break in the middle of the game to fill our growling stomachs or just to goof off while trying to get our golf balls out of the water. Around 2:00pm, the bus arrived to take us back to school.  
 A great day was had by all! If everyone thinks like I do, we should ask to go again. Think so?  
 Charlene Renouf and Troy Smith

**INTERVIEW**  
**Faye Griffiths- School Nurse**  
 By: Sara Griffiths

- How long have you been a nurse at N.C.H.S?  
 A. I've been a nurse for 12 years, but I was a nurse here for 1 year-18 years ago.
- Do you enjoy your job?  
 A. Yes, I love it. It is never boring.
- What other jobs have you had?  
 A. I've worked in hospitals, in a doctors office, with the Inuit in the Arctic Quebec, as a midwife delivering babies in England, as the only nurse on Entry Island (Magdalen Islands), and in a senior citizens home.
- Wow, that surely seems like a lot. Have you ever gotten tired of your job?  
 A. No, because even in nursing, I was able to try many different things and I enjoy working with people.
- What was your most unusual experience?  
 A. Delivering babies was very exciting, however, the six months I spent with the Inuit was the most different. The nearest hospital and doctor were 5 hours away by plane-in good weather. I learned a lot about the Inuit culture. I saw soapstone, carving and printing, the hunting of seal, whale, polar bear, and caribou, and the midnight sun.  
 Thanks a lot for your time. This is all very interesting.  
 Thanks Mom!



**MONTHLY INTERVIEW**  
 Featuring Mr. Gifford-school principal

**Q. Are you happy to be back?**  
 A. Yes, I am. I enjoyed my year off, but I am really glad to be back!!

**Q. What did you do while you took your year off?**  
 A. Mostly relaxing and taking care of last minute work. I was anxious to get back to being a principal.

**Q. What does a principal do?**  
 A. Basically, he gives support to students, parents, teachers and oversees the educational process.

**Q. How long have you been a principal, and when will you retire?**  
 A. I've been a principal for 15 wonderful years, but unfortunately my retirement will be in 4 years.

**Q. What did you do before you became a principal?**  
 A. I taught many years and then worked in Adult Education at the school board level.

**Q. Where do you originally come from?**  
 A. I come from Sherbrooke.

**Q. Do you have any children? If so, what do they do?**  
 A. Yes, I do. Two, as a matter of fact. My daughter, Shelly, is 26 and works at an office in Toronto, and my son, is 23. He works in Forestry in Western Ontario.

**Q. Do you enjoy working in New Carlisle?**  
 A. Yes, very much! This is a beautiful area.  
 Well, that about wraps it up folks! Thanks a bunch, Mr. Gifford.  
 Nancy Dea and Joanne Ross

## Reflections

by

Diane Skinner Flowers



## September is best

What month is your favourite? There are 12 choices and many choose December for Christmas or July for its warm, sunny days. Those months have appeal for sure but the transitional nature of September makes it the best.

Another September has rolled around and the changes that it brings are all around us. The weather is slowly, but surely, changing. Children are back at school and it is a time for taking stock, and for looking ahead. The next four months will be busy as people are cleaning up their gardens and reflecting on the successes of those plants that were more of a challenge. Some have started the countdown to Thanksgiving, Halloween and Christmas.

Many have a sense of déjà vu. We have been here before and this reminds us that life moves forward, but is also cyclical. We experience some of the things we did before, but not always in the identical way. Those who heat with wood are busy assessing the wood they have and calculating if it will last through the winter days and nights.

We are lucky to live in a country that has a change of seasons. Though we may dream of tropical weather, the coming and going of the seasons leads us to reflect on the changes in our lives. Living in a place that has seasonal changes is wonderful. Having the same weather all year, as some places do, would be monotonous. Every day of September has the potential to be wildly different in temperature and it offers us sunny, warm days and crispy, cool nights.

September gives an opportunity for a fresh start. Plans are made and goals, both big and small, are established. Who doesn't welcome the opportunity to move forward and do things a bit better?

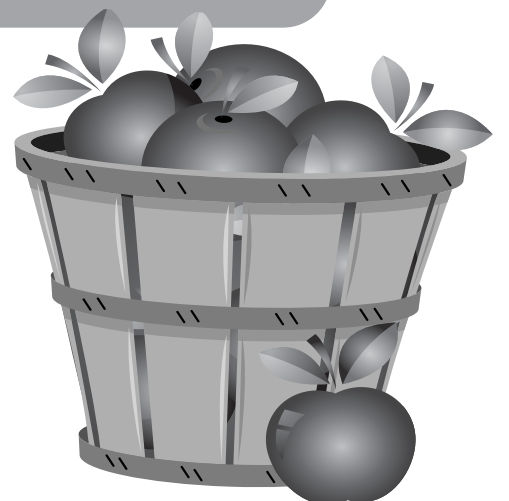
September reminds us that the passing of time is inevitable. Trees change, their leaves drop and the cycle carries on. Like life, the trees remind us that our own lives are periods of big leaps and times of rest. September is a time of contemplation, reflection and looking ahead.

September brings the remainder of the bounty from gardens and the flavours and spices of fall – cinnamon, apples and pumpkin spiced latté.

Is there another reason September is best? It is the aurora borealis, or northern lights. September is the best time to spot them and scientists tell us that this year mid-September may allow us to witness them clearly. We are in a period of 'up-swing' due to solar activity, so watch those night skies this September.

The return of shorter days and longer nights is inevitable. Let's enjoy this month of transition. September is best.

"The golden-rod is yellow;  
 The corn is turning brown;  
 The trees in apple orchards  
 With fruit are bending down."



# Meet the mayor series: David Thibault, New Carlisle

Diane Skinner

Municipal elections take place every four years in the province of Quebec. These elections are for the positions of mayor and councillors. They were last held on November 7, 2021. Since 2005, all municipalities have held their elections on the first Sunday in November. Between general elections, by-elections may be held when a vacancy occurs. The responsibilities for a municipality are: managing water and sewage systems, local road network maintenance, public spaces, recycling and garbage contracts, economic development, general management of municipal affairs, infrastructure maintenance and development.

NEW CARLISLE: Since November 2021, David Thibault has been serving his first term as mayor of New Carlisle. Before that he was on the New Carlisle council and made the decision to run for mayor because as he states, "I want the most for this community - to refresh it, revitalize it, and develop the huge potential we have. There are so many funding opportunities available through federal, provincial, and regional programmes and this town deserves to get as much of that money as possible. I'm tired of hearing that New Carlisle used to be great, used to be the administrative hub of the BDC region, used to be this and used to be that. I have a dream to make New Carlisle great again, an inclusive town for all age groups, French or



Photo: Courtesy David Thibault

New Carlisle mayor, David Thibault, outlines some of the accomplishments made so far and he has many more plans for the future of the town.

English, where people want to build homes and send their kids to school. New Carlisle has a special vibe that other towns just don't have, a cache which makes this town great."

Currently there are 17 municipal employees, but just six are fulltime. New Carlisle owns nine vehicles: two pick-up trucks, one loader, one grader, a backhoe, two -10 wheelers and two fire trucks.

## Accomplishments

So far, it has been a very busy time for Mayor Thibault and his council. He is proud to list the number of accomplishments which include: A new municipal garage built with the help of a \$1.3 million dollar grant, Fête de la pêche (\$3,000 grant), revitalization at Black Lake (new floating docks, lights, access road and gazebo maintenance \$100,000 grant), completing the boardwalk with LED lights (\$150,000 grant),

dehumidifier for the arena (\$80,000 grant), baseball field revitalization including LED lights, rewiring the site, dugouts, infield and bleachers (\$86,000 grant), games for children in the park (\$50,000 grant), second volleyball field at the Green (\$3,000 grant) and a shooting range project in the works which will put New Carlisle on the map, create jobs, generate indirect revenue for local businesses and create a new type of tourism.

## The future

Mayor Thibault adds that the next plans for the town include finalizing water and sewage connections for the future school, finalizing the water connection project to Paspébiac, and finalizing the shooting range and general road maintenance.

What is his vision for the future of New Carlisle? Mayor Thibault is very specific. He

states, "There are 42 available serviced lots with water and or sewage. 90 % of those lots need to have a home built for 2 things to happen. 1. We will never get approval from provincial entities to change zoning bylaws to create more buildable lots if what is free now is not built upon. 2. We will never get funding for expanding water/sewer lines if what is free now isn't being used to its potential. So many areas of the town that could be serviced, just can't because we can't get the funding for it. Furthermore, when you boil it down, every 10 homes built in NC is a 2M project down the road. It costs 3.2 million per km of road to redo water/sewage/ditching/asphalt. Without new constructions, we cannot afford to fix our 60-year-old service system. There is no funding for just asphalt. Therefore, in order to fix the roads, they need to be completely redone. There is a housing crisis but no land for sale. Every town with more than 1000 people in the MRC has an active housing project with serviced lots available except New Carlisle. My vision for New Carlisle is like riding a bike, you need to peddle and move forward otherwise you fall. Collectively we need to create opportunity, which leads to progress, which leads to a bright future."

"These possibilities can lead to increasing the local population, create new business opportunities, enticing young families to build homes in New Carlisle, attend the new school, walk the beach and trails and

help to further build New Carlisle toward a wonderful future."

## Mayor Thibault's bio

David Thibault's father is from Chandler and his grandfather had the first print shop on the Gaspé Coast (Imprimerie) in Chandler. His mother is from Detroit, Michigan and his parents met and got married in Africa while on humanitarian missions. David was born and raised in Montreal but spent summers on the Coast with family. He graduated from John Abbot College with a degree in commerce, and then graduated from the firefighting academy in Quebec City. When a position for county fire marshal at the MRC of Bonaventure opened, David applied. Being the only bilingual candidate that applied, this gave him a big advantage and he got the job. He held the position since 2011 and then in 2012 became the local (New Carlisle) fire chief. He tells SPEC, "Volunteer firefighting is an awesome opportunity to make a big difference in people's lives and the community. The teamwork and comradery in the fire department is something very special and rewarding. As for jobs over the years, I have had a few, including open ocean kayak guide, high school football coach and president of the gym in Paspébiac.

Mayor Thibault writes a newsletter about every three months that is sent to all residents on the town. He is in his office every Friday afternoon.

# Modify your shopping list and combat dementia: Vitamin B is the key

Diane Skinner

If you are concerned about developing dementia or cognitive decline, perhaps adding certain foods that are rich in Vitamin B may help to slow that process down. There are other suggestions from neuropsychologists including stay socially connected, be physically active, keep your brain engaged and eat a healthy diet.

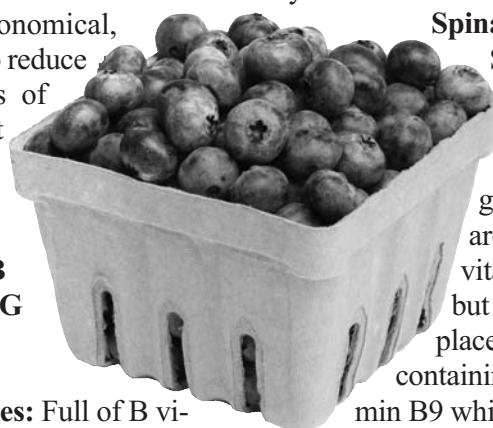
Foods that are high in vitamin B help to "maintain your brain functioning." As people age, they may be eating fewer foods that are high in vitamin B and their bodies may be absorbing less of this important vitamin. Lack of Vitamin B can be linked to heart disease which can affect the functioning of the brain. Older adults should eat more poultry, dark, leafy greens, and dairy products. Besides being an excellent

source of lean protein, poultry has been linked to improved cardiovascular health. Replacing red meat with chicken is not only economical, but it can also reduce your chances of having heart issues.

## Vitamin B SHOPPING LIST

**Blueberries:** Full of B vitamins, blueberries and other dark-coloured berries, contain flavonoids which help to fight stress and inflammation. Both stress and inflammation contribute to the aging of our brain which can lead to cognitive decline. In fact, flavonoids help to improve memory. Data collected by Harvard University's Brigham Hospital indicated

that people who ate two or more servings each week delayed memory decline by over two years.



## Spinach

Spinach, and any dark, leafy greens, are full of vitamin B but spinach places first in containing vitamin B9 which is a brain "booster."

How should we serve these dark, leafy vegetables? Raw is always best, followed by steamed and then boiling which comes in third. Spinach salad is delicious!

**Dark chocolate:** Cocoa powder is packed with flavonoids. Tests have shown that people who consume dark

chocolate which has more than 70% cocoa perform better on memory tests.

**Salmon:** This delicious fish contains several B vitamins including B2, B6 and B12. Salmon is also high in omega-3 which contributes to building brain cells. Further, salmon contains beta-amyloid which lessens the growth of a protein which forms in the brains of people who have Alzheimer's. Experts recommend eating fish twice weekly.

**Turmeric:** This bright yellow spice can improve your brain health. It is an antioxidant and an anti-inflammatory. This spice has been the subject of many studies and has been shown to help to improve heart health. Improved heart health leads to improved brain health. You can add it to food, but it is

quick and simple to take two capsules daily.

## "Brain" Salad

This salad is not only beautiful and delicious, but also packed with brain-boosting Vitamin B. This recipe serves 2.  
8 ounces of cooked or smoked salmon  
4 cups baby spinach  
½ cup fresh blueberries  
1 avocado, diced  
¼ cup of blue or feta cheese  
Small red onion, sliced thinly  
¼ cup walnuts, chopped

Instructions:  
Toss all ingredients together in a medium bowl. Add oil and vinegar dressing. Chill and serve.

For dessert enjoy a bowl of blueberries and a few squares of dark chocolate! You have given your brain health a boost!

# Port-Daniel-Gascons arena project to cost more than anticipated

Nelson **Sergerie**

**PORT-DANIEL-GASCONS** - The two projects selected by Ottawa and Quebec under the Financial Assistance Program for Recreational and Sports Infrastructure (PAFIRS) in the Gaspé Peninsula are experiencing an explosion in costs.

Following the increase for the Carleton-sur-Mer project, it is the turn of Port-Daniel-Gascons to come up against the same problem.

The cost of the project for the renovation and expansion of the Marco-Sébastien Cyr Sports Centre in Port-Daniel-Gascons has gone from an estimated \$5.2 million to \$9.4 million.

Since only one contractor submitted a proposal, the LFG firm of Carleton-sur-Mer, negotiations were undertaken as permitted by law, which reduced the bill to \$8 million.

"There are several deficiencies in the exterior and interior surface. In terms of electricity and plumbing, we are no longer up to standard. That had to be done, otherwise the arena would have been permanently closed," says the mayor, Henri Grenier.

In addition to its renovation and upgrading, the centre will be expanded to add a gymnasium, locker rooms and the necessary equipment,



Photo: Port-Daniel-Gascons website

*The bill for the upgrade of the Port-Daniel-Gascons arena goes from \$5.2 million to \$8 million.*

which will allow the establishment to operate on an annual basis.

The two governments paid in April 2021, a contribution of \$3.4 million in a closed envelope, which increased the taxpayers' share from \$1.8 million to \$4.8 million.

"We have analyzed our budget and we are able to compensate for this increase," says Mr. Grenier, who is looking for financial partners. For him, there is no question of taxing the taxpayer with the upgrade of the sports complex.

Work will begin soon for delivery in the summer of 2023.

Earlier this year, the renovation of the Léopold-Leclerc Civic Centre in Carleton-sur-Mer also saw a considerable increase in the bill.

By April, the project had grown from \$3 million to \$4.8 million, and a further update in May had pushed the project to \$6.5 million.

The council decided to revise the project to make it fit into a budget of \$5 million, which will make it possible to redo the insulation of the building, the water supply system, the electrical system, the tower and the cooling equipment. The work is scheduled for January to be completed next July.



*The Vikings will play in Chandler this season.*

Photo: Facebook

## Return of senior hockey to Chandler

Nelson **Sergerie**

**GRANDE-RIVIÈRE** - The Rocher-Percé Vikings of the Gaspésie Senior Hockey League will play in Chandler this season. The Grande-Rivière Recreation Committee, the Town of Grande-Rivière and promoter Michel Collin have reached an agreement allowing the transfer of the team to the neighbouring town.

The Recreation Committee managed the club's activities, but the last season was in deficit, in particular due to the constraints linked to COVID-19.

"We didn't want to take any risks," says the mayor of Grande-Rivière, Gino Cyr, especially since the expenses for the next season are likely to be higher with the arrival of Trois-Pistoles in the circuit.

An exhaustive analysis of the challenges by the administrators of the municipal organization, and the uncertainty in meeting its objectives of redistributing profits to the organizations in its territory, will have made it possible to conclude that the team's move to Chandler is the best solution for all. The promoter made up the shortfall.

The Town responded to the wishes of the promoter who wanted to look at other alternatives in order to keep the club in the MRC. In exchange, the promoter offered a financial contribution of \$25,000 to the Town of Grande-Rivière for the construction of the athletics track, which is currently underway.

Last season, the Vikings were eliminated in the first round by Causapsca. Chandler already had a senior club from 1998 to 2010 with the Gaillards.

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# Announcements



## In Memory

### FLOWERS: Elmer Clyde

In sad and loving memory of my dear husband, father and grandfather who passed away September 5, 2018. Elmer – The day I married you, I filled your heart; The day you died, you emptied mine.  
*Your life is a beautiful memory;  
 Your death is a silent grief.  
 You sleep in God's beautiful garden;  
 In sunshine of perfect peace.  
 We miss you, oh how much,  
 But realize that God knew best;  
 He let us have you many years,  
 Then gently bade you rest.  
 Our husband/father was the best,  
 He was our Guardian Angel;  
 He may be gone from our sight,  
 But he is always in our hearts.*

Sadly missed and loving you forever in our hearts by wife Doris; daughters Carol and Darlene; sons Clyde and Wayne; and grandchildren.

### FLOWERS: Elmer Clyde

In loving memory of a precious father who passed away September 5, 2018.  
*Time may hide the sadness,  
 Like a smile that hides the tears;  
 But precious memories never fade,  
 Despite the passing years.  
 May you always walk in sunshine,  
 And be guided by God's love;  
 We know you are always with us,  
 As you watch us from above.  
 We know God must have needed you,  
 As he took you home to rest;  
 His heaven must be beautiful,  
 For he only takes the best.  
 Softly the leaves of memories fall,  
 Gently we gather and treasure them all.*

With all our love, daughter Carol and son-in-law Richard.

### FLOWERS: Lloyd Elmer

In loving memory of our very dear son and brother who was taken from us suddenly on September 5, 1979 as the result of a car accident.  
*When you have lost someone you love,  
 The wound sure never heals;  
 And all the tears in the world,  
 Can't ease the way one feels.  
 We know because our hearts still ache,  
 The loss is yet so real;  
 The place you left in all our lives,  
 No one can ever fill.  
 Oh, Lloyd, you were a special one,  
 With a smile so sweet and kind;  
 And as the days and years go by,  
 You're always on our minds.*

Sadly missed and loving you forever in our hearts by Mom; sisters Carol and Darlene; and brothers Clyde and Wayne.

### FLOWERS: Lloyd Elmer

In loving memory of a dear brother who left us suddenly on September 5, 1979 as the result of a car accident.  
*God called your name so softly,  
 That only you could hear;  
 No one heard the footsteps,  
 Of the angels drawing near.  
 It broke our hearts to lose you,  
 But you did not go alone;  
 For part of us went with you,  
 The day God called you home.  
 Lord if there are roses in heaven,  
 Please pick a bunch with care;  
 Place them in Lloyd's loving arms,  
 And tell him that we still care.  
 Thoughts today, memories forever,  
 Still loved, still missed in every way.*

Sadly missed and lovingly remembered by sister Carol and brother-in-law Richard.



### FLOWERS: Lyall Enid

April 17, 1928 – September 8, 2008

Dear Mom, It is hard to believe that you have been gone for 14 years but I will miss you forever. You were always the brightest light in any room. Whenever a beautiful and sweet soul has been, there is an abundance of exquisite memories that grow sweeter as time passes.

Mom, you asked for so little but gave so much. You will be remembered by those who knew you for your kindness and for loving us selflessly.

Grief never ends. It changes and in doing so it changes those of us left behind. Grief is the price of love.

*I keep myself busy with things that I do  
 But every time I pause  
 I still think of you.*

Always remembered. Always loved. Your daughter, Diane xxxooo and your granddaughters, Dawn and Valerie xxxooo



### SINCLAIR: Robert Allan

In loving memory of a dear husband who passed away five years ago on September 8, 2017.

*A page in the book of memory,  
 Silently turns today,  
 You may not be with us Allan,  
 But you are never far away.  
 You had smiles for everyone,  
 A heart as good as gold,  
 No treasure can ever replace you,  
 And your memory never grows old.  
 You did so many things for us,  
 Your heart was kind and true,  
 And when we needed someone,  
 We could always count on you.  
 Of all that life has given us,  
 And all that is left to do,  
 We will never know a greater gift,  
 Then the years we shared with you.*

Sadly missed, lovingly remembered by your wife Betty as well as the Watt and Sinclair families.

### SMITH: Harvey

In loving memory of a dear husband, father, grandfather and great-grandfather who passed away 17 years ago on September 3, 2005.

*You'll never be forgotten,  
 That simply cannot be.  
 As long as we are living  
 We'll carry you closely.  
 Safely tucked within our heart  
 Your light will always shine;  
 A glowing ember never stilled,  
 Throughout the end of time.  
 No matter what the future brings,  
 Or what may lie ahead,  
 We know that you will walk with us  
 Along each path we tread.*

Your life was a blessing, your memory a treasure, you are loved beyond words and missed beyond measure. Your wife: Hazel; daughters: Mandy, Lisa, Wanda, Angie and Holly; son: Jamie; 21 grandchildren and 12 great-grandchildren.

### Happy 85th birthday to Mr. Frank Brennan



Approximately 60 people comprised of friends, neighbours and family members of Mr. Frank Brennan of New Carlisle were pleased to gather in the town hall in New Carlisle on August 26, 2022 to celebrate the 85 years of active living enjoyed by Mr. Brennan.

Early in his career, a butcher by profession, he worked at the Sobey's store which was located at the same place as today's Marché d'alimentaire IGA Arbour-Leblanc. He also worked at grocery stores in Bonaventure, and Infestco in New Carlisle while his wife Carmelle Brideau, from Port-Lafrance (near Tracadie), New Brunswick was employed at the Robin, Jones and Whitman's store in Paspébiac, located where today we have the Jean Coutu pharmacy and the clinic operated by Dr. Jean-Louis Levesque.

The event was catered by Laura Flowers and music was provided by Vern Huntington. Gracious volunteers who served the food and greeted guests were Sharon Murray Guignon and Briana Sauson of New Carlisle, as well as André Castilloux of Paspébiac. Mr. Henri Alain also of Paspébiac acted as taxi driver. Winners of the door prizes were Billy Meikle and Brianna Sauson.

Donations received from the very generous participants exceeded \$250 and were remitted to the Linda-Lemore Brown Foundation which is dedicated to supporting persons suffering from cancer, helping defray travel expenses for treatments, etc. which is based in the CASA office in New Carlisle.



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# Social notes ...



**Anne MacWhirter**

**HOPE TOWN NEWS**

Gordon and Anne MacWhirter were pleased to have a house full of visitors in July. Children, grandchildren and significant others filled the house with laughter and good visits. During the family visit, we had an early birthday barbecue. Watch out for next year, the big nine zero!

Russell Fisher and a friend spent a couple of days tenting and visiting. No room at the INN. They were travelling on motorcycles. We sure enjoyed reconnecting with our good friend Russell.

During the Shigawake Music Festival, MAC-DALE B&B was happy to host members of one performing band. We enjoyed their company.

*News from Ruth Watt:*

Ruth Watt-Lyall has returned for the summer to open up her home, and was accompanied by her friend, Cheryl McMahan of Dorval, Quebec, who stayed for three weeks. In mid June, her friend, Wendy McKinnel, of Pointe Claire, Quebec, arrived for a week and on her return Cheryl McMahan ac-

companied her.

During the last week of June and early July, her friends Louise Duguay of Pierrefonds, Quebec as well as Anita Nassibian of Dollard-des-Ormeaux, Quebec arrived for ten days and played several rounds of golf.

In addition, unexpected surprise visitors were Vivian Scott of Mississauga, Ontario, and Heather Giannakos of Ottawa, Ontario, for the celebration of Ruth and Heather's birthdays in late July.

During the first week of August, Cheryl McMahon returned along with her husband, Bill McMahon, Dorval, Quebec, who enjoyed their one week visit.

More family and friends arrived by mid August; Brian Watt of Dorval, Quebec, Betty Sinclair of Ingleside, Ontario, Heather Giannakos of Ottawa, Ontario, along with her friend Oxana Papanova, to enjoy the annual Shigawake Music Festival and many rounds of golf during their ten day visit.

Also, Evan Giannakos and his friend, Katie Beach, arrived to enjoy the music festival and sight-seeing during their stay. As well, her brother, Rodney Watt and his wife, Sarah, had also arrived for several days.

*News from Penny MacWhirter:*

At the end of May, Mark MacWhirter and his sister Carol, both of Niagara Falls, Ontario spent some time in Hope visiting with family and friends.

Dawn Marie Milne (Welland, Ontario) spent time in Hope as well caring for her father Dennis MacWhirter. She was later joined by husband Bob, and sons Jonathan and Riley.

Many of the MacWhirter family gathered for a memorial for Dennis on June 3. His sister Janet Stack (Grand Forks, British Columbia) and her daughter Debra Earle (Vancouver, British Columbia) flew in to Bathurst, New Brunswick to be with family as soon as possible. Janet was thrilled to have such good valets for her trip, that being her great-nephews Jaxson and Riley who chauffeured, opened doors and carried luggage. While in town they also visited with family and friends.

Dennis' stepson Brad Wing (Welland, Ontario) and girlfriend Ashlee Miller were also in attendance for the memorial service.

In June, Nelson MacWhirter had a visit from grandchildren Devon, Sierra and Drake; and great-grandson Benjamin who have all recently moved to Drummond, New Brunswick from Niagara Falls. Nelson is thoroughly enjoying having his family closer and being able to visit more often. In August, he also had a visit from grandson Dakota (East York, Ontario) and fiancé Julia, who were able also attend an 80th birthday celebration for their great-uncle Clyde MacWhirter. Recently, Nelson once again had company, his son-in-law Randy Gilbert and grandson Drake while visiting assisted him with some renovations.

## COAST ROUND-UP

COAST ROUND-UP: \$5 per week  
CLASSIFIED: \$6 per week

### COAST ROUND-UP

#### **GASPE:**

##### **Gaspé County Women's Institute**

Gaspé County Women's Institute annual fair will take place on **September 10**, at the York River Community Hall, 702, York Boulevard West. The hall will be open at 3 p.m. for public viewing of all the exhibits and a delicious salad supper awaits you at 4:45 p.m. with takeouts also available. Cost: adults \$12 and children \$6. We look forward to seeing lots of people support our local W.I. craft fair and supper after a two-year absence.

#### **PORT DANIEL:**

##### **Three Star Golden Age Club**

**Tuesdays:** Pétanque from 7 p.m. to 9 p.m. every Tuesday evening to have fun and learn a new game. Cost is \$3.

#### **NEW CARLISLE:**

##### **Bible Chapel Meetings**

**Sundays:** 9:30 a.m. Breaking of Bread for believers. Drive-In Gospel Meetings will be held at Fair Haven Bible Camp in New Carlisle Sundays at 2 p.m. In case of rain, meetings will be held at the Bible Chapel. All are welcome – invite a friend! Sponsored by the New Carlisle Bible Chapel.

**Thursdays:** 6:30 p.m. Prayer Meeting and Bible Study. For more information: 418-752-3372 or 418-752-6011.

#### **NEW CARLISLE:**

##### **Heritage New Carlisle Annual AGM**

Héritage New Carlisle will hold its Annual General Meeting on **Wednesday, September 28**, at 7 p.m., at the New Carlisle Town Hall, 138, Boulevard Gérard-D. Levesque, New Carlisle. The Canada Eco-

nomie development for Quebec Regions (CED) investment will be discussed. HNC has received money under the Canada Community Revitalization Fund (CCRF). The goal of this project is to upgrade the Kempffer Cultural and Interpretation Centre, which will include a complete colour change for the Kempffer building. Refreshments will be served. Come and hear all about it!

#### **NEW CARLISLE:**

##### **Royal Canadian Legion Branch #64**

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

#### **NEW CARLISLE:**

##### **LLB Membership**

Please note that membership renewals for the Linda LeMore-Brown Foundation will start on October 15, 2022 for the 2023 year. You can renew your membership by sending \$20 cash,

e-transfer or cheque by mail to: C.P. 219, 168 Gérard D. Levesque, QC G0C 1Z0 or in-person on Tuesdays or Fridays between 9 and 11 a.m. For more information, please call 418-752-7223. Thank you.

#### **CASCAPEDIA-ST-JULES:**

##### **Book Room**

The book room will be closed until **September**. Anyone who needs assistance this summer can contact Kathleen at 418-392-4896.

#### **CASCAPEDIA-ST-JULES:**

##### **50 Plus Club**

**September 17:** Harvest Bingo beginning at 1 p.m. Cost: \$10 for 3 cards and \$1 for each additional card. **October 7-9:** Fall Fest.

#### **ROTARY CLUB WINNERS:**

**The winners for the week of August 28 are:** Lorna O'Gorman, Eric Paulin, Simon Bérubé, Catherine

Landry, Isabelle St-Onge, Claude Bourdages and Samuel Cormier.

**UNITED CHURCH  
NEW RICHMOND  
Sunday, September 11  
10 a.m. Service**

**UNITED CHURCH  
HOPE TOWN  
Sunday, September 11  
No Service**

**ANGLICAN CHURCH  
OF CANADA  
Sunday, September 11  
NEW CARLISLE  
10 a.m. Morning Prayer  
HOPE TOWN  
9 a.m. Holy Eucharist  
SHIGAWAKE  
11 a.m. Holy Eucharist**

**PARISH OF GASPÉ  
Sunday, September 11  
St. Matthew's - Peninsula  
9:30 a.m. Morning Prayer**

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

*Please send your Classified or Coast Round-Up to: [holly.smith@globetrotter.net](mailto:holly.smith@globetrotter.net)*

**LIBERALS:**

**▶ Cont'd from cover**

Islands. I asked them if the squid was going to save the Maggies. Everyone started laughing. I strongly encourage Mr. Blanchet, our squid captain, to get the information before addressing the population," says Ms. Lebouthillier.

On temporary foreign labour in both the fisheries and agriculture sectors, the Minister of Agriculture, Marie-Claude Bibeau, says she is aware of the shortage of workers not only in these

sectors, but also elsewhere.

Ms. Bibeau maintains that modifications have already been made, but other measures are to come. "We are on the verge, I hope this winter, for the unveiling of the modernization of our temporary foreign worker programs," said Ms. Bibeau.

A complaint often made by companies is the lack of flexibility that would allow them to share temporary labour. "It's part of what we look at with a lot of openness. We must ensure the protection of workers while making up for the shortage. We have

heard this message of transferring workers between agricultural, tourism and fishing businesses. This is a component that we are looking at at the moment," replies the minister.

Of the \$800 million in economic benefits from the fisheries sector in the Gaspé Peninsula and Magdalen Islands, MP Lebouthillier notes that work must continue to improve infrastructures such as wharves.

"I have regular contact with those involved and there are challenges with port associations, with volunteers who

are exhausted. We will continue to move forward to have good partnerships where infrastructure is concerned. How can we do things differently," explains the MP.

On the sidelines of the press briefing, elected Gaspé officials mentioned having obtained assistance from Canada Economic Development for the realization of their projects, but one of the conditions is to complete them before March 31.

In a context of shortages, where it is difficult to find contractors, labour or even the materials needed for con-

struction, it is difficult to meet the required timelines. The minister responsible for Canada Economic Development for Quebec, Pascale Saint-Onge, says she is aware of this issue.

"This is an issue that we hear everywhere in Quebec and the Gaspésie. We are aware that there are delays for several projects and that it could be difficult to meet the deadlines. This is a discussion that we will have next week as part of the cabinet retreat and the discussions for the next budget," assures Ms. Saint-Onge.



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Alexandre Babin, Arpenteur-géomètre  
C [abag@axioag.com](mailto:abag@axioag.com)

Guillaume Lapierre, Arpenteur-géomètre  
C [glag@axioag.com](mailto:glag@axioag.com)

Membre de l'Ordre  
des Arpenteurs-Géomètres du Québec

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