

Gesgapegiag Christmas Market a big success Next market on December 18

DIANE SKINNER
LOCAL JOURNALISM INITIATIVE

GESGAPEGIAG: On Sunday, November 20, the second annual Gesgapegiag Christmas Market took place and despite the wintry weather was a great success. The market was held at the Galgosiet Building and there was no charge to enter. The next market will be held on Sunday, December 18.

The markets are offered once in November and once in December and this year were organized by Nora Gould and Britney Hall-Gallan.

On November 20, there were 15 vendors, though there were a few cancellations due to the weather. Some of the items for sale included homemade candles, wooden items, baked goods, native t-shirts, beaded earrings, ash baskets, dream

catchers, necklaces, crystals, hand-painted pictures, tea blends and there were a few tables where people could sit and eat. Most of the products were handmade by Gesgapegiag community members, living both in and out of the community.

Nora Gould estimates that 125 shoppers attended which, she adds, is pretty impressive considering there was a storm. Nora adds, "Thanks to everyone who came and supported our small businesses. It was nice to see people from the surrounding areas and some from over an hour away."

If you missed the first market circle the date (December 18 from 10 a.m. to 4 p.m.) and do some last minute Christmas shopping. There are 22 vendors booked for that date from Gesgapegiag and Listuguj.



The annual Gesgapegiag Christmas Market will be happening once more before Christmas on December 18 when there will be over 20 vendors.

Photos: Nora Gould

Taxpayers should prepare for a possible municipal tax hike

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Gaspé taxpayers could see their tax bill increase between 10 and 15% in 2023 if Quebec does not help municipalities to counter the effects of inflation.

This is indicated by the Mayor of Gaspé and President of the Union of Quebec Municipalities, who is once again calling for government assistance to make up for the \$1 billion deficit created in municipal finances by the galloping inflation which has been going on for several months.

For a town such as Gaspé, the impact would be massive.

"If we copied and pasted without appropriation of budget surplus, we would clearly have more than 10% tax increase or even more than 15%. But we're not going there. We have a cushion at the Town which must be used in case of unforeseen events. In-



Photo: N. Sergerie

The Mayor of Gaspé and President of the Union of Quebec Municipalities, Daniel Côté.

flation is an unforeseen event," says Mayor Daniel Côté.

But the budget surplus cannot be exhausted as the impacts of inflation are not over yet.

"We have to plan for the future and keep some leeway in the event of major infrastructure failures," explains the mayor.

According to the mayor the

preparation of the 2023 budget resembles that of 2015, at the time of the Liberal austerity measures of the government of Philippe Couillard.

"This one had been very difficult because it had been necessary to make heartbreaking budget cuts for citizens and organizations. The 2023 budget is lining up to be even harder to adopt due to inflation and in addition to the long-term investments that we have had to make. It hurts the heart," says the mayor.

This is why he is using his position as president of the UMQ to once again remind Quebec of the urgency to act. He has the impression that the message has not yet been understood.

"We always have doubts. We have no guarantee that the government will be there. The government asked for the UMQ study which quantifies the costs of inflation to justify the billion dollars in additional

costs. There is a certain interest in the file," underlines Mr. Côté.

The mayor of Gaspé has received heartfelt cries from his Quebec counterparts who have called the Gaspé Town Hall. He also came across some last week where they mentioned significant increases in tax bills.

"Are we increasing the tax bill for citizens by 5, 7, 8, 12%? Is this what the government wants? I hope not. It's starting to worry me. It will be very difficult to adopt a balanced budget while trying to spare taxpayers who are already being squeezed by inflation. Citizens must expect marked increase unless they have magic support from the government in the next economic update from the government," says the president of the UMQ hopefully.

The Quebec government is due to provide an update on the issue in early December.

Enclosures for pregnant caribou females will be ready for this winter

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The enclosure for pregnant caribou and subsequently their calves should be completed next March.

The construction of the two maternity enclosures at Mont McGerrigle and Mont Albert had begun in the fall of 2021, but last January, the sites, 15 hectares each, were only 35% completed due to the availability of materials and the weather.

In an email, the Ministry of Wildlife specified that the construction is taking place in accordance with this year's new schedule, with the goal of having the animals penned at the end of winter.

It is specified that each site has its own characteristics according to the ground conditions prevailing at each of the locations. The planting of fence posts is almost complete at both sites. The construction of the fence is in progress.

Buildings are under construction and will be installed at each site to house the guards who will be present 7 days a week and 24 hours a day to monitor the animals.

A care building is also planned to provide work space for veterinarians. Solar panels, wells and septic systems have been installed to make the site self-sufficient.

The objective of these facilities is to provide a safe environment for caribou, while reducing the environmental footprint.



Photo: G. Gagné

The enclosure will likely provide better protection to caribou.

Photo: Louis Fradette

The ministry had planned \$1.1 million for each of the enclosures, but given the rising cost of materials, climatic hazards including storms such as Fiona, and necessary adjustments to the initial plans, the costs had to be revised upwards. However, a specific amount for the cost overrun has not been given by the ministry considering that the work has not yet been completed.

The ministry hoped to capture 10 females last year and distribute them between the two enclosures, but the operation had to be postponed last April due to the heavy snow cover and compliance with good care guidelines.

As the Parc de la Gaspésie is renowned for its quantity of snow received, the snow re-

moval at the sites will take place all winter and will begin with the first snowfall.

Visits to the sites will be made several times a week by the teams in order to free the enclosures, the installations and the infrastructures from the snow.

The species is fighting for its survival. The last survey carried out in the fall of 2020 by the ministry revealed that the total number of caribou was between 30 and 40.

During the overflight, 19 caribou were observed in the McGerrigle sector, while 10 caribou were observed in the Albert sector for a total of 29, whereas these observations had noted 34 in 2019. In the Logan sector, no caribou were observed during this overflight.

In its report tabled in August, the Independent Commission on Woodland and Mountain Caribou accepted the proposal to create the Vallières de Saint-Réal protected area in the Chic-Chocs wildlife reserve.

In addition, the commission suggested establishing a moratorium on planned logging within the distribution area and definitively prohibiting logging at an altitude, including for the recovery of wood affected by the spruce budworm.

It called for the implementation of a reinforced control plan for alternative prey and predators and an increase in the predator management zone, in addition to rapidly reinforcing the road closure and renatural-

ization program.

A study to measure the impact on caribou by human activity of the Parc de la Gaspésie and identify the corrective measures required, in particular the development and implementation of a framework plan for recreational tourism activities throughout the territory, was also suggested.

The federal government threatened to impose an order to protect the species. However, since then both the federal and provincial governments said they were confident at being able to reach an agreement.

Quebec said it was ready to take additional measures with financial assistance from Ottawa.

The measures announced aimed to reduce the rate of disturbance of its habitat to reach 65% of undisturbed habitat in each of the distribution areas, according to a schedule adapted to each of the populations.

In particular, Quebec intended to use legal wildlife habitats, biological refuges, administrative protections and the dismantling of forest roads for the protection of the territory.

Quebec indicated that it would implement short-term measures at a cost of \$12 million and Ottawa committed to paying \$6.1 million.

The provincial government has committed to releasing its final caribou protection strategy by June 2023.

A fund has been created to help young people wanting to start their first business

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The Town of Gaspé and the Caisse Desjardins de la Pointe-de-la-Gaspésie are joining forces with the help of various partners to launch a new fund to support entrepreneurs who want to start their first business.

The Town and the Caisse are each investing \$100,000 in the Pointe-de-la-Gaspésie First Business Fund.

By adding the residual amount of the investment fund for the development of local businesses from the Côte-de-Gaspé MRC (FIDEL), the contribution of \$5,000 from the municipality of Cloridorme and the involvement of



Photo: N. Sergerie

Several people are coming together to launch this fund presented on November 22 in Gaspé.

the shareholders from the Chantier naval Forillon, the fund reaches \$235,000.

A solicitation campaign is launched among businesses and individuals in the MRC

with a total objective of \$500,000.

The purpose of the fund is to financially support start-up, succession, acquisition or development projects for a very first business by offering a sworn repayable contribution of \$8,000 to new entrepreneurs aged 18 and over.

If the young entrepreneur does business with a mentor from the Côte-de-Gaspé Mentoring Network, the amount could be increased by \$2,000 for a total of \$10,000.

"Thanks to the commitment of economic partners in our region, we were able to provide a solution adapted to the challenges encountered by new entrepreneurs," says the chairman of the board of di-

rectors of the Caisse, Serge Cassivi.

"Together, we are implementing concrete means to increase our economic vitality," added the president.

For its first three years, the Fund aims to stimulate the start-up of some thirty businesses and the creation of some fifty jobs in Gaspé and Cloridorme, the territory served by the Caisse Desjardins.

"It helps, especially with the down payment of entrepreneurs, before going to see financial institutions. If the entrepreneur doesn't have it, he may have the best idea in the world, but things go wrong

Cont'd on page 5

New Richmond, Saint-Alphonse and Caplan to hire a fire chief together

GILLES GAGNÉ

NEW RICHMOND – The municipalities of New Richmond, Caplan and Saint-Alphonse will soon share the same fire chief. The decision was made over the last weeks after discussions held by the municipal administration of the town and the two villages.

In New Richmond, the upcoming retirement of Fire Chief Patrick Boudreau prompted the municipal council to start looking for a replacement. Until recently though, Caplan and Saint-Alphonse looked set with their fire chiefs.

“Patrick Boudreau is paid 20 hours a week for his duties. When he told us about his intention to retire as fire chief, we thought that we would never be able to attract anyone with a schedule of 20 hours a week. Patrick still spends 40 hours a week at the fire station but we can’t expect other people to do the same,” explains New Richmond Mayor Éric Dubé.

“Then, we learned that the situation was changing in Caplan and Saint-Alphonse. There were needs there too. Caplan needed a part-time fire chief, and then Saint-Alphonse was in the same position. It was a pure random thing. We started discussions and we reached an agreement,” adds Mr. Dubé.

The agreement calls for New Richmond to pay 50% of the salary and expenses linked to the functions of the new fire chief, with Caplan and Saint-Alphonse splitting evenly the other half.

“The challenge is now to find someone who will fit in with the three fire brigades. It



Photo: Town of New Richmond

Patrick Boudreau will resign from his position as fire chief when a replacement will be found.

is important. Firefighters need to trust the people around them when they put out a blaze. At times, it is a matter of life and death,” stresses Éric Dubé.

The Town of New Richmond Director General Stéphane Cyr only has praise for Patrick Boudreau, who has been a New Richmond firefighter since 1975. “He is therefore approaching the impressive figure of 50 years of experience with us. He is obviously the oldest of our firefighters. He has been director of the New Richmond Fire Department since 2008.”

Mr. Cyr stresses that Patrick Boudreau is very appreciated by the group of firefighters and respected in his community.

“We intend to retain his services for a few hours a week as chief operating officer. This will allow us to ensure an adequate transition

and maintain cohesion in the group of firefighters. His role will be to ensure the proper functioning of the devices and equipment, as well as supervise cleaning after an outing, perform the required preventive maintenance, direct the crew during an intervention in the absence of the chief and so on. He will remain a regular firefighter,” adds the director general.

The job posting will be made soon. The three municipalities had to approve the new agreement before officially looking for a new fire chief. Patrick Boudreau has agreed to stay until a replacement can be found.

Éric Dubé mentions that there are financial incentives to regroup such services and share competences. “We will benefit from a Quebec government program. We can get \$50,000 annually for five years from the program to facilitate the transition.”

The mayor of New Richmond points out that the Quebec government is no longer pushing for municipal mergers.

“We are not talking about mergers but agreements. We signed an agreement with our neighbours for the swimming pool six years ago. I know that Bonaventure, Saint-Siméon and Saint-Elzéar are looking at what we are doing with our fire departments in order to evaluate if they could do the same. It is the kind of agreement that allows for sharing the competence and the cost of it,” notes Mr. Dubé.



Photo: G. Gagné

The citizens of New Richmond will share the tab with those of Caplan and Saint-Alphonse in order to hire a full-time fire chief.

Police report

The Quebec region office of Fisheries and Oceans Canada has recently released a list of offenders fined in recent months for various violations of legislations that fall under its mandate. The fines were mainly imposed in July, August and September. Leo Eddy Ouellette, of Maria, is fined \$300 for having exceeded the quota limit established for one day of recreational clam fishing. His clams were seized. Shigawake’s Ian Vautier is fined \$750 for failing to comply with license conditions by refusing an at-sea observer to board the boat and perform her duties during the flounder fishing season.

Snow crab fisherman Yves Albert, of Newport, must pay \$750 for failing to comply with license conditions by going to sea before the time determined at his initial call. Cape Cove’s lobster fisherman Gerry Dubé must pay fines totalling \$1,350, including \$300 for illegally operating a boat whose registration number was not legible or completely visible from an aircraft in flight. He must also pay \$300 for failing to have a lobster license on board the boat and to present it when requested by a fishery officer and \$750 for failing to comply with license conditions by failing to carry a complete, legible and up-to-date record of fishing gear tags on board the boat.

Another lobster fisherman, Roger Pinel, and his Grand River company, Pêcheries Roger Pinel Inc., are fined \$750 for having authorized the use of his boat for the transport of lobster without a transport permit. Listuguj’s rock crab fisherman Timothy Wysote is fined \$1,500 for failing to comply with license conditions by possessing small rock crabs less than 102 mm in size. Cascapedia’s Jocelyne Berthelot is fined \$300 and had her soft-shell clams seized, as well as some other fishing items, for illegally taking and keeping clams in an area closed by a prohibition order due to contamination.

Cascapedia’s Kevin Labrecque must also pay \$300 for illegally taking and keeping clams in an area closed by a prohibition order due to contamination. His clams and some other items were confiscated. Caplan’s Lancelot Tremblay is fined \$750 for being in possession of a dead bluefin tuna without a valid Fisheries and Oceans Canada issued numbered tag. He must also pay \$1,200 for failing to comply with license conditions by landing a tuna without first obtaining authorization from a dockside observer. Mackerel fisherman Donald Grenier, of Saint-Godefroi, is fined \$700 for failing to comply with license conditions by not completing his logbook prior to arrival in port.

The Sûreté du Québec reminds the population of the importance of being vigilant to avoid becoming a victim of fraud.

Since November 23, several Sûreté du Québec stations in the Lower Saint Lawrence area have been processing numerous reports of attempted fraud with seniors. The people targeted were called by telephone mentioning that someone close to them, often a grandson, was detained and needed a few thousand dollars to be released, or a situation where the grandson is in a hospital outside the country and must immediately pay for certain medical care.

During the telephone conversation, the staging of the fraudsters sometimes involves a person posing as a police officer or a lawyer. Fraudsters use various schemes to achieve their ends and extort money from their victims. When using these scams, fraudsters take advantage of the vulnerability of some older people and put pressure on them.

In a press release the SQ emphasises the importance of making sure to verify the information before trusting anyone.

- Never give money to a stranger or to someone whose identity you have not verified.

If an individual claims to be acting on behalf of an organization, contact the organization directly.

- Never divulge personal information to an individual who cannot prove his or her legitimacy.

- When someone is too insistent or even insolent (for example: he demands your answer on the spot), do not trust him or her.

- Call family members or friends to verify the validity of the story which has been presented to you.

The Canadian Anti-Fraud Centre’s website at <https://www.antifraudcentre-centreantifraude.ca/index-eng.htm> has much information available about fraud.

Guest Commentary

Bob Chisholm

Down, up, away and back

Quite some time ago going downtown on a bus in Toronto, I was standing near two young women, chatting away loud enough that nearby riders could hear, and one said, "Are you going down home this summer?" To which the other replied, "No, but my mother is coming up." Well, any Down Easterner would know these young women were from Down East, not from anywhere else.

I got to thinking and it has been on my mind from time to time about how we refer to other areas of the country, whether near or far. In New Carlisle, where I grew up, we used to say "going out west, going up to Montreal, down to Paspebiac, down to Halifax, up to Bonaventure, and so on." In Toronto today, people still sometimes say "down to Montreal" or "down to Quebec," the opposite of "up to," which may be because the other place is either up or down the flow of the St. Lawrence River, depending on where you are.

From the eastern part of the country, "out west" is out there somewhere and covers a lot of territory. To be more specific, one might say "out to British Columbia" or "out to Saskatchewan." If you are out there, you might be going "up to the Yukon" or, if you are in Calgary, you might go "up to Edmonton". If you were in either of these locations, you might plan a trip "down east" or, if in Edmonton, you go "down to Calgary".

Out west, going "down east" could mean different locations. In British Columbia if you go "east", that could be just over the Rockies to Alberta or to Saskatchewan but, if you were in Manitoba, going "down east" would likely be to Ontario. Otherwise, going further would be going "to the Maritimes." The further west you are, the further west the east becomes.

In the far northern reaches of the various parts of Canada, where the rivers flow north toward the Arctic, people talk about "down north", or so I have read. I can believe it is so because it sounds quite logical, but I doubt if they say "up south", as that doesn't sound as pleasing to the ear.

And now, this is a favourite of mine from the Gaspé. When I was a youngster in New Carlisle, if you were going anywhere up the Coast, you were going "up to Maria", up to Matapedia or up to Campbellton, but if you were going further than

Matapedia or Campbellton, you were going "away". It didn't matter where because "away" told all anyone needed to know. There were only two places in the world, the Gaspé and everywhere else. If someone went "away" and decided later to return home, they "came back". From whence they came didn't matter, it could have been Montreal, or it could have been China, but they came back. If a newcomer came to work or to visit, they "came from away".

Let's not overlook Prince Edward Island! That's "P.E.I." or "The Island". Now that is something else. You would never hear somebody from P.E.I., who went away, tell you that they were going down to Prince Edward Island on holiday, not even down to "P.E.I." It would most likely be "down home", or better still, "to The Island", which implies ownership, like going "to the cottage". You would always know that when they were going back to "The Island", there was only one Island and that was where they were going.

Many people from Ontario drive down to the Maritimes on holidays and they take the new bridge (1997) to go "over to P.E.I.". Before going back to Ontario, some may even take the ferry at North Sydney, Nova Scotia, and go "over" to Port aux Basques, Newfoundland. "Over" seems to mean over the water, like going "over" to Europe on a holiday. In Vancouver, people take the ferry to go "over" to Victoria on Vancouver Island.

In Newfoundland, people go "to the mainland" referring to the rest of Canada and this is well understood by all Newfoundlanders, as far as I know. I don't think they go "over" to the "Mainland". They go directly "to the Mainland".

More locally, in New Carlisle as teenagers (in the 1940s), we often went on a hike "back to the lake",

or more specifically, "back to the First Lake and the Second Lake", behind New Carlisle East, which was "up the lake road". We could have said "north" just as well, but "back" and "up" were just as good as a compass. Anyway, if someone said "Let's go back to the lake", everyone knew exactly where that was.

In New Richmond where I visited my Duthie grandparents frequently as a teenager, I often went with an aunt or uncle for a drive "up river" to visit another aunt and uncle in Grand Cascapedia. The Duthies didn't go to "Grand Cascapedia", they always went "up river". The Grand Cascapedia River was nearby, flowing southbound into the Baie de Chaleur, and we travelled parallel to it "up river". Going in the other direction, the Duthies would say they were going "down to the settlement", which meant the "downtown" part of New Richmond. "Settlement" was a carryover from the early days when the area was first settled, in the 1700s. I doubt that the word is used anymore. In New Carlisle East, where I lived, we used to go "uptown" to the central part of town.

Canada is such a big country, we hardly realize its size. It reminds me of a short story about the CEO of a large corporation in London, England, who sent a "wire" (a telegram) to their V.P. of Canadian Operations, who was stationed out west in Vancouver, saying that one of the company executives was coming over and will be landing in Halifax at a certain time, and would the V.P. meet him at the airport. The V.P. in Vancouver wired back and said "it would be better if you meet him yourself because you are closer to Halifax than I am".

Whether we live Down East, Out West or Up North, Canada is a great country and we can be proud to live Down, Out, Up or elsewhere.



*for your generous donation to
The Gaspé Spec*

- Carter Roberts**, Caesarea, Ontario
- Eileen Cotton Sweeney**, Cap-d'Espoir, Quebec
- Jean E. Walker Doyle**, Pointe-Claire, Quebec
- Jill Dumaresq**, Morrisburg, Ontario
- Rod Brown**, Winnipeg, Manitoba
- Frederik Kirch**, St. Simeon, Quebec
- Eleanor Bourgaize**, Gaspé, Quebec
- York River Seniors**
- Margaret Bernard**, Bonaventure, Quebec
- Evelyn Dow**, Toronto, Ontario
- Sheila and Brian Baird**, Fredericton, New Brunswick
- Julia Whalen Briand**, Lemoyne, Quebec

How to reach The Gaspé Spec while our office building is closed

As many of you know, The Gaspé Spec office is under construction. During this period there are several ways to reach SPEC.

Option 1: Call 418-752-5400 and leave a voicemail, include your **name, number** and the **reason** for your call. Rest assured someone will call you back.

Option 2: Email specs@globetrotter.net

Option 3: Inbox The Gaspé Spec on Facebook, we will get back to you during business hours.

For subscriptions, all the above methods are available, plus buying online from THEGASPEPEC.COM, or mailing a cheque or money order to:

The Gaspé Spec, 208-B blvd Gérard D. Levesque, New Carlisle, Quebec, G0C 1Z0





The Gaspé Spec
ESTABLISHED - MAY 1978

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

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

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



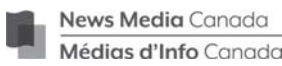

Published every **Wednesday** by:
Les Publications de la Côte Inc.
(Sea-Coast Publications Inc.)

JOURNALISTS:
Nelson Sergerie
Diane Skinner
Cynthia Dow,
Jeanie LeLacheur

BOARD OF DIRECTORS:
Elaine Sexton
Fred Kirch
Maria Chatterton
Bethany Paetkau
Hayden Sams,
Bonita Annett
Patricia Ste-Croix Annett
Roger Wise

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

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

A \$19M agreement between Quebec and the Société du chemin de fer de la Gaspésie to speed up work on the railway

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

SAINTE-ANNE-DESMONTS - The Société du chemin de fer de la Gaspésie is partnering with the Quebec government for the repair of the Gaspé Peninsula railroad.

The Transport Ministry is paying the company \$19 million over three years to carry out work on the two sections between Caplan and Gaspé.

“This agreement will make it possible to speed up the work and, at the same time, the government is using the expertise of the Société du chemin de fer that we have developed over several years,” says the president, Éric Dubé.

Quebec will take care of the major works and the company will take care of the maintenance of the railway.

Concretely, these interven-



The Railway Company will deal with replacing the rails on the railway.

Photo: N. Sergerie

tions include, in particular, the rehabilitation and repair of level crossings as well as the replacement of rails and ballast.

“We are going to do the work that is on our scale and, at the same time, we have the

teams to do it. It will go much faster,” says Mr. Dubé.

On November 11, Quebec announced a call for interest for the construction of the Port-Daniel-Gascons-Gaspé section. The section linking Matapédia

and Caplan is currently in operation. Work is underway for the portion linking Caplan to Port-Daniel-Gascons, while the commissioning of the section is scheduled for 2024.

Work planning on the sec-

tion between Port-Daniel-Gascons and Gaspé is underway. It is only after this step that the nature of the costs and schedule of the work will be known.

In 2021 alone, the SCFG carried on its trains more than \$160 million in value of exported goods.

With an 80% reduction in greenhouse gas emissions compared to road transport, the choice of the rail mode has enabled shippers to reduce their greenhouse gas emissions by 11,250 tonnes of CO₂, i.e. the equivalent of 2,500 fewer cars on the road.

The rail operating agreement between Quebec and the company, which expires on March 31, is under negotiation.

“It is too early to say how it will end but I am convinced that we will have one to carry out all the rest of the mandate,” says the president.

FUND:

Cont'd from page 2

and we won't create the jobs that come with it. We won't be able to stimulate the economy that would come with the right idea,” says the mayor of Gaspé, Daniel Côté, who wants an entrepreneur supported by the program to give back by contributing in turn to the fund.

Alban Arsenault, a long-time mentor, reminds us that when a new business is accompanied by a mentor its chances of survival are increased.

“The national average for survival of a new business is 34% after five years but it increases to 67% if it is accompanied by a mentor,” underlines Mr. Arsenault.

The fund will be managed jointly by the Gaspé SADC and the MRC of Côte-de-Gaspé.

“It is our contribution to this fund. An analysis committee will be made up of five people who will meet every six weeks. We hope that the fund will last a long time,” says the director of the SADC, Dave Lavoie.

To access the fund, young entrepreneurs must be 18 years of age or older and live in Gaspé or Cloridorme and must be first time business owners.

The maximum assistance can reach \$20,000 per project for two or more promoters. New entrepreneurs will have a

two-year repayment holiday, repayable over five or six years without interest with a management fee of 3% of the balance on the anniversary

date. The idea could be exported elsewhere in the Gaspé Peninsula. “We will give the fund time to establish itself in the

community, to see the reaction of entrepreneurs and success. Eventually, we will evaluate all that. There is potential to develop further but we will

not make an announcement today at this level. As far as Desjardins is concerned, the door is not closed,” comments Mr. Cassivi.



Public Notice

Is hereby given, that in accordance with sections 286 and 287 of the Education Act, the financial statements and independent auditors report for the school year 2021-2022 ended June 30, 2022 will be deposited at the meeting of the Council of Commissioners of Eastern Shores School Board on December 13, 2022 at the hour of 1:30 p.m. at the Administrative Center, 40 Mountsorrel, New Carlisle, Québec.

Given at New Carlisle, Quebec
November 28, 2022

Denis Gauthier
Secretary General

FINANCIAL STATEMENTS 2021-2022

FINANCIAL POSITION		STATEMENT OF OPERATIONS AND ACCUMULATED SURPLUS	
FINANCIAL ASSETS		REVENUES	
Cash	\$5,388,133	MEQ Operating Grant	\$33,315,783
Operating grants receivable	\$6,778,376	Investment grant	\$249,574
Investment grant receivable	\$30,327,333	Other grants and contributions	\$574,848
School taxes receivable	\$203,116	School Tax	\$692,121
Accounts receivable	\$937,294	Tuition and school fees	\$44,165
		Sales of goods and services	\$162,949
		Miscellaneous Income	\$361,879
		Amortization of deferred investment grant	\$1,610,219
Total of financial assets	\$43,634,252	Total revenues	\$37,011,538
LIABILITIES		EXPENSES	
Short-term loan	\$192,235	Education and training activities	\$14,059,601
Accounts payable and accrued liabilities	\$3,671,583	Support activities for education and training	\$10,498,059
Deferred investment grant	\$28,047,307	Support services	\$3,082,782
Deferred Revenues	\$483,595	Administrative activities	\$3,484,570
Provision for employee benefits	\$2,080,836	Activities relating to buildings and equipments	\$4,415,841
Long-term debt under the responsibility of the school board	\$5,010	Related activities	\$1,354,250
Long-term debt subject to a promise of grant	\$29,390,109	Variation in the provision for employee benefits	\$147,097
Other liabilities	\$898,745	Loss on disposal of capital assets	\$61
Total liabilities	\$64,769,420	Total expenses	\$37,042,261
Net financial debt	(\$21,135,168)	DEFICIT OF THE YEAR	(\$30,723)
NON-FINANCIAL ASSETS		ACCUMULATED SURPLUS	
Capital assets	\$28,927,036	Accumulated surplus, beginning of year	\$7,876,716
Prepaid expenses	\$54,125	Prior period adjustment	
Total of non-financial assets	\$28,981,161	Adjusted balance	\$7,876,716
ACCUMULATED SURPLUS	\$7,845,993	Deficit of the year	(\$30,723)
		ACCUMULATED SURPLUS END OF YEAR	\$7,845,993

Hugh Wood
Director General

Percé abandons the snow removal of roads under the responsibility of Quebec

NELSON SERGERIE

PERCÉ – Eight years after taking under its wing the snow removal of certain provincial roads, Percé is backing down and has not bid for the coming winter.

The Town, which for several years had been responsible for snow removal on Lemieux Road, Highway 132, in the heart of the village, Route des Pères and Route de Val-d'Espoir, made a business decision after reaching a final agreement with the Ministry of Transport in 2019.

“It was not something that had been thought of in 2013 as profitable as it should be. For a question of management and responsibility, we simply decided in 2021 not to renew,” explains the mayor, Cathy Poirier.

Percé had lost money be-



Percé will no longer clear snow from the upper road network on its territory.

Photo: N. Sergerie

tween 2013 and 2019, but at the last renewal, the Town had managed to reach an agreement which allowed paying the deficit and give a break to taxpayers.

In addition, the Town would have been forced to

purchase a new truck in 2023 to replace one that is reaching the end of its useful life. This will not be necessary if this section of road is abandoned.

The municipality still has the equipment required to clear the 100 kilometres of

municipal roads.

Bonaventure's PEC company won the contract for this part of the Percé road network at a cost of \$377,000 this winter.

The Town obtained its first contracts under the for-

mer mayor, Georges Mamelonet, between 2003 and 2008 with, in particular, contracts to open the roads of Saint-Isidore and Val-d'Espoir.

It was in 2014 that Lemieux Road and Highway 132 in the heart of the municipality that Percé took under its wing.

At the time, the Ministry of Transport had not received any bids and asked the administration of André Boudreau if the Town had an interest in doing so.

The Town council had borrowed \$651,000 to purchase the necessary equipment, including trucks, a salt warehouse and pickup trucks, to carry out this additional task.

“It forces us to update our equipment at the same time and amortize these investments,” said André Boudreau at the time.

Even more tourists last summer in the Gaspé Peninsula

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The summer of 2022 was excellent in the Gaspé Peninsula despite fears that there would be fewer tourists due, in particular, to the high price of gasoline and the general inflation that is hitting the economy.

For the period from May to September, Tourisme Gaspésie estimates the number of visitors at more than 570,000 with a revenue of \$340 million.

It is more than the summer of 2021 which was considered a record year when 523,000 visited the peninsula with \$300 million in revenue, which was the best year since the organization started compiling this kind of data.

The gap is even greater if we compare with the data for 2019, before the pandemic, when 495,000 tourists and \$254 million in spin-offs were reported.

“We were lucky. People honoured their early reservations. We had small fears given the reopening of the borders, the price of gasoline. There are always factors that sometimes change their minds, but they haven't changed their minds too much. They may have consumed less, but at least they came to the Gaspé Peninsula,” says the director general of Tourisme Gaspésie, Joëlle Ross.



Photo: N. Sergerie

Summer was very busy in the Gaspé Peninsula

Tourist attractions and activities experienced a decrease in traffic.

“When you have a budget for your vacation, if a lot of it is taken for gasoline, people have to cut in other places. There may be activities that were not done, museums that were not visited. People may have shopped more for groceries instead of going to restaurants but, overall, we're doing very well,” says Ross.

Tourists from Ontario and France are back, but the main clientele remains that of Quebec.

According to Tourisme Québec, the average occupancy rate of accommodation

establishments in the Gaspé Peninsula for the period from May to September inclusive is 66.8%.

This rate is 2.6 points above that of 2019 and is equal to that of the 2021 season which was the best rate recorded to date.

The months of May and June saw an excellent performance, confirming the presence of visitors in the region earlier and earlier.

“We continue to work so that people arrive here earlier and leave later. You have to work on people who don't have school-age youngsters,” says Ms. Ross about stretching the season.

The average occupancy rates for the months of July (80.4%) and August (84.9%) are similar to 2019, showing a slight decline compared to 2021.

“There are possible gains in specific places. People who want to go to Carleton or Percé, they can sometimes stay 10 or 20 kilometres away and move about. Places are sometimes filled up faster. How far away am I if I am in Bonaventure versus Carleton and can I visit my attractions if I stay there for four days?” declares Ms. Ross.

According to preliminary data from Camping Québec for the Gaspé Peninsula, the average number of campsites occupied by campers passing through from June to August inclusively would be down compared to 2021, but would be higher than 2019, while the occupancy rate for campsites would drop to 2019 levels.

The attractions and activities experienced a decrease in attendance. However, there is a rebalancing between the attendance of indoor and outdoor activities because of the strong enthusiasm for the outdoors due to health constraints. Festivals, for their part, had an excellent season.

A total of \$700,000 was invested to promote the area this summer.

With the early arrival of snow in Haute-Gaspésie and Côte-de-Gaspé, it is difficult to predict an early start to the season.

“This snow is on a bottom that is not frozen. By snowmobile, currently, it does not do the trick. Our snowmobile clientele is best to arrive around January 10. Right now it's a bit precarious. At the speed at which it fell, it could melt as quickly too,” says the director.

For the moment, it is mainly the local clientele who will be able to benefit from it.

Tourisme Gaspésie took part in the Quebec Snowmobile and Quad Show and Gaspé Peninsula remains a favourite region for them.

418-752-5400

specs@globetrotter.net
THEGASPESPEC.COM

The René et Lévesque exhibition is launched in Quebec

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

QUEBEC CITY - A festive atmosphere marked the opening of the *René et Lévesque* exhibition on November 16 at the Musée de la civilisation in Quebec City.

This exhibition reflects the life of the former premier of Quebec who grew up on the Gaspé Peninsula.

The secretary of the board of directors of Espace René-Lévesque in New Carlisle, Michelle Thibault, who attended the inauguration on November 16 in Quebec City notes that the exhibit represents Mr. Lévesque in his entirety. She mentions that we will see him in intimate and private settings, as a child, an adolescent and with his children but also as a public figure, as a minister, Member of the National Assembly and as a party leader.

The exhibition is made up of large panels all around a

large room and in the centre there are tables where objects are placed which represent different events in the life of the former premier.

“There is the poker table, a card game, letters he signed,” adds Ms. Thibault.

The Musée de la civilisation invited deputies and ministers and collaborators of Mr. Lévesque to the inauguration. The entrance hall was filled to bursting, says Ms. Thibault.

Espace René-Lévesque worked with the René-Lévesque Foundation to create this exhibition.

“We presented pieces that we had in New Carlisle that were used for the exhibition,” explains Ms. Thibault, who takes it for granted that this exhibition will be a great success.

Once the presentation is over in September 2023 in Quebec, the exhibition will travel to the regions.

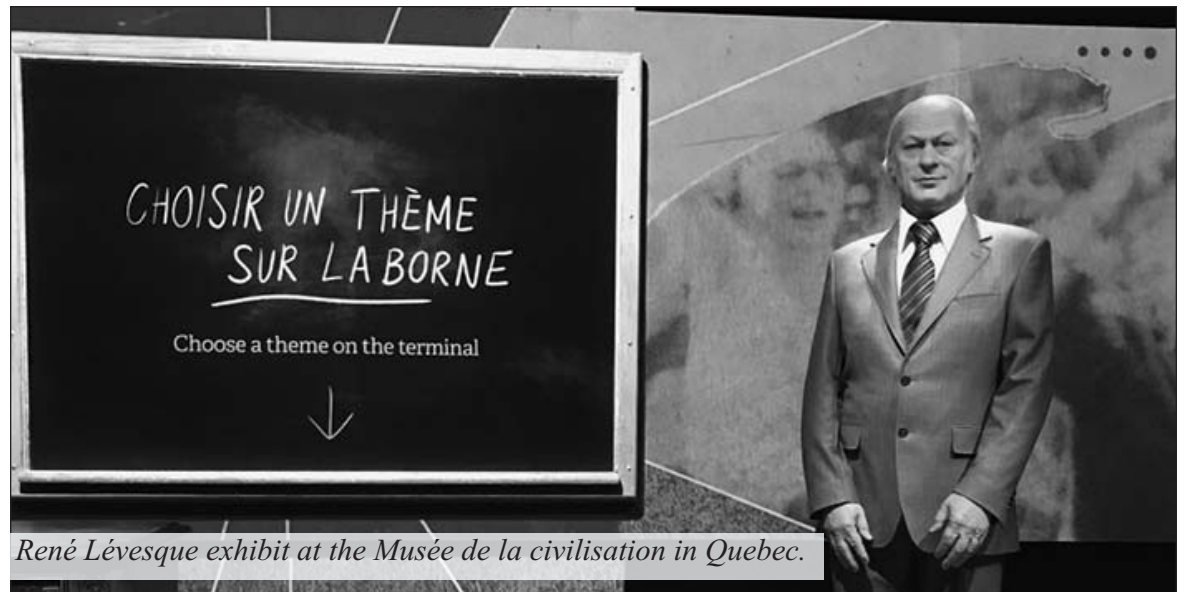


Photo: Michelle Thibault

“The exhibition is eco-responsible as 80% of the material used to mount the exhibition comes from other exhibitions, which would have pleased Mr. Lévesque,” believes Ms. Thibault.

The honorary president, former Premier Lucien Bouchard, was among the guests at the opening.

According to Ms. Thibault, the spirit of Mr. Lévesque is still present in Quebec society. During a call for objects from the public last February, the museum explained that “René Lévesque is, indisputably, a prominent figure in the Quebec political landscape. His career, his style and his achievements still remain of

great interest today and, for many, arouse admiration or, at the very least, great respect.

The exhibition highlights the milestones in the life that shaped Lévesque's personality until his death in 1987. The presentation focuses on the dissemination of archival documents and significant objects.

What a start to winter in the Gaspé region and Haute-Gaspésie

NELSON SERGERIE

GASPÉ - Between November 13 and 20 in the Gaspé region, 66 centimetres of snow fell, making the start of the winter season the most severe in 20 years.

The storm on November 20 hit the Gaspé, Grande-Vallée and Sainte-Anne-des-Monts areas with quite a bit of snow. During that storm 34 centimetres of snow fell on Gaspé.

The entire northern coast between Cap-des-Rosiers and Saint-Maxime-du-Mont-Louis also had a lake-effect snow-storm. A lake-effect snow-storm happens during cooler atmospheric conditions when cold air moves across a long expanse of warmer water (in this case the river). As the cold air passes over the unfrozen and warmer waters, warmth and moisture are transferred to the lowest portion of the atmosphere. The lower layer of air, heated up by the water, picks up water vapour from the water and rises up through the colder air above. Heat and moisture cause clouds to form. The clouds grow larger and snow then begins to fall.

This sector received between 20 and 30 centimetres of snow, according to Environment Canada, with gusty winds between 60 and 70 kilometres per hour.



Photo: N. Sergerie

After accumulating a lot of snow with the first two storms, the Sainte-Anne-des-Monts sector was spared, receiving only between 10 and 20 centimetres.

The Bay of Chaleur only received between five and 10 centimetres of snow.

“To have such a strong start to winter, you have to go back to 2002 to have so much snow on the ground in the region. What is striking is that two weeks ago it was very mild. It all happened all of a sudden. It sure strikes the imagination,” notes meteorologist Jean-Philippe Bégin of Environment Canada.

During the weekend of November 5 and 6, several temperature records were broken, with the thermometer exceed-

ing 20 degrees in Gaspé.

Consequences of the snowy weather: Route 132 was closed on November 20 in the evening between Grande-Vallée and Cap-des-Rosiers while it was not recommended to travel on Route 198 between Gaspé and Murdochville.

On November 21 in the morning, the schools between Saint-Maxime-du-Mont-Louis and Saint-Majorique suspended classes.

In downtown Gaspé, the streets were narrow as snow removal crews were in action to clean the Town of this intense precipitation received in a week.

The scenery now looks more like late January rather than mid-November.

GASPÉ MUNICIPAL UPDATE: Gaspé is committed to future bike path

NELSON SERGERIE

GASPÉ - Gaspé is committed to maintaining the future bike path adjacent to the Saint-Jean River railway bridge to link Haldimand and Douglastown.

The plans and specifications must be integrated into the repair of the railway in this sector vulnerable to climate change.

Quebec asked for a commitment from the Town. “If already, we go forward saying that we will maintain it in the long term, that opens the way for the volunteer committee on site to have financial assistance from the Ministry of Transport,” specifies the mayor, Daniel Côté.

There is still work to be done. “There will be a memorandum of understanding to determine who does what. There is still some vagueness on this. The Town does what, the ministry does what, the volunteer committee does what, the other partners do what? This is what will be clarified,” adds the mayor.

Consolidating the right-of-way by including the bike path is a safety issue.

The track would prevent people from walking on the

railway tracks and crossing the Saint John River on the railway bridge. The project was estimated at \$2.3 million at the end of 2019.

An increasingly fragile arena

The recent damage to the Gaspé arena demonstrates the importance of providing the Town with a new amphitheater.

The Town has ordered plans and specifications to prepare for when the new sports and leisure equipment program will be launched. “The arena is not only at the end of its life, it is on life support. We've known that for years. We have been working on a project to have a new arena for years,” says the elected official.

The mayor believes that Gaspé should be a priority while Quebec has implemented a 10-year program for such infrastructure. “We are probably the most in need in Quebec. We will continue to patch things. Our teams are mobilized and find parts left and right. We stretch and we stretch, but we are on the edge of the breaking point,” fears Mr. Côté.

Mini-animal farm promises lots of fun for kids of all ages!

CYNTHIA DOW

There's a new farm in New Richmond that is sure to appeal to parents with small children and anyone who loves animals. Darlene Milligan and her husband, Bill Meredith, who run Hill Billy Farm in the ranges behind New Richmond, have bought a contiguous lot on the 4th range west to set up a mini-animal farm.

Darlene and Bill are well-known in the farming community and, until a recent health problem cropped up, Darlene

then realized that they didn't really want them or know how to take care of them properly," Darlene explained. "I picked up a lot of animals from Montreal that people just wanted to donate to a good home."

If anyone knows how to take care of animals properly and give them a good home, it would be Darlene who has taken care of all kinds of pets since childhood.

She and Bill have renovated a horse barn on the new property to fit it with cages for all kinds of birds, rabbits, hamsters, guinea pigs, pot belly pigs, miniature horses, pygmy goats and small sheep. A calf will soon be joining this menagerie.

The initiative is obviously filling a need. During the grand opening on October 22, 138 people visited the site. "I couldn't have done it without my volunteers: Janey, Julie, Priscilla, Linda, Megan and Malia," Darlene told SPEC.

There are lots of chores for volunteers, such as feeding, grooming and exercising all the little creatures. "If kids would like to come to help brush and feed the animals, well, just get in touch!" Darlene said.

Besides being small, the animals have been chosen with children in mind. They

are animals who like people and are used to being handled. Still, sometimes children or even adults can feel intimidated, so Bill has built a boxed in area in the fenced yard where people can sit and watch the animals as they play all around. Outside the fenced yard, swing sets and slides provide another perfect pastime for children.

In the stable, special tables have been arranged where children can play safely with the smaller animals such as hamsters and guinea pigs, watching them play on wheels or run mazes and feeding them.

The barn includes a heated, insulated room which can be rented for birthday parties. "People will have to bring their own food, but they could pick up pizza, for example, and bring it here to serve their guests," Darlene noted. A kitchenette provides the perfect staging area for a family get-together or school visits. Darlene says a maximum would be 25 people.

Darlene also intends to breed some of the animals and sell the offspring she cannot accommodate.

The price for visiting the farm for an hour would be \$7 each when visiting hours are available, or \$100 for a scheduled birthday or family gathering. The next day for visits will be Thursday, December 29, weather permitting.

For more information on the mini-animal farm, or to book a visit, you can contact Darlene through her Facebook



The pygmy goats get a snack from Darlene Milligan.



Volunteer Julie cuddles a little bunny who will soon be looking for a home.

was providing horse riding lessons. "People were always asking if I had animals they could bring their children to see, to pet them," said Darlene Milligan. The idea of setting up a petting farm took root.

"With COVID, lots of people bought small animals and



Pot belly pigs, Petunia and Charlotte, are just the right size for playing with children.

page. The farm is located at 221, 4th Range West in New Richmond. If you are using

Google maps to locate it, type in "chemin du 4ieme rang ouest."

Business & Professional Directory



DIANE LEBOUTHILLIER

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

Serving the English-speaking community of our beautiful region!

Grande-Rivière office 418 385-4264	Magdalen Islands office 418 986-1489
Sainte-Anne-des-Monts office 418 764-2890	New Richmond office 581 355-0060

Email: diane.lebouthillier@parl.gc.ca



AXIO
arpenteurs-géomètres inc.
land surveyors

1518, Avenue de Grand-Pré, Bonaventure (Québec) G0C 1E0

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

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

Membre de l'Ordre
des Arpenteurs-Géomètres du Québec

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



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

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

constructionlfg.com

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

BUILDINGS ENERGY AND CIVIL ENGINEERING INDUSTRIAL MECHANIC





WHAT MAKES US DRIVEN TO BE DIFFERENT?

www.shipENERGY.com



DISCOVER MORE



Special working conditions demanded for healthcare workers in the Gaspé Peninsula

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Gaspesian nurses are demanding special working conditions from Quebec in order to attract and retain new caregivers at the Gaspé Peninsula Integrated Health and Social Services Centre within the framework of the renewal of the collective labour agreements.

The president of the union of nurses, nursing assistants and respiratory therapists of Eastern Quebec, Pier-Luc Bujold, says that the health establishments of the region are hard hit by the shortage of personnel.

The CISSS mentioned again recently that it would lack nearly a hundred caregivers to be comfortable in its workforce plan.

"We strongly believe that there should be advantages to working in the Gaspé Peninsula. We have seen this in the last year in ministerial decrees. The government has granted 20% additional remuneration for independent workers to come and work in



Photo: N. Sergerie

the Gaspé Peninsula but it takes people to settle in the Gaspé if we want to solve the problem. So why could these people who would settle in the Gaspé Peninsula to work there and turn the local economy around not have a raise compared to other regions to precisely maintain and attract people?" inquires Mr. Bujold.

When asked to specify the amount he wishes to see for the region, he mentions 20% but adds that the tax aspect

must also be analyzed.

"What exists elsewhere in Quebec, in remote regions, are regional disparities that give you the right to amounts if you are alone, with a family or other to attract people to these regions and offset the cost of living that can be higher linked to transportation to major centres. It's something to explore," says Mr. Bujold, who adds that the union has been asking for it for years.

The abolition of compul-

sory overtime is also in the union's sights.

"Of course, this cannot be done overnight. Steps must be taken and action plans must be made over the medium term but it is one of the objectives," says Mr. Bujold.

The end of private agencies and work-family balance are also the other major issues in this new round of negotiations.

The union is waiting for the employer's offer in order to launch the bargaining

process sometime in early January.

The Minister of Health, Christian Dubé, wants to improve the health network and the working conditions of workers. Even if it expresses openness, the union remains cautious.

"We have doubts about how to apply it. The health plan, the government is unilateral and is not in consultation. If the government comes up with its ideas without consulting the grassroots, the stories of the last few years will continue. The government must be inspired by people on the ground to improve and not arrive with guidelines," says Mr. Bujold.

At the local level, the change management at the Gaspé Peninsula CISSS with the arrival of Martin Pelletier as president and general manager last May has seen relations and collaboration improve.

"These collaborative improvements need to transcend to the field. It's not a simple thing because it's a complete culture change that has to take place," says Mr. Bujold.

There are more nurses in the region in 2022

Nelson Sergerie, LJI

GASPÉ - The region has seen its number of nurses increase in the last year, according to the most recent assessment of the Quebec Order of Nurses.

In total, there were 976 nurses in the Gaspé Peninsula and Magdalen Islands as of March 31, compared to 942 in 2020. This is the highest number of nurses since 2017 when there were 955. Of this number, there were 812 in the Gaspé Peninsula, a total which was 775 a year ago, a gain of 37.

The workforce has thus increased by 3.6% in the last year in the region, bringing the ratio to 9.51 nurses per 1,000 inhabitants, which is higher than the provincial average of 7.7.

67.6% of them worked full time, a comparable average at the provincial level.

43.5% of the workforce holds a bachelor's degree, compared to 51.8% across Quebec. In fact, the region is one of three where the rate is below 45%.

Thirteen of them are nurse practitioners, compared to nine last year.

Also, 172 nurses have the right to prescribe, compared to 101 last year.

The Gaspé Peninsula welcomed 23 recruits in the past year and 61.5% of them work full time, well above the provincial average of 51.1%.

71.4% of the nurses who hold a Diploma of Collegial Studies (DEC) are pursuing a university education.

The retention rate for nurses at the Gaspé Peninsula and Magdalen Islands Integrated Health and Social Services Centre was 75.5% between 2012-2013 and 2016-2017 and they are still practicing there five years later.

The profession is getting younger in the Gaspé Peninsula, with 21.7% of nurses being aged 55 and over, a rate that was 23% last year.

The under 35 age bracket accounts for almost a third of the workforce in a proportion of 31.4%.

Prefects meet with the new regional minister

Nelson Sergerie, LJI

SAINTE-ANNE-DES-MONTS - The prefects of the region have established the operating bases with the new regional minister for the Gaspé Peninsula, Maité Blanchette-Vézina.

The meeting held on November 18 in Sainte-Anne-des-Monts, made it possible to adopt a pragmatic approach.

"What she wants is to be informed of the files that are moving forward, but above all to direct us to the right ministries and the right people. She will make sure to follow up in a more macro way," explains the president of the Table of Prefects, Mathieu Lapointe.

Unsurprisingly, housing and childcare received attention during the meeting.

"The ultimate goal at the Prefects' Table is sustainable demography to attract people who will stay in the region. The major obstacles to attraction are really the issues of housing and childcare services. Our discussions focused a lot on that," added Mr. Lapointe.

In April, Quebec opened a door to be a partner of the region in the construction of housing. Mr. Lapointe met with the Société d'habitation du Québec to develop a plan that will be submitted to the government.



Register now!
cegepgim.ca



All you need is tea and warm socks

DIANE SKINNER

My grandmother's wood stove always had a pot of tea sitting and ready to pour. Tea was, back in the day, the morning beverage. Over the years, coffee has taken over in our culture as a more popular hot beverage, but tea still deserves its place as a much-enjoyed hot drink.

When we were children, tea was a special beverage for when we were sick and the addition of honey made it a treat. On a cold winter night my grandfather would have us spin our teacup so that he could tell our fortune. There would be the inevitable dark-haired stranger coming for a visit. Sometimes my grandfather would point out a closed circle in the loose-leaf tea. This was good news and meant a wish would be coming true.

Tea has been part of traditional medicine for centuries in China and Japan. In the west, we have a belief that tea can soothe colds and flu. It turns out that tea may have



Tea has been part of traditional medicine for centuries in China, Japan and India.

additional health benefits. Tea is one of the most frequently consumed beverages and is available as "true tea" and herbal tea.

The true teas include black tea, green tea, white tea and oolong. The different flavours and colours are due to the processing of the tea leaves. White tea and green tea undergo the least processing and are considered to be the more healthy teas.

Black tea is oxidized

(combined chemically with oxygen), and oolong tea is partly oxidized. Caffeine levels vary, depending on the type of tea and how it was produced. Herbal teas are made by infusing stems, leaves, herbs, roots and fruits.

These teas are sometimes referred to as herbal tisanes. Some of the most popular herbal teas include peppermint, ginger and chamomile.

Bonus - herbal teas do not contain caffeine.

Health benefits of tea

Diane Skinner

According to recent research, drinking tea may provide a number of health benefits.

Aids digestion. Tea can help with feelings of nausea and other stomach upsets. Ginger tea has been used in China and India for centuries for stomach maladies. Peppermint tea also soothes sore tummies because of antioxidants and menthol. Tea contains tannins which have been shown to reduce intestinal inflammation and even irritable bowel syndrome.

Protects heart health. Drinking tea may lower the risk for serious heart disease including blood clots and heart attack. Tea minimizes inflammation and may lower bad cholesterol and decrease blood pressure. Drink four or more cups of green tea daily.

Increases energy. Green tea contains an amino acid known as L-theanine which helps with the slow absorption of the tea.

Natural calming effects. Another benefit is the calming effect it brings.

Weight loss. Amino acids in tea may signal to the body to burn fat.

Hydration. Tea also keeps you hydrated and is a calorie free drink, if you skip the sugar.

Natural cleansing. Tea helps to cleanse your body of toxins and lower stress levels

So, slip on the kettle and make yourself a cup of tea. The benefits may help you to feel healthier and happier.

Thousands of Canadians still owe money

CERB and CRB benefits wrongly collected

Diane Skinner

Thousands of Canadians fraudulently or mistakenly applied for CERB (Canada Emergency Response Benefit) and CRB (Canada Recovery Benefit) payments in 2020 and will be required to pay that money back to the Canadian government.

About 1.7 million Canadians owe this debt to the federal government and Service Canada has confirmed that they will need to repay this money.

When the pandemic began in 2020, the government rushed to have funds available to struggling Canadians who qualified. Notices (notices of debt) are now being sent to those who owe this money.

The government has said that they will work with Canadians who collected this money either mistakenly or fraudulently by establishing repayment schedules.

Over eight million eligible Canadians received these benefits during the pandemic and this assisted people who lost their jobs, were sick or quarantined or needed to look after their children. The government worked as quickly as possible in 2020 to get money to those who needed it and qualified.

Reflections

by

Diane Skinner Flowers



All it requires is a card, a stamp and a pen

It is that time of the year when I make the case for sending Christmas cards. You don't have to spend a lot of money because cards are available at a wide range of prices and you do not have to buy the super fancy ones. A card is about the thought, as in "It's the thought that counts." It is.

Do you have memories of a Christmas past when the cards would start arriving in the mail by the first week of December? There was always a certain pride in being the first person to send out your cards, similar to being the first person to hang out your laundry on a breezy day. It gives you bragging rights.

Then each card would be opened and the handwritten messages inside read out loud for all to hear. It must be said: People who simply signed their Christmas cards with their names were a bit of a letdown, a disappointment for a lost opportunity. We craved reading heartfelt messages and a little information about the sender and family.

Then the cards would be proudly displayed, sometimes on a table or mantle. Some people would put a string that was tacked up on both ends and the cards lovingly displayed on the string. They would be taken down and reread many times before Christmas. The inevitable comparisons would be made, not in a mean-spirited way, but rather a foray into the area of "art appreciation."

Which card was your favourite? Why was it your favourite? Did you like the realistic ones or the stylized ones? Did glitter add to the card's appeal? (That's a big "yes" for me.) There were religious cards and ones with beautiful wintry snow scenes. We became art critics. Some would have family photos made into Christmas cards, a chance to brag. Each year my mother would count the cards and make comparisons to the previous year's card count. More is not always better in life – but when it comes to Christmas cards, it definitely is.

Now let's consider this awkward happening. A sender who always sent a card in previous years, does not send one the next year. Questions have to be asked. Did they forget? Is there a falling out of favour? Is the sender not feeling well? It is a topic for serious concern and discussion.

Some people enjoy keeping the Christmas cards they received the previous year for a variety of reasons. I like to think that it is a small box full of beauty and caring. The cards can be saved for children to cut and make collages and the handy among us could make tiny Christmas gift boxes from last year's cards.

Consider sending cards this year. Sending a card shows that you are thinking about that person and that makes anyone feel special. All it takes is a card, a stamp and a pen.

The Gaspé Spec



SUPPORT YOUR HO-HO-HOMETOWN!

SLEEP TIGHT: Ways to a better sleep

DIANE SKINNER

A good laugh and a long sleep are the two best cures for just about anything. Now that the hours of daylight are getting shorter, a nice, long night's restful sleep is very welcome. Pile on the blankets and snuggle in.

Do you ever have those nights when sleep eludes you? You toss and turn and finally get up in exasperation and watch some television. Some people report that their sleep has been particularly poor since the onset of COVID in March 2020. One in every two people, a whopping 50%, have difficulty falling asleep and staying asleep according to Statistics Canada.

Lack of restful sleep has consequences. The next day you may find that the lack of sleep causes you to feel tired, irritable and unable to concentrate.

There are a few things that you can try to help you have a more restful sleep while avoiding taking medication to help.

Download an app on your phone such as calm.com



Photo: D. Skinner

Don't we all wish from time to time that we could "sleep like a baby"? Newborns sleep from 14 to 17 hours per day and toddlers between 11 and 14 hours daily. Adults are recommended to get about 7 hours sleep per day.

which is currently the #1 app for meditation and sleep. It provides restful sounds, sto-

ries and music as well as tips for relaxation. There are different plans available for pur-

chase after trying a free seven-day trial period. Then you can sign up for \$79.99 per year. Hopefully this can help you to drift off to dreamland.

Use a weighted blanket. These heavy blankets are reputed to reduce stress and increase melatonin, the sleep hormone. These blankets are widely available and are reasonably priced and they come in a variety of weights.

Limit screen time because the blue light it sends out changes our biology and disrupts our sleep cycle. It is recommended to put away your cell phone at least 30 minutes before bed. Using calm.com does not require staring at the screen, only to listen.

Adjust the temperature in your bedroom. Many people keep their heat too high at night, The suggested temperature for your bedroom at night is between 16 and 19 degrees. Stick to a schedule. The healthy amount of sleep suggested for most adults is 7 hours, but that may vary from person to person. Try to go to sleep and wake at the same time every day. If you are consistent your body will learn its

sleep cycle.

Listen to relaxing music or read.

Don't go to bed right after eating. Don't go to bed hungry.

Alcohol can be a sleep disruptor so watch if that disrupts your sleep.

If light bothers you, buy some blackout curtains.

Have a warm bath before bed.

Practice meditation or deep breathing exercises. Even taking three slow deep breaths can help to set you on the path to a restful sleep.

Avoid daytime naps.

Increase your physical activity and spend more time outdoors. Both will help you to sleep better.

Worries? We all have them but best not to worry too much at bedtime which is easier said than done. One tip? Write down what's on your mind and then put it to the side and tell yourself that those worries are for tomorrow.

Drink a warm mug of Ovaltine or heated milk.

If all of these ideas do not seem to help – maybe it is time to speak to your doctor.

Nipugtugewei: Outdoor Migmaw Immersion Kindergarten students connect with the outdoors and their culture

DIANE SKINNER
LOCAL JOURNALISM INITIATIVE

LISTUGUJ: The pride and enthusiasm that kindergarten teachers Brenda Germain and Joyce Germain have for their program is evident. They have developed, over the past nine years, an innovative and culturally meaningful educational experience for the children in their class. They are known as the Nipugtugewei Kindergarten at Alaqsitew Gitpu School. The classes are held almost totally outdoors, other than morning Circle Time and when the temperature is below minus 25.

Brenda and Joyce, niece and aunt, team teach the large group with the support of two assistants, Wallace Barnaby and Mona Vicaire, who are both first language Migmaw speakers. The children speak Migmaw most of the day but Joyce says that if the children speak in English they are not scolded, but simply redirected. Joyce points out that the children learn the language more quickly when using all their senses while interacting outdoors. She adds sitting within the four

walls of a classroom is not an effective way to learn a language. Children learn while doing. Brenda and Joyce have also improved their Migmaw language skills greatly over the past nine years!

If there were concerns that a Mi'gmaq immersion classroom, held predominantly outdoors, would negatively impact the children's development, both Brenda and Joyce are clear that is not the case. Academically the young students in their charge are developing well, but the two teachers have noted that in the areas of social, cultural and emotional development they are "off the charts." The children feel a strong identity as Mi'gmaq children. Brenda comments, "It comes down to letting these kids be human again, be themselves and discover their world."

The children come prepared for all outdoor activities and even have their lunch in a base camp (cabin) that has a kitchen. They often have recess by a creek and in the forest. There is a huge interest in Forest Schools (outdoor classrooms) by a number of neighbouring school boards and



Photo: Brenda Germain

The Outdoor Mi'gmaq Immersion Kindergarten class in action.

some have visited the Immersion Outdoor Kindergarten program at Listuguj.

In September, Brenda and

Joyce were part of a group of ten others from Listuguj Education, Training and Employment who attended the

World Indigenous Peoples Conference held in Adelaide, Australia. Brenda and Joyce were asked to make a 40-minute presentation about their landbased Mi'gmaq immersion classroom. It was well received and gave the teachers an opportunity to make contacts with other Indigenous groups. Karen Martin, who also attended the conference, proudly remarked, "It was a humbling experience to watch the spotlight shine on Listuguj because of these two women from Listuguj who have built the program up for many years now."

Brenda Germain adds, "Most importantly we are fostering a meaningful connection to the land. The teachings from the land and water are imbedded in the Mi'gmaq language." She also hopes to inspire other teachers and she and Joyce have created an outstanding resource that is an electronic "Toolkit" for teachers which they willingly share with other educators. Contact the school to request one. (Alaqsitew Gitpu School, Listuguj, 418-788-3100)

Business & Professional DIRECTORY

Grenier, Grenier & Grenier LAWYERS



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

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



VILLAGE
Real Estate Agency

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

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



Notaries and legal counsel

GAËL TREMBLAY
Notary and legal counsel

TREMBLAY & BARRIAULT, NOTAIRES
INC.
119B Perron Blvd West
New Richmond, (Québec) G0C 2B0
Tel.: (418) 392-5282
Fax: (418) 392-6155
E-mail: gaeltremblay@notarius.net

FULLY
BILINGUAL
SERVICE

Our services :
Support | Training | Tools

TECHNOCENTRE
TIC

Leading the region's digital transformation

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

technocentre-tic.com

Local Advertising That Makes the Cut



GRUPE
OHMEGA
Going beyond and reliable since 1982



Electricity - Plumbing
Automation
Industrial computing
Counter sales

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



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

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

foragemoreaumercier@gmail.com



By Appointment

Richard Ste Croix

Denturologist

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

9 Adams Street, Gaspé
Quebec G4X 1E5

Tel.: (418) 368-1525
Fax: (418) 368-1542

It pays to
advertise in
The Gaspé Spec
518-752-5400

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

Contact our
Advertising Representative
Heather Imhoff
581-233-2062

gaspespec.revitalization@gmail.com



Pro Pieds de la Baie

*Roxanne Major N.D.
Foot Care Technician*

Service in the comfort of your own home.

418-752-3670

NEWPORT TO NEW RICHMOND

Free advice with every visit!



AVAILABLE TREATMENTS

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



Dr. Pascal Cyr
Optometrist



Dr. Stacey Starrak
Optometrist

CLINIQUE D'OPTOMÉTRIE
L'ÉMERILLON

LENSES CRAFTED ON THE PREMISES

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



**BILINGUAL
SERVICE**

MEMBER
OF



Canada's Largest Network of Optometrists

Harnois
Énergies

H&O Mobil™

YOUR MULTI-ENERGY SUPPLIER

Diesel | Gas | DEF
Heating oil | Lubricant

Available everywhere in Gaspésie.

125, Route 132, Bonaventure (QC) G0C 1E0 | 418 534-2777 harnoisenergies.com

Recognizing and understanding the signs of domestic and family violence

November is Domestic Violence Awareness

DIANE SKINNER

Domestic, or family violence actually became more prevalent during the pandemic. The stresses and financial challenges of COVID led to an increase in family violence. (Source: Montreal Gazette: Quebec study links rise in domestic violence to COVID-19 lockdowns.) The well-being, security and, in some cases, survival of individuals have been negatively and, in some cases, greatly affected.



November is Domestic Violence Awareness Month. Domestic or family violence is an abuse of power in a family or other trusting relationship where people rely on each other. When someone experiences family violence, their well-being, security and possibly survival are threatened.

Domestic violence is a term that includes intimate partner violence, sexual violence, child abuse and neglect, and elder abuse. Violence can happen to people of all ages, abilities and genders. Abuse can happen in private or in front of oth-

ers. The forms of abuse can include: physical abuse such as kicking, punching, hitting, biting, threatening with a weapon; verbal abuse including name-calling,

swearing and yelling; emotional or psychological abuse such as threatening, or making fun of you and your friends and family; financial abuse can occur when you have limited access to your money, you are not allowed to work, your partner spends your money without consent or destroys your personal property; controlling you by keeping you a prisoner in your home; sexual abuse by forcing you to be sexual without your permission; stalking by following you, sending unwanted texts and emails, making unwanted visits and leaving unwanted notes on your car.

If you are a victim of abuse:

Consider a safety plan that prepares you to leave

the situation.

Talk to a trusted friend, family member or professional about your situation.

Plan your “exit.” Decide where you and your children can go if you need to leave quickly.

Figure out where your pets will go.

Hide money and open your own bank account.

Pack a bag and include identification documents such as health cards, birth certificates, status cards, and prescriptions.

Have transportation accessible.

Stop contact with your abuser. Make it clear. Make it final, if that is your decision.

Remember: At any given moment you have the power to say, “This is not how this story is going to end.”

Improving indoor air quality

Easy ways to make your indoor air healthier

DIANE SKINNER

We are spending more time indoors now and will be breathing more and more of that inside air. The quality of the air can affect our health. It is a good time to assess your home’s air quality and try to remove or reduce the sources of indoor air pollution. There is also something you can easily add to your home that can improve the air you breathe while you are inside.



By adding green plants to your home, you can improve the quality of the air you are breathing.

What are some of the sources of indoor pollution and how can we reduce the effects on the air we breathe? Smoking! Cigarette smoke contains a wide range of chemicals: formaldehyde, carbon monoxide and particulate matter. Best way to improve your air quality is to ban all smoking in your

home.

Do you have an attached garage? If you idle the car, use a generator or start the snowblower, these pollutants can enter your home.

Avoid idling the car or snowblower in your garage. If there is a door between your garage and home, keep it closed and make sure it is well sealed.

Mould and dampness should be addressed quickly. To prevent mould, fix any leaks or water buildup in showers and basements.

If you heat with a wood stove, choose a low-emission stove, look for CSA certified appliances, maintain your stove, clean your chimney and never use wet, rotted or mouldy wood, or driftwood.

Ventilation describes the movement of air into or out of our home. Proper ventilation improves the air quality by bringing in fresh air from outside. Proper ventilation also limits the buildup of indoor moisture and gets rid of stale air.

How can you improve your ventilation? Leave interior doors open, use the bathroom and kitchen fans, keep furniture away from heating vents, open windows when

you can and replace furnace filters regularly.

There is something you can easily add to your home that can improve the air you breathe inside your home. Green plants! Plants produce oxygen (good) while absorbing benzene, formaldehyde and trichloroethylene which are all bad.

Plants will provide a breath of “fresh air.” According to a study undertaken by NASA, these plants are considered to be “super cleaners”: English Ivy, spider plant, peace lily, bamboo, snake plant (also known as Mother-in-law’s Tongue), philodendron, Elephant ear, dracaena, and aloe.

You will be spending a great deal more time inside now that the weather has taken a turn towards winter, so make that as pleasant and healthy as you can.

**PAY FOR YOUR SUBSCRIPTION
ONLINE AT THEGASPESEC.COM**

Announcements



In Memory

ANNETT: Kevin

In loving memory of a dear son, brother, and uncle who passed away November 27, 2020.

*There will always be a heartache,
and often a silent tear,*

But always precious memories

of the days when you were here,

We hold you close within our hearts,

and there you will remain,

To walk with us throughout our lives,

Until we meet again.

Always remembered and sadly missed by Mum, Dad, Chrissie, Sarah (Ryan), Emily and nephews Henry, Charlie, and Ethan.

PHOTO QUALITY

When submitting a photo for this page, please send in a digital photo (.jpg) to holly.smith@globetrotter.net. You can also send your photo by mail.

It is essential that the photo is not a copy printed at home or by the funeral home.
It will not reproduce well.



**Four Generations
of Monument Craftsmen**

HIGHEST QUALITY - BEST PRICES

MONUMENTS, MARKERS, CEMETERY LETTERING,
LASER DESIGNS AND PORTRAITS

SALES REP:

Steven Imhoff

418-752-6041

581-233-2101

Covering Port Daniel to New Richmond

COAST ROUND-UP

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

COAST ROUND-UP

GASPE:

Royal Canadian Legion

Please be advised that Legion memberships are available for \$50. Returning and new members welcome.

YORK:

York River Seniors

The York River Seniors Club will be holding its Annual Christmas Supper on **Saturday, December 3, 2022**, at Gaspé Elementary School. Cocktails from 5 p.m. to 6 p.m., supper at 6 p.m. with music and dancing to follow. Price \$25 per person with a \$15 rebate given to all York River Seniors Club members at the door. Tickets must be purchased on or before **November 24** by contacting one of the following: Ron Mundle at 418-355-4732, Alfred Cassidy at 418-368-2011, Tony Patterson at 418-368-3276, Clothilda Adams at 418-368-5619 or Debbie Sams at 418-368-2977.

BELLE ANSE:

Christmas Market

December 3: The 7th annual Christmas Market will be held from 9 a.m. to 12 noon at Belle Anse School, 1298 Route 132 East, in the basement. There will be over 20 tables of local crafts, baking, knitting, jams,

Christmas gifts and decorations, and more! For information call Janet Harvey at 418-355-4899.

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.

HOPE:

Hope Baptist Church

Sundays: Sunday School starting at 10 a.m. Worship service beginning at 11 a.m.

PASPEBIAC:

Knitters Needed

La maille de l'amitié, a group of knitters who are eager to help men, women and children who are receiving chemotherapy at Maria hospital by providing knitted hats, is looking for knitters. If needed, patterns and samples are available at the library in Paspebiac, which is also where you should drop-off your knitted items. You can also include a short note of encouragement, identified by your name only. For more information contact Claudette Whittom (418) 752-3633 or Doris Chedore (418) 752-5190.

NEW CARLISLE:

Royal Canadian Legion Branch #64

Please be advised that Legion memberships are

available for \$45. Returning and new members welcome.

Wednesdays: Cribbage beginning at 7 p.m. Bring a partner.

Thursdays: Open from 5 p.m. to 7 p.m.

Fridays: Darts beginning at 6:30 p.m.

Saturdays: Open at 2 p.m. Everyone welcome.

December 6: General meeting at 7 p.m. at 1 Mount Sorrel, New Carlisle.

December 11: Santa at the Legion from 1 p.m. to 3 p.m.

NEW CARLISLE:

LLB Membership

Please note that membership renewals for the Linda LeMore-Brown Foundation are now available 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.

NEW CARLISLE:

Bible Chapel Meetings

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

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

NEW CARLISLE:

Christmas Bazaar

December 10: A Christmas bazaar will be held at New Carlisle High School from 10 a.m. to 3 p.m. Proceeds go to St. Andrew's Anglican Church.

CASCAPEDIA-ST-JULES: Book Room

The book room is open every Wednesday from 1 p.m. to 4 p.m. Anyone who needs assistance can contact Kathleen at 418-392-4896.

**UNITED CHURCH
NEW RICHMOND
Sunday, December 4
10 a.m. Service**

**UNITED CHURCH
HOPE TOWN
Sunday, December 4
2 p.m. Service**

**ANGLICAN
CHURCH
OF CANADA
Sunday, December 4
NEW CARLISLE
9 a.m. Holy Eucharist
PORT DANIEL
11 a.m. Holy Eucharist**

FREE gift cards with your Christmas wishes will be mailed out just in time for Christmas!

Start your Christmas shopping early!

Name: _____
Address: _____

Your gift message: _____

1 year: Canada \$46 6 months: \$25



CHRISTMAS TREES WITH A TWIST



Pallet tree



Drum tree



Driftwood tree

5 keys to happiness

1. Realize that happiness is a choice...you can make the decision to «be happy» each day.
2. Remember that happiness is contagious. Make someone smile, and the good feelings come right back to you.
3. Be grateful for the little things in life that are free. Make a list, and add to it each morning.
4. Believe that ultimately everything happens for a reason. Acceptance leads the way to happiness.
5. Give away some courage every day! When you encourage another to «keep going», «hang in there» and «believe in their dreams», you will find an unending source of happiness.



Why do they say ... by Gary Briand

Several questions originated with the great heavyweight boxing champion Joe Louis. I shall deal with two of them today.

The first has to do when Louis was preparing for his fight with Billy Conn in 1946. One week before the fight Louis gave an interview to a reporter. Louis was asked how he would deal with Conn's speed and fancy footwork. Louis replied, "he can run about but he can't hide."

Another response is associated with Louis although this one comes from one of his weaker opponents. In April, 1939, Louis met Jack Roper in a valid heavyweight championship fight. Roper was a big man but with an unimpressive record. The fight opened. Louis threw the left hook and then a crashing right to the jaw. Roper crumbled to the floor.

After he came to, Roper was asked by a reporter what happened. Roper gave a frank answer. "I jugged when I should have jagged."

Both quotations have become immortalized.

ARIES – Mar 21/Apr 20
This week no one can help you but yourself, Aries. You have to figure out a way to get to the bottom of a problem on your own. But then the reward will be twice as sweet.

TAURUS – Apr 21/May 21
There are a few obstacles in your path this week, Taurus, but nothing you can't get around. If you have a few people help you out, your work will be even easier to manage.

GEMINI – May 22/June 21
Gemini, when a current plan of attack isn't working out quite right, you may have to approach it from a different direction. A new angle can bring with it a new perspective.

CANCER – June 22/July 22
You may need to push yourself a little further this week to make up for lost time, Cancer. Hunker down and get things done. There's rest to have on the other side of the effort.

LEO – July 23/Aug 23
Turning a blind eye to a certain situation will not make it go away, Leo. It will only postpone the inevitable, which is getting it handled. Don't procrastinate any longer.

HOROSCOPES

VIRGO – Aug 24/Sept 22
Others may not want to hear the truth, but you're still going to offer it up, Virgo. Forge ahead even if you may lose some friends in the process.

LIBRA – Sept 23/Oct 23
Think twice before you act this week, Libra. It's easy to take the path ahead right now, but there may be some other way to go that could prove more rewarding in the long run.

SCORPIO – Oct 24/Nov 22
Scorpio, you are looking for a change but you don't know what that should be just yet. You may have to try on a few different shoes before you find the right fit.

SAGITTARIUS – Nov 23/Dec 21
Sagittarius birthday season is in full swing right now, so you are in a festive mood. That will continue right into the holidays, when you may be the life of the party.

CAPRICORN – Dec 22/Jan 20
Capricorn, you can change if you want to. It just requires a little effort right now to figure out the path you want to take.

Brainstorm a few ideas and you can find a goal.

AQUARIUS – Jan 21/Feb 18
Keeping secrets will only work for so long. Aquarius. Sooner or later the truth will be revealed and you will need to come clean. Take the high road from the start.

PISCES – Feb 19/Mar 20
After a few bumps, you will find your groove, Pisces. Supervisors will recognize your efforts and perhaps give you the notice you deserve.

FAMOUS BIRTHDAYS

- NOVEMBER 27**
Bill Nye, Scientist (67)
- NOVEMBER 28**
Karen Gillan, Actress (35)
- NOVEMBER 29**
Russell Wilson, Athlete (34)
- NOVEMBER 30**
Ben Stiller, Actor (57)
- DECEMBER 1**
Robert Irwin, Reality Star (19)
- DECEMBER 2**
Britney Spears, Singer (41)
- DECEMBER 3**
Ozzy Osbourne, Singer (74)

COLD & FLU WORD SEARCH

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

WORDS

ACHES
BACTERIA
BLANKET
CHILLS
CLEAN
CONGESTION
CONTAGIOUS
COUGHING
DISINFECT
DOCTOR
GERMS
HUMIDITY
ILL
INFLUENZA
MEDICINE
MUCOUS
PAINS
PHLEGM
QUARANTINE
REST
SANITIZE
SLEEP
SNEEZE
VIRUS

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

Start your Christmas shopping early!

Give subscriptions to The Gaspé Spec!

IT'S HASSLE-FREE!
NO TRAMPING THROUGH MALLS!
ONE SIZE FITS ALL!
NO ASSEMBLY REQUIRED!

SPEC GIFT SUBSCRIPTION FORM

Yes I wish to send Spec to the following people:

Name: _____

Address: _____

Your gift message: _____

Canada: 1 year: \$46 6 mths: \$25

Name: _____

Address: _____

Your gift message: _____

Canada: 1 year: \$46 6 mths: \$25

Name: _____

Address: _____

Your gift message: _____

Canada: 1 year: \$46 6 mths: \$25

Name: _____

Address: _____

Your gift message: _____

Canada: 1 year: \$46 6 mths: \$25

Mail your form along with your cheque or money order to
The Gaspé Spec, 208-B Gérard D. Levesque Blvd, New Carlisle, Quebec G0C 1Z0
or call the office 418-752-5400 with your credit card.

Gift subscriptions can also be purchased at: thegaspespec.com

*A gift card is sent at Christmas time to let your family and friends know that
The Gaspé Spec is on its way from you!*

