

Diane Lebouthillier becomes Minister of Fisheries, Oceans and the Canadian Coast Guard

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The Liberal Member of Parliament for the Gaspé Peninsula and the Magdalen Islands, Diane Lebouthillier, has been appointed Minister of Fisheries, Oceans and the Canadian Coast Guard by Prime Minister Justin Trudeau.

This appointment, announced as part of a cabinet shuffle in Ottawa on July 26, has been well-received by the fishing community and Gaspesian politicians, in particular because this sector is important for the regional economy.

When Diane Lebouthillier was sworn in at Rideau Hall, she spoke with great emotion, while behind the scenes it was mentioned that she had long dreamed of this ministry as she had been Minister of National Revenue since her first election in 2015.

Ms. Lebouthillier will now be responsible for the Cap-des-Rosiers lighthouse and will have to manage a possible moratorium on shrimp in addition to difficulties in other fisheries.

This change of portfolio suggests that Diane Lebouthillier will be a candidate in the next election.

"First of all, I wish her the best of luck," says Kristina Michaud, Bloc Québécois Member of Parliament for Avignon-La Mitis-Matane-Matapédia. According to Ms. Michaud, Gaspesians were hoping to see Ms. Lebouthillier in this position, since it's an important issue in the region.

"Is it a strategic choice? Electoral? With electoral redistribution, maybe they want to put her in an important position. Maybe it's a strategic move on Mr. Trudeau's part," says the MP for the neighbouring riding.

The fisheries sector is experiencing upheavals and represents a major challenge,



Photo: CPAC

Prime Minister Justin Trudeau congratulated Diane Lebouthillier after being sworn in, accompanied by Governor General Mary Simon.

particularly with concerns in the shrimp sector and the moratorium on pelagic fishing.

"There's a lot of work to do and expectations are very, very high. Will she be able to deliver the goods? That's what we're wondering right now," continues Ms. Michaud, who suggests that Ms. Lebouthillier has not facilitated access to other members of the cabinet.

The Quebec Minister of Fisheries reacted on Twitter to the appointment of his federal counterpart by congratulating her. "There are several challenges in the fisheries sector and federal collaboration is essential for the future," wrote André Lamontagne, who is currently on vacation and will not give interviews.

"It is good news to see that our MP will continue to sit on the Cabinet. This is good news for us because we have a lot of major files attached to this ministry," says the mayor of Gaspé and prefect of the Côte-de-Gaspé MRC, Daniel Côté, citing the upcoming crisis in the shrimp industry, where 800 jobs are at stake in the Rivière-au-Renard sector and the Cap-des-Rosiers lighthouse

file.

A moratorium on shrimp would also affect Matanie, the North Shore, New Brunswick and Newfoundland and Labrador.

"It's going to take some form of compensatory measure. She knows what she's getting into. I think she wanted to have this ministry for a long time according to the behind-the-scenes feedback that I have heard. I am convinced that the sensitivity will be there (on her part)," continues Mr. Côté.

"I'm going to wish her good luck in convincing the federal government to pay much more attention to these files," adds Mr. Côté.

The fisheries sector is relatively pleased with this appointment. "It has been 40 years since there has been a federal fisheries minister from Quebec. In addition, she is someone from our riding. We are happy," says Claudio Bernatchez, General Manager of the Cooperative of Owner Captains of the Gaspésie.

In his opinion, the fact that Diane Lebouthillier grew up in the fisheries sector and knows the industry issues is an advan-

tage, despite the challenges that lie ahead.

"She won't be able to work miracles, but we know that she will do everything she can to mitigate everything that's coming, and she'll be the one who will initiate change within the DFO (Department of Fisheries and Oceans) so that we can adopt a more national strategy that takes into account various factors such as integrated management and an ecosystemic approach in decision-making," continued Mr. Bernatchez.

For his part, Ghislain Collin, the president of the Association of Professional Pelagic Fishermen of Southern Gaspésie, is happy to see Diane Lebouthillier take on this position since she is already familiar with the fishermen's file.

"This is good news for us. She knows the environment and the injustice that pelagic fishermen have suffered," says Mr. Collin, who will not have to explain the matter to a new minister about the fact that they are under a surprise moratorium that was imposed last year and that fishermen have still not received any compensation.

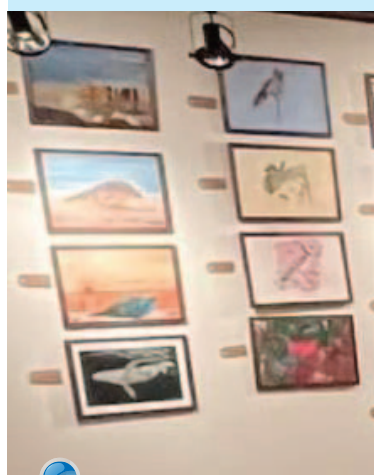
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Diane Lebouthillier is up for the challenge as new Minister of Fisheries, Oceans and the Canadian Coast Guard

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

OTTAWA - The new Minister of Fisheries, Oceans and the Canadian Coast Guard admits that the pressure will be strong as many challenges lie ahead over the coming months.

At a July 27 press conference to discuss her new role, Diane Lebouthillier stated that her knowledge of the (fishing) community will be an asset in navigating this ministry.

The possible moratorium on shrimp fishing, the resumption of redfish fishing, pelagic fishing, global warming, as well as the Cap-des-Rosiers lighthouse situation will be on her mind.

"I am capable of dealing with pressure. I lived through the groundfish crisis, the closure of Gaspésia (paper mill), the closure of the mines (Murdochville). Crises in the Gaspé Peninsula and the Magdalen Islands; we have experienced them. I went through a lot of that when I was in mental health (career). I am not saying that it will be a path paved with roses, but I am able to cope with the pressure," says the Member of Parliament for the Gaspésie-Les Îles-de-la-Madeleine riding.

Her main priority will be the warming of the oceans which will have an impact on the resource. "When I look at everything that is happening with the



Minister Diane Lebouthillier during her press briefing from Ottawa.

Photo: Gabriel Bourget

floods, it is certainly worrisome and it is a concern for the fishing sector. This brings up major issues with port infrastructure. For me, this is a real priority," explains Ms. Lebouthillier.

As for the possible moratorium on shrimp, Diane Lebouthillier recalls having lived through the groundfish moratorium, and is aware of the impact such a move could have.

"We'll be there. We're going to watch what happens. We're going to work with the community and we're going to make sure we get through this in the best possible way, and in a better way than we did at the time of the groundfish moratorium. Some things went well, others not so well," reassures the Minister.

Industry players suggest that shrimp fishermen would be ideal candidates for getting into redfish fishing.

Asked about this issue, which is becoming increasingly important in the fisheries sector, Ms. Lebouthillier does not want to get into the question of quota allocation and the timing of its possible opening.

"We have had several discussions but it would be very presumptuous to come up with a decision. There's work to be done, and we're going to make sure that everyone is satisfied," says the MP.

Now that the Cap-des-Rosiers lighthouse is under her authority, Ms. Lebouthillier is keeping the same course of action as when the historic monument was closed for safety

reasons.

"We have significant needs in our port infrastructures. I don't have a bottomless pocket. There is an evaluation that will be done and we will look at the reports that will be submitted. My priorities have not changed: they are at the level of everything that affects port infrastructure," explains the Minister.

Ms. Lebouthillier confides that she had mentioned to Prime Minister Justin Trudeau her keen interest in serving as Minister of Fisheries, Oceans and the Canadian Coast Guard, recalling that she had been involved with the community since her first election in 2015. She thanked her predecessors who had given her latitude in this area.

"When the Prime Minister appointed me, for me, it was

the pinnacle. It's as if I arrived at the top of Mount Everest," explains the elected official who went through a range of emotions during her swearing-in on Wednesday.

"I feel like a fish in water," she says.

Ms. Lebouthillier concluded the press briefing with a message addressed to young women.

"When in 2015 I decided to run for politics, people had asked me if I spoke English. I was told: don't run, you won't pass. I'm so glad I didn't listen to people back then," she says, urging young women to live their dreams and not get in each other's way.

The last federal fisheries minister from Quebec was the Liberal Pierre de Bané from Matane, between 1982 and 1984.

TOWN OF GASPÉ UPDATE: Côte-de-Gaspé MRC supports Mont Béchervaise renovations

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The bill for the citizens of Gaspé for the repair of the Mont Béchervaise chalet will be slightly slower than expected.

The Côte-de-Gaspé MRC is contributing \$25,000 to cover part of the budget overrun.

The bids for work which includes adapting the chalet for people with reduced mobility were 17% higher than the estimates.

The balconies will be redone and an automatic outdoor ticketing system will be added for a total of \$424,000.

The government of Canada has already contributed \$295,000 towards the project.

"We decided to go ahead.

We thought we would reach out to our usual financial partners to see if they couldn't put in a little more to help absorb the extra costs. The MRC responded, and this means \$25,000 less that the Town will have to pay. We also knocked on the door of the federal government," explains the mayor of Gaspé, Daniel Côté.

Gaps in obstetric services

Between July 27 and 31, the obstetrics services at the Gaspé Hospital Centre was again disrupted.

The Gaspé Peninsula Integrated Health and Social Services was unable to find independent manpower to fill the shifts during this period.

As SPEC was going to press, external resources and

the obstetric care team were working to reopen the service.

Seven pregnant women were affected and were informed of the situation. "With the major labour shortage situation that we are experiencing, a situation where it is difficult to recruit workers because there is a shortage of housing; let's say that there is a really unfavourable situation. It is certainly a constant concern. I think the CISSS is doing its best to solve the problem," comments the mayor.

At the end of June, the Gaspé Peninsula CISSS had warned that the lack of human resources could lead to a shortage of services every other week this summer.

Fisheries and Oceans Canada

Pêches et Océans Canada

Notice of Application to Dispose of Waste or Other Matter at Sea

Notice is hereby given that Fisheries and Oceans Canada, located at 104 Dalhousie Street, Québec (Quebec), intends on this 2nd day of August 2023 to apply to Environment and Climate Change Canada for

A DISPOSAL AT SEA PERMIT under the CANADIAN ENVIRONMENTAL PROTECTION ACT (1999)

to load dredged material in the following harbour in the Gaspé Peninsula for the purpose of Disposal at sea at the disposal site mentioned below, and by the following method: mechanical excavator and towed scows.

Harbour	Quantity in cubic metres (m³) place measure	Disposal site	Proposed dates for loading and disposal activities
Sainte-Thérèse-de-Gaspé (48.41500° N. and 64.39433° O. NAD83)	8 000	ST-4 (48.39000° N. and 64.38670° O. NAD 83)	From November 1st, 2023 to October 31th, 2024

For further information regarding these activities, please contact:

Mr. Maxime Doyon
Project Technician
Small Craft Harbours
Fisheries and Oceans Canada, Quebec Region
104 Dalhousie Street, Québec (Quebec)
G1K 7Y7
maxime.doyon@dfo-mpo.gc.ca

The public may raise environmental concerns related to this notice or obtain information on the permit issuance process by contacting the nearest Disposal at Sea Program regional office:

Environment and Climate Change Canada, Quebec Region
Environmental Protection Operations Directorate
Disposal at Sea Program Coordinator
105 McGill Street, 4th floor, Montréal (Quebec)
H2Y 2E7
Tel.: 438-342-1563
immersionqc-disposalatseaqc@ec.gc.ca

Canada

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Southern Gulf: 2023 was marked by large catches and low crab prices

GILLES GAGNÉ

GRANDE-RIVIÈRE – The 2023 snow crab fishing season in the southern gulf of St. Lawrence was marked by large catch rates and a very low price, compared to past crab fishing seasons. The surplus of unsold products from the 2022 season caused the landed price to plunge from \$6.71 per pound in 2022 to \$2.25 this year. A decrease of two-thirds of the 2022 price.

The 31,698 metric tons of total allowable catches were caught before the end of the 2023 season by fishermen from New Brunswick, Quebec, Prince Edward Island and northern Nova Scotia,

The relatively early start to the season, on April 11, greatly helped the fishermen, according to the president of the Association des crabiers gaspésiens, Daniel Desbois.

“In terms of catches, we had a very good season. In general, it went really well. We started quite early and the catches were plentiful, especially at the start. When you start well, you have time to catch a good part of the quota before right whales arrive,” says Mr. Desbois.

Right whales have significantly affected fisheries since 2017, to such an extent that crab fishermen in the southern Gulf have lobbied the federal Department of Fisheries and Oceans to start the season in the spring as soon as possible. The start has generally been slowed down by fishermen in New Brunswick.

“They (the right whale) did not affect the Bradelle bank, in the Magdalen Islands. It headed mainly towards the southeast, towards Miscou Island, and towards the southeast of Bonaventure Island. It seems that every year, they go to other territories. They quietly returned to the gulf, perhaps because the water temperature remained cold longer than last year. We could have easily started fishing a week before,” adds Daniel Desbois.

The landed price, however, suffered quite a drop, with the \$2.25 per pound at the start of the season being maintained by processors until its conclusion. This price applied to fishermen holding boats equipped with an ice hold, while crab fishermen equipped with a water hold obtained \$2.50 per pound.

“The price was more than catastrophic, really not good. The year has been quite diffi-



Bill Sheehan points out that snow crab sold well because of the low price.

Photo: Robert Nicolas

cult. We don't want it to happen any more than that. Decisions will have to be made. It was not worth it for everyone to go fishing with a price like that,” says Mr. Desbois.

The low price facilitated sales

On the processing side, Bill Sheehan, vice-president of the firm E. Gagnon et Fils, of Sainte-Thérèse-de-Gaspé, also noted a strong capture rate at the start of the season.

“When you manage to get one more week in April, you are five times more likely to make the whole crab quota, when it is high like this year. We were ready to start on April 1 in the Gaspé Peninsula. We started on April 11. We had caught almost 25% of the quota after one week, and 33% after two weeks. When the whales arrived, fishermen were finishing their quota,” he says.

“It went well on the catch side, but the market conditions

Police report

A repeat offender in contraband tobacco trafficking, Jacques Lantin, 64, from the Pabos Mills district of Chandler, has once again been arrested and convicted. On July 5, the accused pleaded guilty to one charge against him. It was his third offence involving possession of contraband cigarettes.

He was sentenced to serve 30 days in jail and pay \$156,450 in fines. His driver's license will be suspended for 90 days effective August 1.

On November 25, 2021, Jacques Lantin admitted to police officers from the Sûreté du Québec of the Rocher-Percé detachment to having purchased 21 cases of contraband cigarettes between November 24, 2019 and November 24, 2021.

These cases each contained 50 packs of 200 cigarettes which were not identified in accordance with the law.

The Sûreté du Québec is looking for an individual from Cap-d'Espoir following his disappearance. Luc Couture, 55, was seen for the last time on July 17 in his car in Cap-d'Espoir. According to the police force, his relatives have reason to fear for his health and safety. Mr. Couture is 5 feet, 9 inches tall, weighs 200 pounds, is bald and has brown eyes. He was driving a blue, four door, Honda Civic, registration P67 PZN.

were more difficult. It needed a “reset” though. (But) this is not the price level we wanted. We still had an advantage because everything was almost over when Newfoundland decided to go fishing,” says Mr. Sheehan, referring to the standoff that pitted Newfoundland fishermen and processors for several weeks at the start of the season.

“It would not have been pretty if Newfoundland had taken off at the same time as us.

We caught 80 million pounds of snow crab here, and there were 120 million on the Newfoundland side. It would have put a lot of downward pressure on the price if the fishing had started at the same time,” adds Mr. Sheehan.

“The market held up (thanks to this lag between the two provinces) In negotiations with the buyers in the United States, we were constantly told

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Fisheries and Oceans Canada

Pêches et Océans Canada

Fisheries and Oceans Canada (DFO) would like to remind the public of the importance of checking open areas before proceeding with shellfish harvesting

Several tools are available to help you check before you harvest:

- Use the interactive SHELLI application, available at www.dfo-mpo.gc.ca/CheckBeforeYouHarvest, or use the QR code below with your mobile device. You can even receive notices of area openings and closures directly to your inbox. Go to our SHELLI map and click on “I want to” to sign up!
- Call **1-800-463-4204** and a recorded message will inform you which areas are closed or open to shellfish harvesting in the Gaspé Peninsula.
- Pay attention to signs posted where shellfish harvesting is prohibited.

Remember that eating contaminated shellfish from prohibited areas is dangerous and can lead to paralysis or even death.

Visit the DFO Quebec Region website for the regulations on shellfish harvesting.

Fisheries and Oceans Canada is closely monitoring shellfish harvesting and closed areas and asks the general public to report any poaching activity to **1-800-463-9057** or online on our website.



Canada

The caribou maternity enclosure is a failure

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The plan to capture and pen pregnant caribou to protect calves against predators has failed in the Gaspé Peninsula.

Although two caribou of the six caribou captured by the Department of Environment for the Fight Against Climate Change, Wildlife and Parks between March 18 and April 6 were pregnant, the calves did not survive.

Not only did both calves die, but a female caribou died of a uterine infection after giving birth in this maternity enclosure specially designed for the survival of the species on Mount McGerrigle, in the Parc de la Gaspésie.

The Environment Department points out that, despite the presence of a warden on site who observes the caribou every day, the availability of a team seven days a week and a veterinarian ready to intervene if necessary, the risk of perinatal mortality of the calves and females remain.

The environmental group,

Environnement Vert Plus, is questioning the process that led to the captures, transfer to the maternity pens and the death of the two calves.

"We'd like to know more about what happened. We have the figures, but behind the figures there could be several hypotheses as to the reasons for the muddling of things," says Environnement Vert Plus spokesperson, Pascal Bergeron.

"Is it the drug, injected into the females, that is responsible for the premature death of the calves?" questions Mr. Bergeron, drawing a parallel with what happened in Charlevoix, where out of 15 expected births, 11 calves survived.

He would like to see the blood tests results from the time of transport of the captured caribou, to understand what might have happened.

"Otherwise, there are big questions to be asked about the reproductive capacity of the Gaspésie herd," suggests Mr. Bergeron.

He also wonders why one female died of complications after pregnancy.



A caribou penned in Charlevoix Photo: Archives

"What we do know, however, from unofficial sources, is that the females were heavily drugged during transport and it really wasn't necessary. The caribou is an extremely docile animal and does not need it, at least not over the short distances they travelled. This is what the biology experts have told us," says Mr. Bergeron.

According to Mr. Bergeron, the people who captured the animals were inexperienced,

and applied instructions that were not appropriate. There was a problem at the base, and it may have worked its way up the chain, to the birth and death of the calves," says Mr. Bergeron.

In addition, the fate of the remaining females in the maternity pen at Mount McGerrigle is not yet sealed.

"The Ministry of Wildlife is seriously considering a breeding and release project at the

Bioparc (in Bonaventure)," he says.

"The failure of this year's capture would mean that there would be good reason to quickly return to this project, especially since it is supported by three internationally renowned scientists who work with caribou, including Martin-Hugues Saint-Laurent," concludes the environmentalist.

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

In 2021, according to data from the Ministry of the Environment, the Fight against Climate Change, Wildlife and Parks, the population was estimated at between 37 and 40 caribou, while it was between 32 and 36 during the overflight inventory in the fall of 2020.

In 2022, according to data obtained by Environnement Vert Plus, the population was estimated between 32 and 36 animals, the same figures as 2020.

The department has not responded to a request for an interview by SPEC.

Louisette Langlois tries to stop Town of Chandler proceedings against her

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

CHANDLER - The former mayor of Chandler, Louisette Langlois, has filed a motion with the Superior Court to have the Town of Chandler's behaviour declared abusive and to have the original lawsuit against her dismissed.

Ms. Langlois is trying to end the lawsuit filed by the Town of Chandler in January 2022 seeking \$230,411 from her in the saga surrounding the Municipal Commission's 180-day sanction from January to July 2021.

The document was filed in court last April by Ms. Langlois' attorney, Charles Caza. He specifies several reasons for this request.

In particular, it states that several delays have occurred in the file since June 6, 2022, and that last January the Town's attorneys submitted a new request for an extension of time to send the requested documents.

"They indicated that they still needed time, in particular, to debate objections to various



Photo: N. Sergerie

Louisette Langlois when she returned to her post as mayor of Chandler in August 2021.

commitments" the request reads.

Subsequently, on March 14, "Attorneys for the Plaintiff indicated that they were still in the process of compiling the responses to the commitments," the document states.

Ms. Langlois' attorney argues in the motion that "without notice and without having transmitted the commitments, the Plaintiff's attorneys served a subpoena directly on the Defendant on April 12, 2023, to question her on two separate

days, April 20 and 21."

According to Mr. Caza, "such actions constitute manoeuvres to prevent the defendant from having the right to a full and complete defence in order to deprive her of having access to all of the documentary and other evidence."

The documents "touch the heart of this dispute and are necessary for the preparation of this case," argues Mr. Caza.

For the prosecutor, "such delays demonstrate dilatory and abusive behaviour on the part of the plaintiff."

"The behaviour and actions of the plaintiff demonstrate a crass abuse of process, showing a lack of respect for both procedural rules and for the administration of justice," continues the lawyer.

A sum of \$2,500 is also claimed to cover extra-judicial fees for the presentation of the motion.

"Given these facts and circumstances, the only possible remedy is the pure and simple rejection of the request," concludes Mr. Caza.

The resolution leading to the filing of the claim by the

Town of Chandler, emphasized, among other things, that the accusations against Louisette Langlois were the result of gross or intentional misconduct, with her personal interests predominating, and that she had acted in an intentional and premeditated manner, all to achieve her ends.

The arguments were repeated in the motion to institute proceedings for reimbursement of defence costs.

In particular, the Town of Chandler's prosecutors mentioned that "the decision rendered (...) on December 21, 2020, is overwhelming with regard to the defendant and establishes that the defendant's acts or omissions are gross and or intentional faults and or separable from the exercise of her duties"

They added that the former mayor "has multiplied proceedings, some of which are useless, unfounded and truncated in light of the evidence presented before the CMQ (Commission municipale du Québec)."

In December 2019, Louisette Langlois was cited

for 21 breaches of the Code of Ethics and Professional Conduct for elected officials of Chandler.

After hearings in July 2020, the commission concluded that the former mayor was guilty of 20 breaches, including conflicts of interest, in December 2020. Before the sanctions hearing, Ms. Langlois had attempted to obtain a stay of proceedings, challenged the notice of sanction issued against her and even requested that the investigation be reopened, requests that were rejected by administrative Judge, Sandra Bilodeau.

The former mayor went to the Superior Court where she was dismissed in July 2021 and suffered the same fate in October 2021 before the Court of Appeal.

To date, this saga has cost Chandler taxpayers \$341,994.

Chandler reserved the right to adjust its claim.

If Louisette Langlois' motion is denied, the hearing of the case on the claim would not take place until the winter of 2024.

Bloc Québécois leader, Yves-François Blanchette visits the Gaspé

The Cap-des-Rosiers lighthouse file will be addressed in Ottawa

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The Bloc Québécois bring the issue of the restoration of the Cap-des-Rosiers lighthouse to Parliament Hill this fall in Ottawa.

The leader of the Bloc Québécois, Yves-François Blanchette, gave this assurance when he held a press briefing at the foot of the heritage monument on July 24, accompanied by the mayor of Gaspé, Daniel Côté and the people of the Cap-des-Rosiers Maritime Historic Site.

"I want to add my voice to these people because the request to restore the Cap-des-Rosiers lighthouse is fundamental for the region," says the Bloc Québécois leader, who recalled that the Member of Parliament for the Gaspé Peninsula, Diane Lebouthillier had made this promise in 2015.

"If it had been done (the restoration) at the time, according to 2017 appraisals, it would have cost \$6 million. Today, we think it will cost at least \$12 million. Can we proceed before it costs \$24 million?" asks Mr. Blanchette, who adds that action must be taken before moisture and mold settle in for good in the infrastructure, which would inflate the bill even fur-

"If that fails, and this would be a preference, but I'm not asking for it, if other approaches don't work, see if the Government of Quebec is interested in taking over the lighthouse," suggests Blanchette.

A quick decision, however, is needed considering the lighthouse dates back to before the Canadian Confederation.

The mayor of Gaspé, Daniel Côté appreciates the support that Yves-François Blanchette is offering. "We are working to get as much support as possible in Ottawa because we want to find the funds to restore this icon that has been on postcards for 150 years. We've been standing tall like the lighthouse has for 165 years and we must continue to ensure its sustainability," says Daniel Côté.

Mr. Côté claims that after the 2017 repairs, he trusted that the lighthouse would be protected and admits that he let his guard down. "This time, we will not let go. I was clear with our Member of Parliament, Diane Lebouthillier. I have a game plan to be tough until the money is there to restore this icon," adds Mr. Côté.

"As soon as the new session starts in Ottawa, MPs will be using Parliament and the parliamentary forum to apply pressure. Parliament must be used



The Bloc leader, Yves-François Blanchette, with the treasurer of the Cap-des-Rosiers Lighthouse Historic Site, Lucie Bergeron.

Photos: N. Sergerie

depth technical study. Maryse Sohier, who is the Regional Property Manager, Technical Services, Fisheries and Oceans Canada, Quebec Region, hopes to have this assessment before the fall.

At the same time, she admitted that the work would be conditional on funding, which implies a political decision.

The infrastructure was built between 1853 and 1858 and still remains a landmark in the entrance to the St. Lawrence River and is still registered as a navigational reference.

The site receives some 8,000 visitors a year, who pay to go to the lighthouse and it is a major calling card for Cap-des-Rosiers and an important source of income for the committee to ensure the site's condition.

In 2017, emergency work was carried out to ensure the safety of visitors following an inspection in September 2016. At that time, the restoration work had been valued at \$6.5 million.

The Cap-des-Rosiers lighthouse was recognized as a National Historic Site on June 11, 1973 and a heritage building on March 31, 1994.

Fisheries

Fisheries caught the attention of the leader of the Bloc Québécois during his summer tour of part of the region.

Yves-François Blanchette met with the Quebec Shrimp Fishermen's Office on July 20 as shrimp fishermen face a possible moratorium as the 2023 season is "catastrophic" in terms of catches, according to them.

This looming crisis follows the one experienced in the pelagic sector last year.

"And that we've experienced in other fisheries before-

hand. We may be experiencing something that we'll have to start asking questions about. With a few exceptions, the marine biomass of the St. Lawrence and the Gulf seems to be in decline," says the Bloc leader, who stopped in Gaspé on the first leg of his tour of the Coast.

He notes that this time, Ottawa seems more proactive in sending a moratorium signal. "We need action right away. Put yourself in the shoes of the Rivière-au-Renard community. For them, it's about 450 jobs, including a little less than 300 in processing, fishing and related jobs, especially in the industrial park, these people will find themselves overnight with nothing," adds Mr. Blanchette.

Many people are viewing the redfish fishery as an alternative fishery for shrimp fishermen. Mr. Blanchette is asking for a response regarding that fishery, as the industry has been asking for a decision for months.

"It seems to be back in very large volumes in the St. Lawrence. Without repeating the mistakes of the past, perhaps having a good approach: setting up fairly quickly, allowing fishermen to convert, allowing industrial facilities to convert, this should have been considered a long time ago," suggests Mr. Blanchette.

The Bloc Québécois is accumulating data to make proposals to Ottawa.

"We did some (data collection) on the whales and they (Federal Government) acted like they didn't get it. We relive the same story year after year because they (Federal Government) are a little narrow in their thinking sometimes," says Mr. Blanchette.

This summer, he takes a

look back at the decisions being made in Ottawa rather than close to the maritime community.

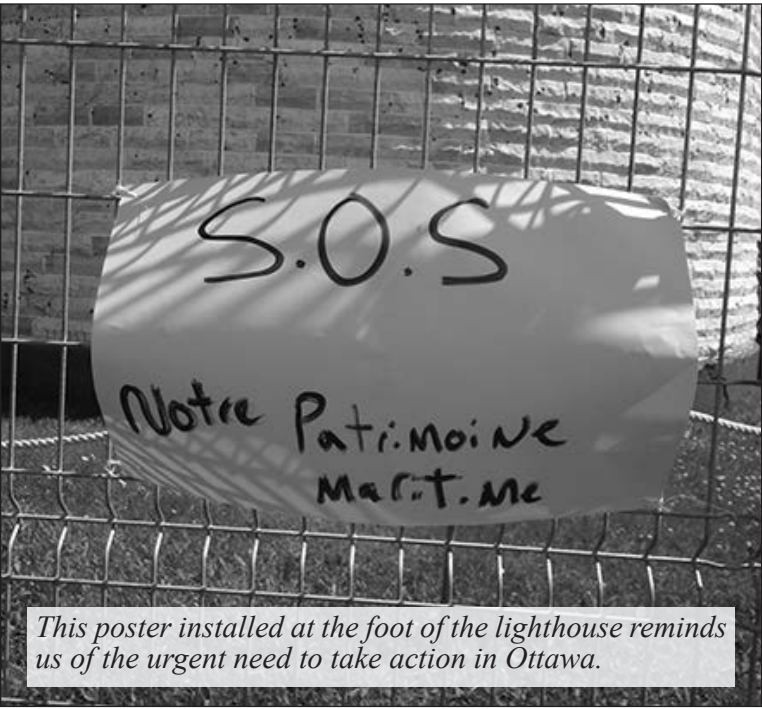
"Decisions are increasingly centralized. The regions at the level of Fisheries and Oceans Canada essentially have the mandate to send information that becomes processed by the purely political mechanism on the shores of the Rideau Canal or the Ottawa River where there are no shrimp, no lobster, or right whales. The decision-making must be closer to the regions, to the industry, to the people who make a living from it and who have a certain understanding of the environment," he says, noting that fishermen are aware of the issues at stake, since they earn their living from the resource.

Electoral map

Regarding the new electoral map, Yves-François Blanchette is determined to continue the fight to keep the riding of Avignon-La Mitis-Matane-Matapédia in eastern Quebec.

"We're continuing to fight for the current map to remain in place, because the new map is an unacceptable weakening of the regions' influence. We've said it before and we'll say it again, commission or no commission, we're working on initiatives at another level that will come back to challenge this new map, which weakens the Gaspé Peninsula. We will continue to support any kind of opposition," says Mr. Blanchette without hesitation.

After his July 24 press briefing, Mr. Blanchette had meetings in Gaspé and Murdochville. He ended his visit to the region in Haute-Gaspésie on July 25 and promised to visit the Bay of Chaleur area this fall.



This poster installed at the foot of the lighthouse reminds us of the urgent need to take action in Ottawa.

ther.

"We're asking the federal government, and specifically Fisheries and Oceans Canada, to assume their responsibilities and make investments that, when all is said and done, are not that significant in the overall government envelope, or even at Fisheries and Oceans Canada," says Mr. Blanchette.

In the absence of an investment by Fisheries and Oceans Canada, he calls for the site to be transferred to Parks Canada, which will restore it.

to bring regional issues to Ottawa in offices that know very little about the regions. Rather than taking the concerns of senior bureaucrats and the authority of the Prime Minister's Office who say in the regions: we've just imposed something on you, and it's going to work just the same. It's going to be a pain," says the Bloc leader with determination.

A visit by Fisheries and Oceans Canada on June 20 condemned access to the lighthouse, pending a more in-

CISSS UPDATE: One more step for modular units for CISSS workers

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

MARIA - The project to build modular homes to accommodate healthcare workers from the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS) is progressing on two fronts.

The by-law aimed to amend zoning to allow the construction of 10 units on rue des Roselins in Maria did not meet any opposition following a special municipal council meeting on July 24, which was attended by six citizens.

"The next step will be at the public meeting in August, with the adoption of the by-law that will allow this modification to accept the use of modular homes," says the mayor of Maria, Jean-



Photo: Kub Structure

This is what the modular units could look like for workers at the Gaspé Peninsula Integrated Health and Social Services Centre

Claude Landry.

The by-law will then be sent to the MRC for ap-

proval.

The mayor does not expect any issues, nor does he

for Maria, the SHQ specifies that eight units are reserved for Gaspé, which is new information that was not revealed in a press release issued on July 10 to announce the pilot project for the Gaspé Peninsula.

The mayor of Gaspé, Daniel Côté, mentioned at the time that he expected to receive five. A government source confirmed with magaspesie.ca that there will be eight.

For Gaspé, the units will be located on land already belonging to the CISSS near the Mgr Ross hospital centre. A total of 20 units will be installed in the province of Quebec for an investment estimated at \$5 million.

The last two buildings will be located in Charlevoix.

The Rivière-au-Renard Seniors' Centre

The future Rivière-au-Renard Seniors' Centre is now in the hands of the Gaspé Peninsula CISSS.

However, no opening date has yet been specified since the installation of the furniture, the computer system, and the training of the staff must be carried out. These steps can only be done once the work is completed.

The CISSS wants to ensure that the building and the teams are 100% operational when residents move in.

All indications are that the 48-person complex will open in the fall.

The project announced in June 2021 at a cost of \$30 million, will ultimately cost \$40.5 million, according to the latest data from the Société québécoise des infrastructures.



expect a referendum considering it's housing for health care workers.

According to the mayor, a family of six will be moving into one of the units in late October or early November.

As the project is spread over five to seven years, Mr. Landry hopes that the families housed in these modular units will eventually settle in his municipality.

The land on which the units will be installed is the property of the municipality and the town will receive compensation in lieu of taxes once the units are installed.

The land was earmarked for the construction of affordable housing, but no such project had been submitted, hence the choice of these homes.

Meanwhile, the Société d'habitation du Québec has launched the process of acquiring these modular units by publishing a call for tenders.

According to the terms, bids must be submitted on August 25 and the SHQ mentions that the expected duration of the contract will be four months with delivery towards the end of autumn.

In addition to the 10 units



This heritage house was bought by chef Ricardo Larrivee.

Photo: Kub Structure

Ricardo Larrivee buys Maison Biard de Percé

Nelson Sergerie, LJI

PERCÉ - La Maison Biard in Percé has been purchased by the famous chef and Gaspesian, Ricardo Larrivee.

Ricardo's publicist has confirmed the acquisition and that the chef intends to use the house for personal use and will not be granting any interviews on the subject.

The announcement of the sale last year provoked protests from the Percé International Film and Art Festival – the Percéides – and the Grande rencontre des arts médiatiques en Gaspésie, which called for a moratorium on the transaction.

The sale of the building was viewed as going against cultural development since the house could be transformed into an artists' residence, says the directeur of the Festival les Percéides, François Cormier.

Laval University had acquired the house for educational and artistic training purposes by creating the Percé International Summer School about twenty years ago, around the same time it also acquired the Frederick-James Villa.

Four years ago the university ended its academic activities in Percé.

"Who is responsible for preserving our heritage? Who owns heritage? The answer is that heritage is a collective asset, to be sure, but its survival depends more often than not on those who invest in safeguarding these material witnesses to our cultural identity," writes Jean-Marie Fallu, President of Patrimoine Gaspésie.

"In this regard, Ricardo Larrivee's initiative to inject his money into the preservation and restoration of the Biard house in Percé is exemplary. The future of safeguarding heritage houses depends on people like him who have a passion for old houses and the money to restore them," continues Mr. Fallu, who points out that the chef known across Canada has an interest in heritage, having restored a few houses in the Montérégie region.

In 1901, Jersey native Charles Biard set up his fishing business and Biard's Beach Hotel on the shore of Anse du Nord. All that remains of this estate with its many cabins is the house facing Percé Rock, an integral part of the Percé heritage site.



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Back to Nature art exhibit features works from 92 local artists

DAVID FELKER
COMMUNITY CORRESPONDENT

NEW CARLISLE: On July 4, at the Kempffer Cultural and Interpretation Centre, Family Ties launched the Back to Nature project. This exhibit was made possible through funding from Canadian Heritage. The vernissage saw over 60 people pass through the doors over the course of the afternoon and the evening. Visitors were greeted with live music and storytelling on the back porch.

The exhibit consists of art-work from 92 different local artists and community members who have taken part in over 50 workshops since January. These workshops focused on the culture of hunting and fishing and a general appreciation of the nature we are all so lucky to have around us here on the Gaspé Coast.

The workshops also explored various themes with instruction from practicing local artists including songwriting with Marie Lou Brière Berthelot and Nathan Hayes, song recording at the CASA studios with Kevin Jones, weaving with Dawn Smith, working with leather with Tesia Hackett, working with clay with Enid Legros-Wise, photography with Shannon Day, painting and mixed media with Bruno Mainville, wood working with Melissa Belanger, fly tying with Alex Mallais, and beach-wood crafting with Chelsea Vantol. The workshops were all very well attended, and the atmosphere was positive. Many of the participants did not want the sessions to end.

One participant in the beach wood workshop said: “I thoroughly enjoyed my afternoon



Photos: Courtesy of David Felker

Over 60 people attended the Back to Nature vernissage featuring works from 92 different artists.



crafting. It was a fun, relaxing, creative time using materials mother nature provides. Looking forward to the next Back to Nature sessions.”

Another workshop participant noted: “I loved the feeling of community, learning a new way to be creative, having a few laughs and meeting new faces. We need more of these sessions. There’s so much to learn!”

David Felker, who was hired to coordinate the workshops on behalf of Family Ties, was overwhelmed by the community response and talent that came from these workshops.

“At first, I was happy to see so many people coming out to the workshops. People needed to get out and socialize, so I was not surprised. What is im-

pressive is how much talent there is out there. Every session, no matter the media, there was amazing work coming out of each person. You would never guess that this exhibit is made up of amateur, or brand-new, artists. Credit to those community member participants and hats off to the in-

structors of those sessions. Their talent and skill were handed down and it shows through the incredible final products.” states Mr. Felker.

The exhibit can be viewed until the end of the summer at the Kempffer Centre from 10 a.m. to 6 p.m., Tuesday to Saturday.



A display of wood creations.

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Work begins at Newport harbour

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

CHANDLER - Two years after it was announced, the first phase of reconstruction work on the Newport harbour is underway.

"Finally, preparations for the work have begun," says Luc Legresley, President of the Newport Port Authority.

Four phases are planned for a complete overhaul of the infrastructure. For the first phase, the work will be concentrated between the lobster and mid-shore wharves for crab fishermen.

"Between these two docks, there's a section we call a kind of beach, and they're going to build a new dock there about 278 feet long," explains Mr. Legresley.

Dredging work is also planned along a 100-foot stretch.

"We wanted to attract as many boats as possible and that's exactly what we managed to do in Newport. The first plans, we were talking about (a cost of) \$3 million. Now we are talking about several million. We can multiply it by two or three," says the president who has the assurance of Fisheries and Oceans Canada and Minister Diane LeBouthillier that it will be done.

He maintains that traffic has increased from some 3,000 to more than 7,000 boats annually over the past seven years.

"We all know that costs are exploding. It has always been a fear every time a project is announced. Yes, we are talking about several million

dollars because everything will be refurbished," maintains Mr. Legresley.

"The new philosophy of Fisheries and Oceans with the new (regional) director (of Small Craft Harbours, Bous-saad Akrou) says that he is not there to cut, but to ensure that the project is done in full and well done and we no longer want to come back to Newport when we will leave. So much the better" says the president.

The plans presented to the Ministry have been accepted as is, and the Port Authority is keen to see this project happen as soon as possible.

"Our infrastructures are not in good shape. That's why I don't talk about time. It is that as soon as one phase is completed, we will move forward. In a message we received, the budgets for the next four years have been allocated or are about to be," explains Mr. Legresley.

The Port Authority had been working on this project for several years.

Ultimately, the Port of Newport will include some 400 additional feet of wharf. More extensive work is scheduled to start this fall.

The other phases include, among other things, the construction of a dyke to create a service area, the demolition of a wharf and reconstruction.



Photo: N. Sergerie

The first phase of reconstruction work on the Newport harbour has started.

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CORMORANTS:

Black beauties of the waterbird world

DIANE SKINNER

NEW CARLISLE: - While taking a stroll along the beaches of the Gaspé, you may be fortunate enough to spy the long-necked black beauty of the cormorant. At one time there were over 600 cormorant pairs building their nests on Percé Rock. Other colonies are found along the Gaspé Coast such as Port Daniel, Bonaventure and Hope Town.

The double-crested cormorant is a seabird, related to the pelican family and is mostly black with a distinctive long neck and a beak that is sharply hooked. It gains a small double crest of black and white feathers in breeding season.

Its diet mainly consists of fish and it hunts by swimming and diving. Adults eat an average half a kilogram of fish per day. This is typically composed of small (less than 15 cm) sized fish. Their powerful webbed feet can propel them underwater and they can stay submerged for close to one minute. They will dive under the water to chase a fish, but their feathers are not waterproof so they must spend time drying off after being in the water. They can be spotted perched on rocks or posts with their wings

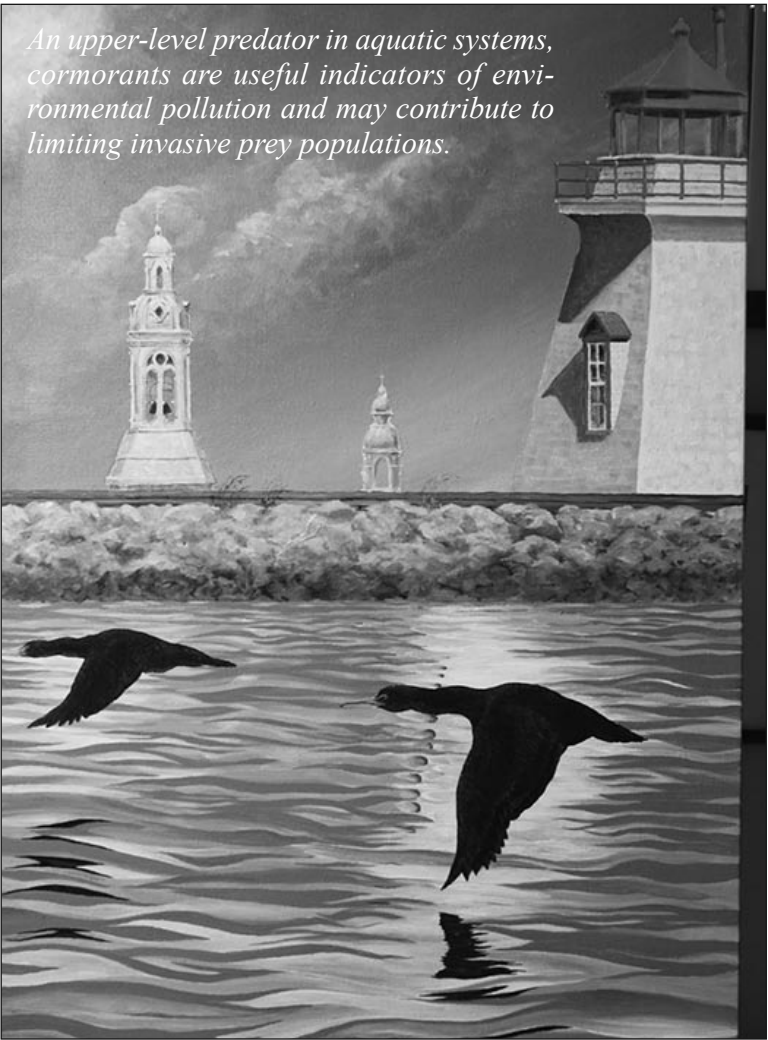


Photo: N. Desjardins

This painting, titled “In Passing” (De Passage), done in acrylics by artist Normand Desjardins, shows the majestic beauty of the cormorant in flight.

spread out to dry like laundry on a line.

Artist Normand Desjardins comments that cormorants can be seen all along the Bay of Chaleur nesting in the cliffs and embankments. “We see groupings of these

sea birds flying at high speeds and low level, skimming the water. They feed on smaller fish by diving under water. We often see them perched on driftwood in Bonaventure’s inlet just by the causeway, where they spread their wings

to dry them before making another run eastward. Though I’m no ornithologist, I’ve admired this seabird of Chaleur Bay and based several of my paintings on them.”

Cormorants sometimes build their nest on the ground or in trees, they prefer conifers, but will also nest in steep cliffs, and tend to move often to new nesting trees.

Because they live near salt water their nests are made with seaweed and sticks. On average, cormorants lay three to five eggs. Baby cormorants are born shiny and black with their eyes slightly open. To feed they thrust their bill down their parents’ gullet and pull out partly digested food. Eggs are usually laid in May and by the end of August most of the young cormorants have left their parents’ nest.

Cormorants often stay in small flocks called gulps and to see them fly in formation is a beautiful sight. However, if a group of cormorants is nesting they sound like a barnyard full of pigs – they sound as if they are grunting and barking while the chicks keep up a low muttering sound.

When two cormorants meet, they will greet each other by touching their beaks and might offer a present of seaweed. When they are excited or nervous, they will

jerk the bottom of their mouth up and down which will cause the loose skin of their throat to vibrate. Cormorants have elaborate mating rituals including bowing, wing flapping and bill clapping.

Cormorants were a traditional food for Indigenous people of North America.

The population of double-crested cormorants has rebounded over the years. In the 1800s and early 1900s cormorants were often shot, enough that their numbers declined significantly. In the mid- 20th century their numbers declined due to pesticides, such as DDT (dichloro-diphenyl-trichloroethane) which was found in the fish they ate. After eating those fish their eggshells would be thinner so fewer cormorant chicks survived. Since the 1970s their population has increased to the point that some fishermen are concerned about them being a threat to catches. Perhaps an example of too much of a good thing.

Cormorants are part of the rich biodiversity of the Gaspé and are ecologically important because they are predators of invasive fish species. In addition, a decrease in their numbers may alert scientists to environmental pollution.

CRAB:

▶ *Cont'd from page 3*

that ‘Newfoundland will start next week.’ Basically, we had a normal year. In 2022, it had been more difficult. We feel that we have recreated demand at cheap prices this year,” he says.

About the base price of \$2.25 a pound, Bill Sheehan specifies that “it started there and it ended there, It remains to be seen if there will be adjustments”.

The exchange rate was good, basically, he says. “It went from \$1.37-1.38 (CAN per US dollar) to \$1.32-1.33. We lost 5 to 6%. We don't know if there will be any adjustments to come, but that's secondary for us because everything was sold. Those with remaining inventory may be trying a strategy to keep the product in case the exchange rate is more favourable. It is a risk. At \$1.38, as it was at the

start of the season, it's like a bonus, but we agree that it's not a normal curve. It can't last, an exchange rate of \$1.38. We take advantage of it when it happens. It made up for the low prices. If the exchange rate had gone down to \$1.20, that would have meant a 17-18% drop in price. The price to the fisherman would not have been \$2.25, but \$1.95,” explains Bill Sheehan.

He also mentions that the long talks that delayed the opening of the snow crab fishing season in area 16, on the North Shore, the second largest area in Quebec, also benefited the crab sector in the southern Gulf of St. Lawrence, since a good quantity of crustaceans entered the American and Japanese markets with a lag.

The large quantities of crab processed in 2022 and remaining unsold at the end of the year, however, hindered the achievement of a better price

in 2023.

“Buyers on the American side and the Japanese were well placed. Unsold inventory yielded larger volumes. Buyers negotiated knowing this reality. 2022 inventories took off at 2023 prices, so at a loss. You could say it's the year of the consumer,” summarizes Bill Sheehan.

Crab that was bought at \$7 per pound from fishermen in 2022 often found a buyer at around US\$4.75, or around \$6.50 Canadian, once processed.

“Some of the 2022 crab and the 2023 crab often sold simultaneously in the markets. It is mainly from January that the 2022 was sold. We had 75% of the 2022 inventory left as of December 31. From there, you see the prices go down,” observes Mr. Sheehan.

It is not certain that the acute drop in the quota in Alaska in recent years and the presumed scarcity effect that

should result from it have had a positive effect on the flow of snow crab from the Gulf of St. Lawrence. Alaska's quota is down nearly 95% since the turn of the 2010s.

“There is not a large quota left in Alaska but it was and remains a volume for the American market. At first, we thought this was good news. With the near closure of the fishery in Alaska, there is almost no American crab left on the US market. Americans are very patriotic. For them, it's the lobster that replaces the crab and this lobster, it comes from Maine, even if it often comes from here, our lobster arrives in the United States and they think it comes from Maine. They have done quite a job promoting lobster in the United States. I think that (the lobster promotion work) causes more harm to us than the 4-5% of snow crab that remains in Alaska,” says Bill Sheehan.

The E. Gagnon et Fils plant in Sainte-Thérèse-de-Gaspé processed 10.5 million pounds of crab in 2023. Nearly 650 people work for all divisions of the company during the peak season.

According to the preliminary data available on July 6, the catch rates for the quotas attached to each area were 99.17% for traditional crabbers operating in area 12 in the southern Gulf, 105.71% for First Nations, 104.53% for fishermen holding a "New Access" category license, and 99.36% for fisherman operating in area 12F. A total of 353.4 tons was caught in excess. There is a balancing mechanism in case the quota is exceeded.

Gaspé Peninsula and Madgalen Islands crab fishermen get about 30% of the southern Gulf of Saint Lawrence quota. This year, they globally received close to 9,500 metric tons of crab.

Salmon are present in Gaspé rivers, but a disease worries river managers

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The salmon count carried out at the beginning of July by the Société de gestion des rivières de Gaspé, shows that this year’s salmon presence is similar to last year.

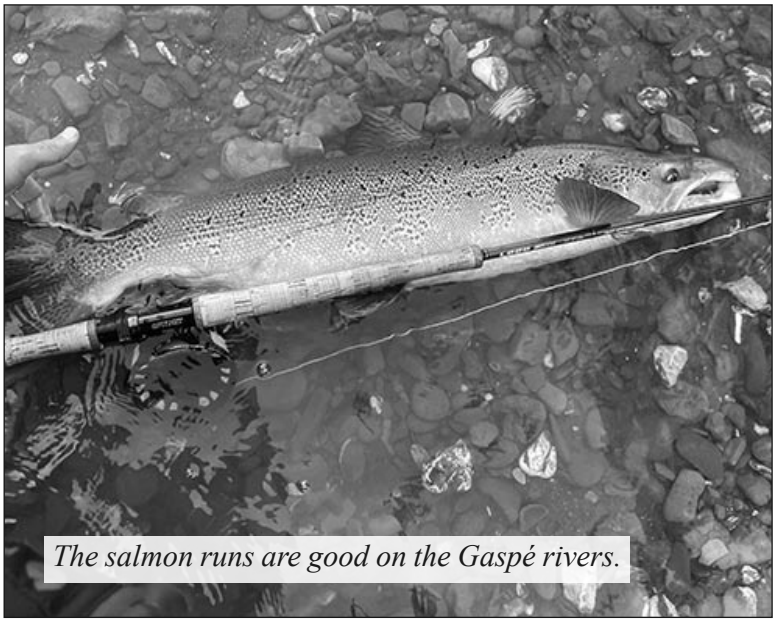
“We decided to do a count at the beginning of July to follow up on the salmon disease, saprolegniosis. It is a disease that attacks the skin of salmon, a fungus, which is more common on the York (River) than on the other rivers. We wanted to compare the evolution of the disease on the three rivers and the differences that exist,” explains the Société de gestion des rivières de Gaspé director, Rémi Lesmerises.

According to the observations, a third of the salmon are affected on the York River, while the rate is only 6 to 8 percent on the Dartmouth and Saint-Jean rivers.

Saprolegniosis is a skin infection caused by a microorganism that affects fish whose protective mucus layer has been altered or who are already weakened by a disease or stress.

The affected fish have slightly raised lesions that look like cotton wool, but have a gelatinous consistency adhering to the skin.

“On the York (River), we saw salmon with patches. On the Dartmouth and the Saint-Jean, very little of that. Rather small dots on the fins mainly. These are things that can heal quite quickly. We will see the count at the end of July to see



The salmon runs are good on the Gaspé rivers.

Photo: Gaspé Rivers Management Society

what is going on, but we can see that there is still a big difference between the York River and the two other rivers,” notes Mr. Lesmerises.

A study has been launched to try to understand the causes of this disease in collaboration with the Ministry of Wildlife.

“The ministry takes water samples to characterize the presence of the fungus in the river and we do water tests to see the potential presence of pollutants and see if there is anything in the water that could weaken the fish's immune system,” says Mr. Lesmerises.

Even if the fish caught were affected by the disease, there is no risk for human consumption.

This verification made it possible to draw up a statistical portrait of the returns at this time of the year: the Dartmouth River had 564 large salmon and 75 grilse.

On the York River, data fell short of expectations, although

the company has data on peaks at the beginning of July.

“It's been an ordinary year. Without saying that it is bad, it is an average year. It is certain that if we compare ourselves to the last two or three years when we had exceptional runs, it is indeed below with 725 large salmon and 95 grilse,” says Mr. Lesmerises.

The portrait on Saint-Jean River resembles that of last year.

“We have nothing to compare it to, but we have practically the same figures as the end of July of last year, which was a record year: we have 1,064 large salmon and 133 grilse. These are truly incredible numbers for midsummer. We're on course to beat last year's records, numbers we haven't seen since 1994. We're not even 100 salmon short of last year's end of July count and we know that July is a big month for salmon,” says the director.

Méganne Perry Mélançon denies a rumour about a candidacy in Jean-Talon

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Méganne Perry Mélançon wants to put an end to the rumours that have begun to circulate in recent days to the effect that she would be a Parti Québécois candidate in Jean-Talon, in Quebec City, following the resignation of Coalition Avenir Québec Member of the National Assembly, Joëlle Boutin last week.

Ms. Perry Mélançon who represented the riding of Gaspé between 2018 and 2022 and is currently the provincial spokesperson for the Parti Québécois says that the rumour was indeed circulating and she has been asked about her intentions.

“I wanted to make sure peo-

ple knew where I stand with regard to the Jean-Talon by-election. For me, it won't be a commitment as spokesperson in the role I already hold. As far as I'm concerned, my home base is in the Gaspésie, and that's part of the reason why I'm in politics: regional development, for the region,” asserts the former MNA, who wanted to nip the rumour in the bud.

She says that she will be there to try to regain her seat in Gaspé in 2026. “There will be an announcement in due time, but that remains the intention if there are no major changes in my career. This is my focus.”

“My game plan hasn't changed and it's important not to let rumour go any further,” she notes, adding that there will



Photo: N. Sergerie

Méganne Perry Mélançon denies that she will be a candidate in Jean-Talon in an upcoming by-election.

be a candidate whose priority will be to serve the citizens of Jean-Talon.

“There are no other announcements at this time,” she concludes.

Reflections

by

Diane Skinner Flowers



Beauty comes in all shapes and sizes

It's a hot summer afternoon, so it would feel so lovely to put on your bathing suit and jump into the cool water. But you are shy, even embarrassed to show your body and the imperfections you feel you have. Too fat. Too thin. Cellulite. A tummy from having babies. Pale and untanned. Too curvy. Not curvy enough. Most women, and some men, can identify with a lack of body confidence. If you have ever sat on the beach wearing a thick sweatshirt on a sweltering hot day to hide your body, you understand these feelings all too well. “Aren't you too hot in that sweatshirt?” “Nope, I'm good,” you respond with sweat rolling down your back. Been there, felt all of that.

These feelings begin in childhood and for those of us who are older, that unshakeable lack of confidence about our bodies is very hard to shake. All bodies are different, and all are acceptable. Low self-esteem plagues many females throughout their lives. Photos of the stars and models, which have very likely been photoshopped, are not a true or accurate standard that we should be yearning for.

It might be the right time to discuss body image, though we do not need to use that term, with young girls. Attitudes about ourselves, including our appearance begin at a very young age. Let's nip all that in the bud. Negative feelings about our bodies can lead to a loss of happiness, withdrawal from some activities, low self-esteem, depression, anxiety and eating disorders, and hot, hot summer days on the beach.

Researchers tell us that children begin to talk negatively about their body as young as five years old, particularly girls. It is recommended that parents, grandparents, educators, and other adults in a child's life, should start those conversations early. Remind children that all bodies are different. Let's give children the message, “Your body is beautiful and acceptable.”

Body positivity should be more about health and wellness than weight and appearance. Physical activity is a big part of health and children should be encouraged to participate in activities that they enjoy. We can promote exercise not as a way of losing weight, though that might be a benefit that occurs over time. Physical activity makes you feel strong and confident.

One approach is to guide the child so that they can have a positive relationship with all food. Foods can be divided into three categories: Always, sometimes and rarely. Always foods include: protein, salad, fruit and vegetables. Sometimes foods include: fruits in syrup, sweetened breakfast cereal, cheese, hot dogs, salami, sausages and whole milk. Rarely foods include: ice cream, chocolate bars, doughnuts and ice cream. Teaching children these three words allows them to take control and make wise food decisions. Dieting usually only teaches a child to hate their bodies.

Everyone wants to feel good about how they look. The immense pressures of online and tv images show impossible and unattainable perfection. We are all real people with real bodies. Don't think for a minute that the Kardashians are real. Loads of enhancements, surgery and fillers are there. Let's feel good about ourselves no matter the size or shape. Let's endeavour not to lead our young girls down the path of hating their bodies or never feeling good enough.

If you are all grown up, but still have that lack of pride in how you look, remember the little child you once were full of hopes and dreams. Fight those feelings by accepting and loving your body today. Be a positive example. We owe something to the little girl (or boy) we once were. That little child is inside us. We can't let them down.

ARIES – Mar 21/Apr 20
Aries, someone in your life says they're making changes, but when you look closely it seems like much of the same. A little encouragement on your part can help this person along.
TAURUS – Apr 21/May 21
Tread lightly if you broach a difficult conversation with someone close to you, Taurus. These are tricky waters you are navigating and you want to maintain the relationship.
GEMINI – May 22/Jun 21
Problems may seem to you to be bigger than they really are, Gemini. Step back, take a few breaths and then look at things from another perspective. Ask for a second opinion as well.
CANCER – Jun 22/Jul 22
Look for the double meanings in conversations you're having with coworkers this week, Cancer. They could be trying to tell you something, so read between the lines.
LEO – Jul 23/Aug 23
Leo, you are typically good at reading others' moods, so use that skill this week when placed in a sensitive situation. It will help guide you on what to say and what to keep quiet for now.



VIRGO – Aug 24/Sept 22
There is a lot of socializing going on in your life right now, Virgo. Enjoy the excitement while it lasts and maximize all of the events you can attend. Things may start to slow in a few weeks.
LIBRA – Sept 23/Oct 23
It's probably best to keep your head down for the next few days and just go about your normal routine, Libra. Don't get pulled into anyone's drama or offer your take on things.
SCORPIO – Oct 24/Nov 22
Scorpio, it is time to be more proactive about getting what you want. Make a list of the things that most interest you right now, and then devise a plan to make things happen.
SAGITTARIUS – Nov 23/Dec 21
Figure out which stance you want to take right now, Sagittarius. Are you seeing the glass half full or half empty? Perception can affect your daily life in many


ways.
CAPRICORN – Dec 22/Jan 20
Good news is on the way, Capricorn. This will leave you floating on air for some time afterwards. Surround yourself with the people you love this week so that they can share the good fortune.
AQUARIUS – Jan 21/Feb 18
There is a lot that you have been juggling for some time, Aquarius. Unless you take a break or ask for help, one of those balls are going to fall and that could have a domino effect.
PISCES – Feb 19/Mar 20
Pisces, you have every right to express your opinions. Others will just have to accept what you say even if they don't agree with it.

FAMOUS BIRTHDAYS

JULY 30: Terry Crews, Actor (55)
JULY 31: BJ Novak Actor (44)
AUGUST 1: Jason Momoa, Actor (44)
AUGUST 2: Austin Theory, Wrestler (26)
AUGUST 3: James Hetfield, Singer (60)
AUGUST 4: Meghan Markle, Dutchess (42)
AUGUST 5: Patrick Ewing, Coach (61)

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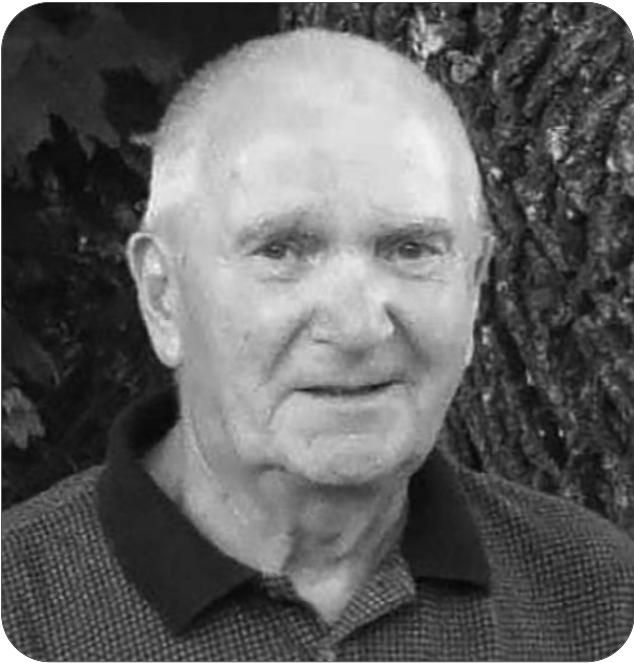
ARSENAULT: Mary LeGresley
1943-2021

In loving memory of our Mimi.
Already two years (August 4, 2021) since you left us peacefully in your Belle Anse home. Despite our heartbreak, only the thought of the end of your suffering has helped us to overcome this void left by your absence. We think of you often and the happiness and support you brought to us throughout our lives.
Rest in peace and continue to watch over us as you have always done.



RENOUF: Lester

In loving memory of a dear husband, father, grandfather and great-grandfather who passed away on August 4, 2014.
*Your gentle face and pleasant smile
With sadness we recall
You had a kind word for each,
And died beloved by all.
It's sad to walk the road alone,
Instead of side by side.
But you gave me love and happiness,
I will treasure through the years.
It broke my heart to lose you,
But you did not go alone,
Because, Lester, part of me went with you,
The day God called you home.*
Always loved and remembered and sadly missed by wife: Yvonne; children: Darlene (Luc) and Darin (Joan); grandchildren: Alex, Daniel and Christopher (Bethany); great-grandchildren: Claire and Benjamin and many nieces and nephews.



WILLETT: Archie
August 17, 1929 - July 31, 2020
In memory of Archie Willett who passed away on July 31, 2020.
*We think of you in silence,
We often speak your name,
But all we have are memories,
And your picture in a frame.
Your resting place we visit
And put flowers there with care,
But no one knows the heartache,
As we turn and leave you there.*
Loved and always remembered by wife Elsie and family.



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When submitting a photo for this page, please send in a digital photo (.jpg) to specs@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.





Burial of Ashes

POLLARD-MERCHANT: Bonnie
The burial of ashes of Bonnie Pollard Merchant will take place on August 11, 2023, beginning at 10 a.m. at the Black Cape Cemetery for close family and friends only.
Everyone is then invited to a Celebration of Life beginning at 12 p.m. (noon) at the 50 Plus Club in Cascapedia-St-Jules. All are welcome to meet with the family.
Donations can be made in memory of Bonnie to the Maison de Soins Palliatifs de la Baie des Chaleurs. Thank you.

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FOR SALE: Land for Sale in Hope Town, Quebec - 300,087.6 square metres of woodland, situated in Hopetown, Quebec, on the Gaspé Coast; two lots frontage along the north side of the 2nd Range two x 150,043.8 square metres along McRae Lane; the 2nd Range is paved; 1 mile distance from the Bay of Chaleur and Rte 132; 1 hour distance from Percé Rock; asking price - \$40,000; Email johnrobertross73@gmail.com

COAST ROUND-UP

CORNER OF THE BEACH: Historical Society
The Corner of the Beach Historical Society is pleased to present a series of concerts every Wednesday at the Corner of the Beach Cultural Museum (former St. Luke Anglican Church). The church will be entirely lit with more than 200 candles for the occasion. The full schedule is available on the Musée culturel de Coin-du-Banc Facebook page.
August 9: Flore Laurenti-

enne solo in concert beginning at 9 p.m.
August 16: Char in concert beginning at 9 p.m.
August 23: Ibal Zadok on sitar and Shawn Mativetsy on tabla in concert beginning at 9 p.m.

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 TOWN: Sports and Recreation Club
September 17: 20th annual Terry Fox Walk at the Hope Town community centre. Registration beginning at 12:30 p.m. and the walk will begin at 1 p.m. Two walking options are available. Option one: Walk begins at the Community Centre east along the 132, north along the Chemin du Vieux Moulin, across Le Petit 2 and then south on Route Tennier, ending at the Community Centre. Option two: Walk, the distance you are comfortable with along the sidewalk in the Municipal Park. Free lunch will be pro-

vided for all participants, followed by music with Vern Huntington in the park during the afternoon. Please join us for this worthwhile cause.
September 22: Gift bingo beginning at 7 p.m. at the Hope Town Community Centre. Bring your dabbers.

HOPE: Hope Baptist Church
Sundays: Sunday School starting at 10 a.m. Worship service beginning at 11 a.m.

NEW CARLISLE: Bible Chapel Meetings
Sundays: 9:30 a.m. Breaking of Bread for believers. 2 p.m. Gospel meeting and Sunday School.
Thursdays: 7 p.m. Prayer Meeting and Bible Study. Everyone welcome! For more information: 418-752-3372 or 418-752-6011.

NEW CARLISLE: Marché Local Market New Carlisle
Every Saturday: Saturday mornings, come and join us in the Municipal Park, from 9 a.m. to 12 noon. There is music, community and conversation, not to mention shopping for local products. Every Saturday including the

Garlic Festival on September 23.

NEW CARLISLE: SPEC AGM
September 12: Save the date! SPEC AGM, more details to follow.

NEW CARLISLE: Annual General Meeting
August 10: The New Carlisle Funeral Association will be holding its Annual General Meeting beginning at 4 p.m. at the New Carlisle town hall.

NEW CARLISLE: Royal Canadian Legion Branch #64
Please be advised that Legion memberships are available for \$45. Returning and new members welcome.
September 5: General meeting at 7 p.m. at 1 Mount Sorrel, New Carlisle.

CASCAPEDIA-ST-JULES: River Museum
Hear the stories of the world famous salmon river and discover the life-cycle of the Atlantic Salmon. Open Monday to Friday until **August 31**, from 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m. **September 4 to 14** open from 1 p.m. to 4 p.m. The Tea

Room will also be open on **Tuesdays** from 1 p.m. to 3 p.m. For more information please call 418-392-5079.

CASCAPEDIA-ST-JULES: 50+ Club
August 19: The Cascapedia 50+ Club will be having a BBQ from 11 a.m. to 1 p.m. Hamburgers, hot dogs and salads, plus deserts \$15 per person, \$10 for children under 12 and 5 and under free.

UNITED CHURCH NEW RICHMOND
Sunday, August 6
10 a.m. Service

UNITED CHURCH HOPE TOWN
Sunday, August 6
2 p.m. Service

ANGLICAN CHURCH OF CANADA
Sunday, August 6
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9 a.m. Holy Eucharist
HOPE TOWN
10 a.m. Morning Prayer
SHIGAWAKE
11 a.m. Holy Eucharist

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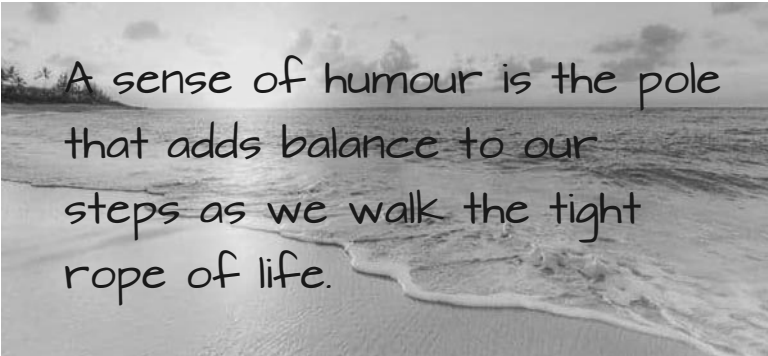
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93-year-old John Touzel reads his SPEC to pass the time while he is at the Gaspé Emergency department. Mr. Touzel has been a dedicated subscriber since the paper began.



SUDOKU

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

Level: Beginner

Fun By The Numbers

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

Here's How It Works:

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

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

ANSWER:

Why do we say ...
by Gary Briand

Have you ever heard the expression "he's gone to the dogs."? Let me assure you the expres- sion has less applicability to people and dogs in the twenty-first century.

Dogs today in America are the pampered pets of their owners. What a contrast to seventeenth century England. There dogs were kept outdoors in rough shelters. They were fed table scraps and had to fight among themselves to get the last morsel. A dog's life did not seem ideal and Englishmen of the day began to compare any person who had become impoverished materially or morally to their maltreated dogs.

At the same time in the East, dogs were considered scavengers of the streets and Chinese, Korean and Japanese cooked and commonly ate them.

Today, when I hear "he's gone to the dogs" I can't help but think of the woman in Gaspé who carries medical insurance on her dog! And the specialized veterinarians and select expensive food for dogs. Clearly "he's gone to the dogs" is obsolete.

TOSSED SALAD WORD SEARCH

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

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

WORDS

- APPLES
- ARUGULA
- AVOCADO
- BEANS
- BEETS
- BERRIES
- CELERY
- CHICKEN
- CHICKPEA
- CROUTONS
- KALE
- LETTUCE
- NUTS
- OIL
- OLIVES
- ONION
- PEPPERS
- RADISHES
- SEEDS
- SPINACH
- SPROUTS
- TOMATO
- VINEGAR

A blast from the past....

It's nice to see baseball back in New Carlisle. 40 years ago (1983) a group of guys got together to play in a tournament in New Carlisle. They won the tournament by defeating the St-Simeon team and won the trophy.

Standing - Left-right: Darin Renouf, Donald Renouf, Brent Flowers and Billy Renouf. Kneeling: Bruce Renouf, Wayne (Beaver) Renouf, Eric Woods, and Gerard Blais. Absent from the photo: Delbert Huntington.



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Photo: Nancy Coulombe

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