

## Farmers unite to help Billy Budd

GILLES GAGNÉ

**NEW RICHMOND** – Close to ten farmers living between Carleton and Bonaventure united from July 26 to 28 to assist Billy Budd, a well-known New Richmond cattle farmer while he recuperated from a heart attack that occurred on July 10.

“There is still solidarity between farmers, at least here in the Gaspé Peninsula,” summed up New Richmond cattle and sheep farmer Rodrigue Leblanc, who organized the end-of-July chores as Billy Budd was recovering at home. Mr. Budd was advised to take it easy and rest for at least a month.

“It is hay harvest time. Billy is alone. He doesn’t have kids, he doesn’t have brothers and sisters, or cousins in farming. He has friends though. We decided as a group, with the UPA (Union of Agricultural Producers), to organize the harvest. We had four mowers, six hay presses and



Photos: Karina Espinoza-Rivière

*Over three days, farmers worked together to harvest Billy Budd’s hay.*

three pickup trucks. We had 15 people over on Saturday (July 27) and ten on Sunday. The hay is harvested and the silage is made. Billy can concentrate on his health and his

animals will have enough to eat all winter,” explains Rodrigue Leblanc.

Giving back was also a consideration for the farmers of the area, he points out.

“Billy is not somebody who has asked for help in the past, but he was always involved in the UPA and he has helped other people. It was normal to help him through a rough period. Farmers came from Carleton, Maria, New Richmond, Caplan, Saint-Siméon and Bonaventure to help him, as it was coordinated by the UPA,” underlines Rodrigue Leblanc.

He fears forgetting names but he mentions that Carleton’s Sylvain Barriault; Martin Audet, of the Coopérative forestière in Maria, who gives a hand to Billy Budd on occasions; Joëlle and Louis Gagné, of Saint-Edgar; Danny Fairservice and Jay Hardy of New Richmond; Doris Boissonnault and Clément Arsenault of Caplan; Éric Lepage of Saint-Siméon; and Sylvain Arbour of Bonaventure were notably on hand during the harvest. Karina Espinoza-

Rivière was the UPA employee who coordinated the operation with Rodrigue Leblanc, who also owns Soudex, a New Richmond welding and trucking business.

“I had cancer five years ago and everybody helped me, my friends, my employees, my children, my sisters and brothers. I am lucky. I come from a big family. I was unable to work every other week. All this, to say that helping one another can still be seen, although it doesn’t always show in our individualistic world. At least, in agriculture, where passion must be displayed to survive, we show solidarity,” states Rodrigue Leblanc.

### **Billy Budd is recovering well**

Billy Budd was quickly transferred to Quebec City following his July 10 heart attack.

“I was in Quebec (City) for five days. I was transferred by plane. One (artery) was 100% blocked. Two others were 80% and 70%

blocked. I was on borrowed time. They unblocked them with bypass surgery. I am not too bad now. It’s coming along,” he says.

Mr. Budd must relax for a few more weeks. “They asked me to rest for a month or a month-and-a-half after the surgery. I have to go back and see the doctor soon. I have a lot of neighbours who come and help on the farm. I have about 40 to 45 cows left, less than before. The age is there. You have to slow down,” he explains.

“I am really grateful for what the farmers did. I’ve helped before. That’s how it works in farming. It was well organized by Rodrigue Leblanc,” concludes Billy Budd.



*Most people are used to seeing Billy Budd in farming clothes but occasionally, he leaves his coveralls behind, like here, a few years ago, when he was a member of the regional UPA board of administrators.*



# Blade failure off the coast of Massachusetts prompts inspections at LM Wind Power in Gaspé

GILLES GAGNÉ

GASPÉ – LM Wind Power's manufacturing plant in Gaspé temporarily suspended production for two weeks following a blade failure that occurred on July 13 off the coast of Massachusetts. The production halt is accompanied by an inspection of all the 107-metre blades produced, delivered to the United States or on the verge of being shipped to the United States from Gaspé.

The news of the failure was first reported by the Cape Cod Times and was followed on July 17 by La Presse de la Manche, a newspaper based in Cherbourg, France, where LM Wind Power also operates a blade-manufacturing plant. The French newspaper article questioned whether the blade failure involved a locally manufactured product.

The Cape Cod Times reported that debris came from the Vineyard Wind project, which will eventually consist of 72 towers, each supporting three blades. So far, 24 turbines have been installed, and ten are under production. The failure occurred on a turbine undergoing electricity generating tests, no injuries were reported.

The federal Bureau of Safety and Environmental En-



Photo: G. Gagné

All of the 107-metre blades made in Gaspé were inspected following a failure that occurred on July 13 off the coast of Massachusetts.

forcement initially issued a suspension order to Vineyard Wind, requiring the company to submit an analysis of the risk to workers and mitigation measures before boarding any of the turbines.

An updated order reiterated that the company was prohibited from "generating electricity from any of the facilities or building any additional wind turbine generator towers, nacelles, or blades."

However, the agency noted that Vineyard Wind "could still undertake other activities, like installing inter-array cables and conducting surveys outside of the damaged turbine's

safety exclusion zone," as reported by the Cape Cod Times.

Construction has resumed since the initial suspension order.

The production halt at the Gaspé plant has not led to layoffs so far and is not expected to generate any. In fact, the production of the giant blades stopped over the spring because two windfarm projects slated along the coast of New Jersey by a Denmark firm called Orsted, were cancelled in October 2023. The Gaspé plant has resumed production of smaller 45 metre blades for American wind farms.

## GE Vernova confirms problem on one blade

This delivery stop and this extensive inspection were confirmed by the chief executive officer of GE Vernova, Scott Strazik, during the end of July presentation of the quarterly results of the company, which has a turnover of 30 billion US dollars. GE Vernova is the leading power generation company that emerged from the restructuring of industrial giant GE (General Electric).

"We are going to use our existing data and inspect all the blades we have manufac-

tured for offshore wind (at sea) in this plant in Gaspé, Canada, where the material failure took place," indicated Mr. Strazik during the teleconference of analysts and investors.

"We've made about 150 of these blades (for offshore wind), which gives you an indication and context of the inspection work that needs to be done," added Scott Strazik.

In an interview with Bloomberg News, he added that they "should have identified this material failure before shipping the blade" from the Gaspé plant, which was built in 2005.

According to Mr. Strazik, "the blade left the plant with a deficiency in the glue" which binds the composite materials constituting the main structure of wind turbine blades.

Most of these 100-meter-long blades manufactured at the Gaspé plant have also been installed at the Vineyard Wind complex, the largest offshore wind farm in the United States to date. The wind farm is located off the coast of Massachusetts' wealthy Nantucket Island, near Cape Cod.

LM Wind Power employs between 500 and 600 workers at its Gaspé facility, located in York's Augustines industrial park.

# A reduced call for tenders for railway structures

NELSON SERGERIE

GASPÉ - After cancelling one of the four major calls for tenders launched last December, the Quebec government has finally launched a call for proposals to repair various railway structures, but has reduced the scope of the contract.

Initially, the call for tenders was for the repair or construction of nine infrastructures, but the quote request now only covers a small bridge in Pabos Mills, the Grand Pabos River bridge, the Pabos River bridge, the Barachois bridge and the road bridge on Highway 132 in Barachois.

The Ministry of Transport has removed the four retaining walls in Anse-à-Beaufils and Sandy Beach from the project.

The ministry indicates that the revised contract is esti-



The Barachois Bridge.

Photo: N. Sergerie

mated at over \$50 million. For the first contract involving nine structures, only Pomerleau had submitted a bid of \$104 million.

In early June, the ministry announced that it was analyzing different possibilities considering only one bidder

submitted a proposal.

The option of splitting the contract was finally retained, as indicated by our sources.

In addition, a fifth deadline has been added for the opening of bids for the last of the four major calls for tenders launched on March 21

for the rehabilitation of the rail between Port-Daniel-Gascons and Gaspé.

The new date is now set for August 9, while the proposals were originally to be opened on April 22 and postponed four times thereafter.

The work consists of re-

pairing two bridges in Gascons, one between Gascons and Newport, another in Newport and one in Douglastown. In addition, the bridge between Grande-Rivière and Sainte-Thérèse-de-Gaspé must be replaced. A retaining wall in Pabos Mills is also part of the bid.

So far, two of the four major contracts have been awarded. A first was concluded with the Séma group of Sainte-Flavie for the rehabilitation of the bridges over Grande-Rivière and Anse-à-Brillant. The Émile-Couture stream bridges in Grande-Rivière and the beach in Gaspé will be rebuilt for \$74.9 million.

The Stellaire construction company of Saint-Augustine-Desmaures was awarded a \$37 million contract for repairing six bridges in Pabos Mills, Pabos and Anse-à-Beaufils.

## Police report

Sentenced to two years less a day in prison for causing the death of Patrick Donovan, 63, while driving her vehicle under the influence of alcohol in Gaspé in December 2021, Karine Rioux, 36, from Gaspé, now living in Matane, has received permission to appeal her sentence. Judge Simon Ruel of the Court of Appeal granted her lawyer's request on July 18.

The court found that the appellant, defended by attorney Damir Musaefendic, presented serious arguments against Quebec Court Judge Denis Paradis' July 4 verdict, which concluded that conditional sentences are not, or are rarely, fit for impaired driving causing death. Judge Paradis appeared to exclude from the analysis the principle of individualization of sentences, the objective of rehabilitation, the significant constraints that can result from conditional sentences, and the particular circumstances of the commission of the offence to which the appellant pleaded guilty.

The accident occurred when it was dark and following a hail storm. The victim was wearing dark clothes but he was walking on the road shoulder when he was hit. A test showed a level of 90 milligrams of alcohol per 100 millilitres of blood in the driver's blood, which is 10 milligrams above the legal limit of 80 milligrams. Karine Rioux had no criminal record before December 16, 2021, a factor taken into account by the court.

Damir Musaefendic suggested a two-year-less-a-day sentence to be served at home, including 240 hours of community work, while the sentence suggested by criminal prosecutor Anne Joncas-Côté was two years less a day in prison. Karine Rioux recognized the facts and expressed regrets and empathy towards the Donovan family.

Following the Court of Appeal decision on July 18, Karine Rioux was released under strict conditions for the remainder of the proceedings. The case to be brought before the three judges of the Court of Appeal, is now scheduled for December 6.

Sûreté du Québec's Chandler Major Crimes Investigation Squad conducted a search on July 19 in the Perron East Boulevard sector in Matapédia inside a vehicle, resulting in the seizure of more than 650 grams of cocaine and equipment used for resale. For the moment, no arrests have been made in connection with this case, and the investigation is ongoing. The operation was carried out based on information received from the public.

After conducting interventions on July 27 and 28 as part of a national concerted operation in nautical safety, Sûreté du Québec officers will continue to monitor leisure boat owners, targeting the behaviour of people who jeopardize their own safety as well as that of others.

Traffic continues to increase at the docks, on bodies of water, and on the road. In the majority of collisions, capsizing incidents, and drownings, human behaviour is an important factor. Knowing the boat and becoming familiar with its equipment during nautical activities can help avoid unfortunate situations due to inexperience.

The police can carry out various interventions with nautical customers at the dock, on bodies of water, or on the road nearby when returning home, in an attempt to sensitize boat users to the necessity of respecting various laws and regulations, including the Canada Shipping Act, 2001.

The police also recommend some safety tips, such as checking the weather before leaving, planning the route using a map or the web if the area is unfamiliar, and ensuring that boat owners have the mandatory equipment according to the type of nautical activity. For example, each occupant is required to have a personal flotation device (PFD) adapted to their size in any type of boat.

It is also advisable to check if for navigation bans in effect in the selected area and inform someone of the plan or activity, including the route, details on the boat, the number of people on board, and the expected return time. It is recommended not to consume alcohol on board a boat, as boaters who consume alcohol significantly increase the risk of death or injury in addition to exposing themselves to the penalties under the Criminal Code.

For more information on boating safety tips and rules, consult the boating safety guide at: [https://tc.canada.ca/sites/default/files/migrated/tp\\_511e.pdf](https://tc.canada.ca/sites/default/files/migrated/tp_511e.pdf)



Photo: N. Sergerie

The René-Lévesque house in New Carlisle will soon undergo renovations.

## Restoration to begin on René-Lévesque house before winter

NELSON SERGERIE

NEW CARLISLE - Restoration of the René-Lévesque house in New Carlisle is expected to begin by winter at the latest.

This is according to the Minister of Culture, Mathieu Lacombe, who visited the house with the team from Espace René-Lévesque on July 23.

Stakeholders are finding the file to be moving along rather slowly, considering that the Quebec government acquired the house in September 2021 and major restoration is still pending.

"There has been some (work). I think it's important to say that. Sometimes, when you look at it from the outside, you wonder what's going on. There was urgent work done on the inside. When we took possession of the house, there was a hole in the ceiling where water was leaking directly into the bathtub. It was open to the sky. There was mold. The roof has been redone," explains the minister.

Research is underway to determine what the house looked like in the 1920s.

"It's progressing very, very well. If all goes well, before the end of winter, we should start doing work on the exte-

rior," says Mr. Lacombe.

An analysis in 2022 indicated that investments of approximately \$800,000 would be needed to restore the house.

"We will go as far as we have to go to restore the house and make sure that it is done - because the government owns it - in an exemplary manner. We will put in the money we have to put in to achieve the objective," he says. The vision of the future of the house is progressing.

"Not only the people at Espace René-Lévesque, but also other partners such as the Carleton-sur-Mer International Journalism Festival, are interested. Espace René-Lévesque is the ideal partner for what will happen inside. It's progressing well. In any case, what I want to tell people is that the house will be accessible to the public. That's what's most important," promises the minister.

The chair of the board of directors for Espace René-Lévesque, Gaétan Lelièvre, describes the meeting with the minister as excellent.

"The vision is starting to take shape. We're talking about the ground floor, which could be brought to life as a museum. For example, will it be a complete restoration of

the premises with period artifacts or rather a digital approach with new ways of doing things at the museum level?" Espace René-Lévesque has requested support to have specialized resources to advise us. This is the part that we would lead with the building management," explains Mr. Lelièvre.

The floor would be multi-functional with, for example, camps and creative work-

shops in collaboration with partners, as discussed during Tuesday's meeting.

"We received sketches. It's really splendid as work. What we are asking the minister and his team is to try to provide the region with a schedule of completion and a detail of the next steps," asks the president who understands the delays since the building is still a historic site.

"We must give profession-

als the chance and time to work but, at the same time, both the minister, the stakeholders in the community and us at Espace have indicated our eagerness to see the next steps move forward," says Mr. Lelièvre.

During the minister's visit to the house, tourists showed up. "Clients, visitors and locals are eager to visit the building and see the results," says the president.

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**Gilles Gagné**

**Commentary**

## The Olympic Games, a fair reflection of our society

The Olympic Games generate a lot of excitement, worldwide. The best athletes on the planet are opposed in the ultimate competition to determine who is the fastest, strongest or the most skillful.

This is also where less glorious aspects of competition appear, including cheating and doping. As the Paris Olympic Games reached the end of their first week of activities on August 2, three doping cases were registered: a male judoka from Iran, a female boxer from Nigeria and a female volleyball player from the Dominican Republic.

Canada is not exempt of offence, as the female soccer team was penalized for cheating, the coach was found spying on other teams' training sessions. This behaviour stands far from French baron Pierre de Coubertin's code of fair play when he rejuvenated the Olympic Games, in 1896, emphasizing the importance of participating overwinning.

Doping is prohibited to ensure fair play and ethics and protect athletes' health, notably because some substances are carcinogenic, recalls Jean-François Naud, who succeeded Christiane Ayotte as director of the INRS Doping Control Laboratory, based in Laval.

### The role of Canada

Canada, despite the blunder made by the country's female soccer team coach, is a leading country in the fight against doping in sports, a reputation mainly built by the competence and flawless integrity of Christiane Ayotte. We could even say that, thanks to her, Canada stands at the top of the anti-doping battle, tied with Switzerland for the leading position.

Ms. Ayotte has energetically used science to warn athletes about the harm caused by most performance-enhancing drugs. Some athletes caught

by the INRS (National Institute of Scientific Research in French) even thanked her later, like cyclist Geneviève Jeanson, despite the embarrassment of being caught for doping.

Christiane Ayotte admitted during her tenure at the INRS that the countries, coaches and athletes using drugs are always a step ahead of performance-enhancing drug researchers, but that it remains important to fight that form of cheating, for the health of the athletes and the fairness tied to sports, she insisted. A year or so after her retirement, she is still asked to act as an occasional consultant and regularly gives interviews.

A lot of athletes will waive the long-term effects of drugs and opt for the short-term satisfaction linked to a medal. Elite sports practice often, or generally, results in permanent damage to the athletes' bodies. However, those who have won Olympic Games medals will rarely entertain regrets about the long-term consequences of that training on their bodies.

### Protecting youths

Christiane Ayotte has argued and still argues that forbidding doping is also important for the youths, as they often see elite athletes as role models. Since a very small fraction of athletes will reach an Olympic Games medal-winning status, informing youths about the danger tied to performance-enhancing drugs becomes a public health matter.

There are currently 400 prohibited substances in international sports. There are exemptions for therapeutic use, but there are also thresholds to avoid cheating.

Legally, doping involves taking a prohibited substance, using a prohibited method or rigging an anti-doping test. Some prohibited methods are hard to detect, points out Jean-François Naud, of INRS. So, some athletes will use their own blood to dope themselves. They will put that blood back in their body at a certain time before a competition. They will then benefit from the increased capacity of their muscles to resist to intense efforts, since an increased quantity of blood improves oxygen's circulation inside the body, which enhances performance.

This very subtle way of cheating has led anti-doping authorities to implement and enforce the so-called athlete's passport. Through checking it

regularly, in competition and between meets, anti-drug experts can detect blood doping.

Some drugs are also accepted to heal injuries or to help athletes dealing with asthma. At the same time, medication regulating asthma can also be used by other athletes to increase their breathing capacity, thus giving them an edge over the competition. There as well, an athlete passport can be useful in drug detection. It is a very intrusive way for anti-drug experts to get very confidential information about athletes, but it is now the price to pay to practice elite sports.

Are athletes ready to do anything for an Olympic medal? Many of them are. Some substances are not clinically tested, which means that their potential effects on health are unknown. Yet, some athletes still are ready to take them. Drug-detection experts must also pay attention to a growing tendency in sports including attempts to provide false blood or urine samples!

Some coaches and athletes are advocating favourably for the use of performance-enhancing drugs, considering that they are widely used. They argue that if everyone used them, it would level the playing field and end cheating. But where do you draw the line? To increase their chances of winning athletes could take drugs made for horses. In fact, such phenomena have occurred in cycling and running in the past. Weightlifting has also been a platform for guinea pigs.

Professional sports are part of the problem, as the rules applied to the Olympic Games or international competition sports in general are not respected by professional leagues. It would greatly simplify things for drug-detection experts if they could all work together on the same parameters. However, that is asking too much, as professional sports are heavily contaminated by money, more so than the Olympics for example, which is saying a lot.

The Olympic Games become a period of elation for a lot of people, as sports are often used as the population's opium, a way to forget daily problems. For many countries, the games have become a way to promote a political system.

However, the Olympics should also be a period of reflection. The Games have become too big, too costly, environmentally detrimental and too often blindly perceived as a gift for the planet's population. There are more efficient ways of organizing the event.

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# Spur at Port Daniel cement plant under construction

GILLES GAGNÉ

PORT DANIEL – Groupe Gilbert, through a subcontractor called A&B Rail, has started constructing Saint Mary's Cement's small yard that will allow the company to load cement cars once the line is reopened to that part of the Chandler subdivision. The plant is located 25 miles east of New Carlisle.

The contract signed over the fall of 2022 by Groupe Gilbert, a Saguenay-based firm, stipulates that the cement plant track must be completed before the end of summer 2024. A&B Rail is also working on reinstating the main line back in place towards the east.

The contract primarily involves relocating the railroad a few dozen metres to the north over a distance of close to 0.9 mile. However, building the railcar loading track and two storage tracks at Saint Mary's Cement was also included in the agreement. The track had to be moved to the



Photo: Anthony Bernard Prince

*The subcontractor has started rebuilding the main line, on the right, along with the beginning of the small yard, on the left.*

north to increase the distance from the cliff overlooking the sea and the new track location.

The idea is to stay away from landslide, which was a factor when the line was closer to the cliff. No train has

passed there since the Amiral, the tourist train, in June 2014.

“The cement plant management and Transports Québec have opted for a single track with only one switch at the west end. (...) Two more tracks will be used to

put loaded and empty cars,” says Luc Lévesque, director general of the Société du chemin de fer de la Gaspésie, the municipal entity that owns the locomotives and employs the staff operating the freight train on the Gaspé

Peninsula line east of Matapédia.

Currently, the cement produced in Port Daniel and delivered by rail to Saint Mary's customers is first trucked to a transshipment facility in New Richmond. Loading cement railcars at the plant will generate significant savings for customers and is expected to diversify the clientele buying the plant's production and using the railroad. It will also be possible for Saint Mary's to receive input by rail

The contract for moving the track and building the Saint Mary's spur was valued at \$15.2 million when it was signed.

In principle, the line between New Richmond and Port Daniel is supposed to reopen before the end of 2024. The SPEC has recently asked Transports Québec, the department that has owned the Matapédia to Gaspé line since 2015, to reconfirm the reopening date. However, the answer was not received by the newspaper's deadline.

## Town of New Richmond declares a surplus for 2023

GILLES GAGNÉ

NEW RICHMOND – The Town of New Richmond declared a surplus of \$358,000 for the budgetary year that ended on December 31, 2023, which is four-and-a-half times the surplus of 2022. Mayor Éric Dubé explains that investments made in recent years are now paying off.

The 2023 surplus brings the accumulated surplus of the Town of New Richmond to about \$1 million, he says.

“It is by a wide margin our

biggest yearly surplus in the 10 years I have spent as mayor and the accumulated surplus, without being zero, was small when I was elected mayor in 2013,” he says.

“We benefit from a lot of wealth creation, mostly in the industrial and commercial sectors, generated by investments that took place at the Ford and Subaru car dealerships, Eurovia (the asphalt plant), Location Moreau, Construction PEC and the latest one and, also a major one, at Rhéal Pitre Sports which is quite vis-

ible. At PEC, the new head office was destroyed by a fire and it had to be rebuilt. We lost a year of tax revenue, but now we benefit from it,” explains Mr. Dubé.

In real estate, “many transactions took place over the last year, which generated revenues through the property transfer tax,” he says.

The case of Maxi's supermarket is a bit different because of an administrative decision made by the mother

company, Loblaws.

“Loblaws decided to sell its buildings to a real estate management company. So, in addition to the \$1 million invested in the New Richmond store, a sum of \$6 million must be added for the property transfer. The tax rate applied to this transfer of property generated additional revenue of \$200,000 for the Town,” points out Mayor Dubé.

He is not worried about receiving warnings from Que-

bec's Department of Municipal Affairs regarding the accumulated surplus of \$1 million.

“We are told by that ministry that keeping a provision representing about 10% of our yearly budget is good practice as unexpected events can occur. An urgent repair to one of our trucks can easily cost \$40,000 to \$50,000 and it's better to have it when it happens. Our annual budget is about \$10 million,” concludes Éric Dubé.



*Mayor Éric Dubé points out that recent years' investments are paying off, revenue-wise.*



Photos: G. Gagné

*The high number of expansions and real estate transactions have boosted the surplus of New Richmond's municipal administration.*

# Percé has a new director general

NELSON SERGERIE

PERCÉ - Michel Fréchette, the Town of Percé's new director general officially took office on July 29. The municipal council adopted the terms of Mr. Fréchette's employment contract during a special meeting on July 25, and he signed the agreement the following day.

The contract is for five years, with an initial probationary year during which the new executive will have to undergo two evaluations before obtaining a permanent position.

The council has already mentioned some priorities for its director. "These are mainly roads and infrastructure. There is also the seniors' file. We see in other municipalities that work is being done to boost activities for seniors. Here, we have always focused on tourism. We have to think of our seniors because the population is aging. This will be a file to bring to the councillors' table with Mr. Fréchette," says councillor Michel Rail.

The decision to hire Michel Fréchette, who is known in Percé for having asked multiple questions to the municipal council during public meetings, was not unanimous.

"There are many who said 'yes'. There are some who said 'no'. We will evaluate him in six months to see what he has brought. He will have



Michel Fréchette took office on July 29.

Photo: N. Sergerie

a lot of files to look at," says acting mayor Doris Réhel.

A councillor had registered her dissent when the hiring resolution was adopted earlier this month.

Mr. Fréchette takes over from Jean-François Coderre who left his position on June 21 in a mutual agreement with the town.

Furthermore, the municipal council is still not ready to react to the recent report of the Commission municipale du Québec, released on July 12.

The Municipal Integrity Investigations and Prosecutions Department had concluded based on paragraph 4 of section 4 of the Act to facilitate the disclosure of wrongdoing concerning public bodies that there was a serious case of mismanagement in the Town of Percé.

The commission noted that "significant disagreements persist within the administration and have led to the resignation of several employees. As for the municipal council, it does not seem to realize the extent of the situation or show any desire to rectify it," indicated the president of the Commission, Jean-Philippe Marois, in a letter to the Town.

As soon as the report was published, the Town of Percé indicated its intention to contest several elements and will likely make its position known shortly.

"We can't tell you that. We don't know yet. We haven't discussed it. I can't tell you yes or no. We haven't discussed it with our next director general yet," indicated Ms. Réhel.

# Percé Geoparc hopes to keep UNESCO accreditation

Nelson Sergerie

PERCÉ - The Percé Geoparc remains hopeful of maintaining its UNESCO accreditation following the visit by accreditors from July 17 to 20.

Obtained for the first time in April 2018, the geoparc received "a yellow status" in 2022 when elements that were to be carried out during the first four years could not be accomplished, particularly due to the pandemic.

"My impression during the four days they visited our region is that we covered all the topics, met all the stakeholders to give the inspectors a fair view of what was happening," explains the president of the geoparc, Daniel Leboeuf.

Signage to guide people to the geoparc, signs at the entrances to Percé, the redesign of the geoparc map with trails and geosites where details needing to be provided, as well as a showcase to show parks in Canada and around the world needed to be set up. Management and marketing were also areas needing improvement.

"We completed the requests set out. We created a new map with the latest corrections. It will meet UNESCO standards. We improved the signage in and around the village. We set up a geoparc corner with information on UNESCO geoparks around the world and improved our marketing," says Mr. Leboeuf.

The crowdfunding campaign that has raised \$35,000 to date has helped meet the needs of the international organization.

"As soon as we have the official report and validation from the global commission in September, we will be able to explain to the world how it went. For now, we think we played the right cards," says the president.

So far this summer, attendance at the geoparc and the campsite facilities has been very good.

"We are very happy. The sales statistics are encouraging. I still worry about the budget, but I sleep better," says Mr. Leboeuf.

The organization had experienced difficult years in 2021 and 2022 due to the pandemic, which had created an accumulated deficit of nearly \$500,000. However, the 2023 fiscal year balanced out.

UNESCO Global Geoparks are geographical areas where sites and landscapes of international geological significance are managed according to a global concept of protection, education and sustainable development. Their approach involves local communities.

The recognition for the Percé Geoparc expired in April 2024.

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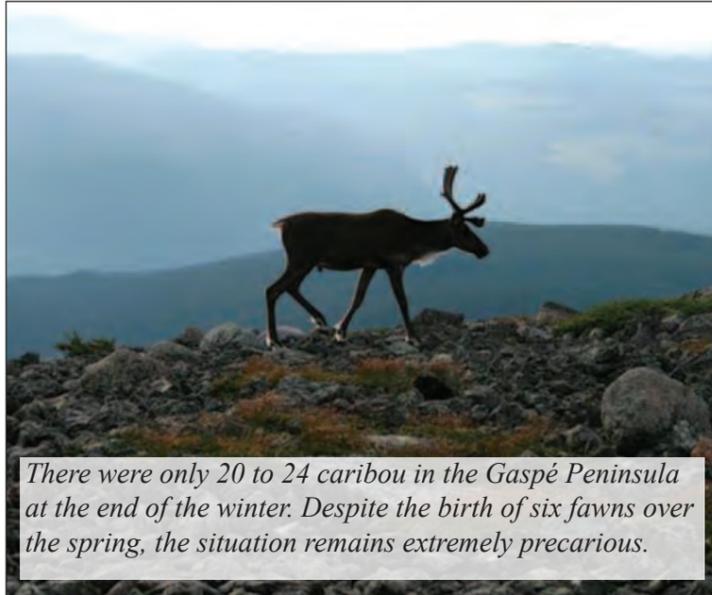
# Six caribou fawns were born in captivity over the spring in the Gaspé Peninsula

GILLES GAGNÉ

SAINTE-ANNE-DES-MONTS - The Ministry of the Environment, the Fight against Climate Change, Wildlife and Parks (MELCCFP) announces that, following the calving period at the captive keeping facility in the Gaspé Peninsula, six fawns have been added to the population living in the Parc de la Gaspésie enclosure.

Initially, seven female caribou were pregnant, but one fawn died. The cause of the death was not mentioned in a press release issued by the ministry's Wildlife branch. According to the press release, the remaining fawns and their mothers are doing well.

The ministry also provided



*There were only 20 to 24 caribou in the Gaspé Peninsula at the end of the winter. Despite the birth of six fawns over the spring, the situation remains extremely precarious.*

Photo: G. Gagné

an update on other endangered caribou herds in Quebec. Over the spring, 18 female caribou were found to be pregnant,

eleven in Charlevoix and seven in the Gaspé Peninsula. No pregnancies were reported in Val-d'Or or Abitibi. All

pregnant caribous gave birth, with eleven fawns born in Charlevoix. Unfortunately, two of the fawns did not survive.

Despite the presence of guardians on-site, who observe the caribou daily, and the availability of a MELCCFP team and veterinarians seven days a week, the risks of perinatal mortality of calves and females remain, mentions the ministry. The press release notes that fawn mortality is common in the wild and some losses are unavoidable even in captive settings.

In summary, 13 adult caribou, 10 females and three males, were temporarily taken into captivity during the capture operation carried out in

the winter of 2024 in the Gaspé Peninsula. With the births this spring, the number of caribou in this captive facility has increased to 19, with about 10 still living outside the enclosure.

In Charlevoix, nine calves are added to the 30 woodland caribou already kept in the enclosure. There are now 39 caribou in the herd, including 20 adults, 10 juveniles and nine fawns.

In Val-d'Or, the population remains at nine caribou, five adult males and four adult females.

A year ago, the capture operation in the Gaspé Peninsula was unsuccessful, resulting in the deaths of two fawns and one pregnant female caribou.

# Musée de la Gaspésie celebrates 490th anniversary of Jacques Cartier's arrival in Gaspé

NELSON SERGERIE

GASPÉ - The 490th anniversary of Jacques Cartier's arrival in Canada is being celebrated at the Musée de la Gaspésie, with the presentation of two important elements linked to the history of the explorer from Saint-Malo, France, who set foot on Gaspé soil on July 24, 1534.

For the special occasion on July 24, the museum presented the new cross crest, an approximate replica of the one planted by Jacques Cartier, located be-

hind the museum institution. A museum employee, Marc Perreault, made a replica of the crest that had deteriorated and broken.

"He worked and sculpted the fleurs-de-lys, remade the crest and installed it himself on the almost 30-metre mast. It was quite an experience and it's nice to highlight his work," explains museum curator, Vicky Boulay.

"It's not just a cross. It's a cross that at the time was very meaningful for Canada and Gaspé today," adds the curator.

In addition, Canadian Senator Serge Joyal donated a replica of the Grande-Hermine to the museum.

The meticulous model made by Luc and Lynda Leclerc measures 86 centimetres in height, 102 centimetres in length and 21 centimetres wide. It is made with wooden slats, along with all the details of the original construction, and offers visitors an accurate representation of the ships used by Jacques Cartier during his explorations.

"We don't have a source that confirms which ship Jacques Cartier sailed to Canada in 1534. But, in 1535, we know that he came with the Grande-Hermine, the Petite-Hermine and the Émérillon. The Grande-Hermine was Jacques Cartier's emblematic ship," notes Ms. Boulay.

In 1967, during the Montreal World's Fair, a replica of the legendary ship was made and subsequently installed in Quebec City, leading to disappointment in Gaspé.

"There was a whole move-



*The new crest installed on the Jacques Cartier cross behind the Musée de la Gaspésie.*

Photos: N. Sergerie

ment to try to convince the authorities to bring the Grande-Hermine to Gaspé, which unfortunately did not happen. It remains an emblematic ship for Jacques Cartier, Quebec and Canada," she says.

After he (Jacques Cartier) arrived in Canada in 1535, the King of France, François I, gave him the ship in 1536.

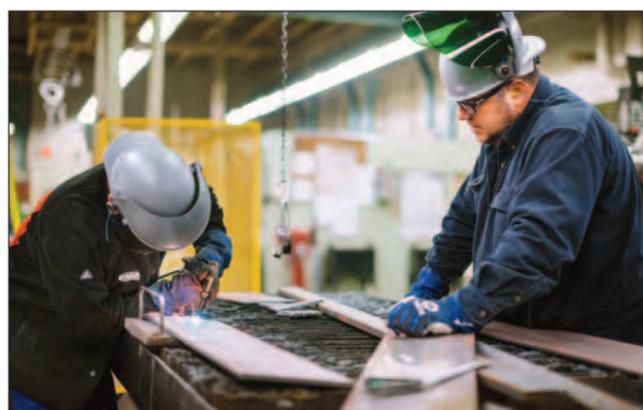
In addition, the senator also enriched the museum's collection with commemorative medals: a medallion of King Henry II, a large fruit bowl and

several rare works.

"Serge Joyal has been a donor to the Musée de la Gaspésie since the mid-1990s. Over the years, he has donated various important pieces, objects, works of art and promotional products derived from Jacques Cartier, being himself a great defender of heritage, history and the protection of significant elements. For him, it was important that this model be made and thanks to his intervention, it was possible," concludes Ms. Boulay.



*A model of the Grande-Hermine donated by Senator Serge Joyal.*



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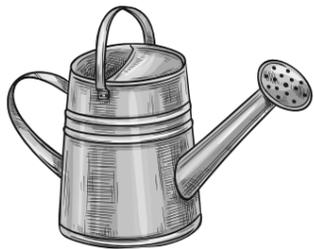
Centre de formation DE LA CÔTE-DE-GASPÉ

# Summer Survival Tips: How to Keep Your Houseplants Thriving in the Heat

HOLLY SMITH

**NEW CARLISLE:** In a tragic turn of events, Jillian, our office assistant, has lost her prized plant, Thelma, to the relentless summer heat. Thelma's untimely demise has left the office in a state of mourning. While Thelma may have wilted, your plants don't have to meet the same fate. Here are some tips to keep your plants thriving on those hot summer days.

Houseplants, much like me after a long day in the office, can struggle in extreme heat. High temperatures can lead to wilting, leaf scorch, and even plant death if not addressed



quickly. Here's how to keep your plants happy, healthy and alive, unlike poor Thelma.

## Tips for Summer Plant Care

**1. Placement:** Plants need bright, indirect light, so try to avoid placing them in direct sunlight. Moving them to cooler spots like basements, bathrooms or a shaded corner can help prevent leaf burn.

**2. Watering:** Water plants early in the morning. This helps them absorb moisture before the heat of the day turns them into a droopy disaster. Check soil moisture levels and ensure the soil is moist but not a muddy mess, because we all know that over-watering can be just as harmful.

**3. Humidity:** Increase humidity by misting your plants with water. You can also place your plants on trays

filled with water and pebbles. As the water evaporates, it creates a humid climate around the plants.

**4. Temperature Regulation:** Use fans to improve air circulation around plants. Just like us, they enjoy a gentle breeze on a hot day. You can also consider using small, portable air-conditioning units or placing plants in air-conditioned rooms during those hot summer days.

**5. Mulching:** Add a layer of mulch or pebbles on top of the soil to help retain moisture and keep the roots cool.

**6. Inspections:** Regularly inspect plants for signs of pests, which love the heat. Treat infestations quickly. Monitor plants for signs of stress, such as yellowing leaves or stunted growth, and adjust care routines accordingly. Don't wait until they're calling out for help like Thelma.



Photo: Jillian O'Connell

**7. Avoid Over-Fertilizing:** Refrain from over-fertilizing plants during extreme heat, as this can stress them further. Stick to a balanced feeding schedule and resume regular fertilization once temperatures return to normal.

**8. Cleaning:** Clean leaves

regularly to remove dust.

While we mourn the loss of Thelma, let's honour her memory by keeping your houseplants alive and thriving. With a little extra care and attention, your indoor plants can stay lush and alive all summer long.

# Get comfortable in your favourite reading spot, relax and read

PENNY MACWHIRTER

**HOPETOWN:** In today's day and age, books often take the back burner. We tend to reach for our cell phones when we want to relax or kill time. As a society, we're out of practice at slowing down. National Book Lovers Day on August 9 provides the perfect opportunity to immerse yourself in a book.

There are many book genres, and finding the right book and author for you might take some trial and error. You will know when you find the right fit. It will feel like you have a new best friend.

Books can take us to real or imaginary places, teach us new skills, intrigue us with unique characters or simply provide comfort.

Books are also weapons for good. They are inexpensive and can combat prejudice and ignorance by teaching us empathy, tolerance and understanding. They can enlighten and inspire us to be better people.

## Read to the children in your life

It's never too early to foster a love of reading, and the benefits of reading are endless.

Reading to young children will help build their language skills, increase their vocabulary and learn about the world around them. It can also help them identify emotions and how to express their feelings. Reading at bedtime can help establish a bedtime routine and provides an excellent opportunity for quality time without any distractions.

If you're a bibliophile, make an effort to share the love of reading with your friends and family. Inspire them with your favourite novel or help them pick out one that suits their personality.

**Bibliophile:** A person who has a great appreciation for or collects books.



SPEC office assistant, Jillian O'Connell, who considers herself a bibliophile, says reading outside is great fun, whether it's sitting on the lawn, in a hammock or by the pool.

Photo: Shannon Day

## Ways to celebrate National Book Lovers Day

- Treat yourself to a new book
- Record a video of you reading a children's book
- Give a book to a friend or a stranger
- Visit your local library
- Join a BookTok challenge (TikTok)

*That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone. You belong.*  
- F. Scott Fitzgerald



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# Announcements



## Obituaries



### BANNIER: Cheryl Ann

It is with much love and sadness we announce the passing of our sister and aunt Cheryl Ann Bannier of Toronto, Ontario on July 12, 2024, at the age of 73 after a long battle with Parkinson's disease.

Cheryl passed away peacefully with her family by her side at Bowmanville Hospital in Bowmanville, Ontario. Cheryl was predeceased by her parents Francis and Hazel Bannier.

Cheryl is survived by her brother Bill Bannier (Peggy); sister: Judy Topping (Keith); nieces: Tracy Bannier (Scott), and Heather Brain (Michael); great-nieces and nephews: Ingrid, Hazel, Liam and Thomas; uncle: Charles Clark; and many many loving cousins.

Born and raised in Gaspé, Quebec, Cheryl excelled at school winning the Governor Generals Award and ultimately earning her Bachelor of Commerce and CMA degrees. She had a long and successful career with the TD bank beginning at the branch in Gaspé and retiring from the head office in Toronto.

Cheryl had many interests including gardening, skiing, hiking, golf and curling. She earned her pilots license in her early twenties and worked weekends at Les Cedres airport in Montreal.

Cheryl was very involved in the Conservative Party at both the provincial and federal levels. She was elected to the Conservative Party of Canada National Council during the Harper government and worked many campaigns. You could always count on Cheryl for a lively debate on many topics.

Cheryl's family was very important to her. She spent many summers in Gaspé with her mother enjoying the community events and many family Christmases in Nova Scotia.

Funeral service and burial will take place on September 27, 2024, in Gaspé, Quebec. Memorial donations may be made to Parkinson's Canada or Parish of Gaspé, St. James Anglican Church, Wakeham, Quebec.

*Deadline to submit an announcement  
is Wednesday at 4 p.m*

### HOTTON: Percival William

September 2, 1944 - June 3, 2024

It is with great sadness that we announce the passing of Percy Hotton on June 3, 2024, at the age of 79 after a brief fight with cancer. He leaves behind his wife of 53 years Leona (Dery) Hotton; children: Renada Hotton (Scott Dekker) and Trevor Hotton; sister Beverly (Eugene Dery); and grandchildren: Kyle Dekker, Owen Dekker and Lorna Hotton.

Percy was a loving husband, devoted father and doting grandfather. He was a loyal friend to anyone who met him and was very easy to love. His one wish in life was to be happy in what he did and was a tinkerer of the highest order. His love of music, primarily the loud variety was well known and only surpassed by his love of cars (again, primarily the loud variety). He was a quiet man who was more introspective than most realized, always thinking of some way to improve the mundane or if not, just cut something in half to see if he could do something new with what was left (ex. Thunderbird-Ranchero).

You will be missed. Husband, father, brother, grandfather, uncle and friend.



## In Memory



### STARNES: Judy

In memory of my loving wife.

*I have lost my soul's companion,*

*A life linked with my own.*

*And day by day I miss her more,*

*As I walk through life alone.*

Loved and missed by your husband, Alfred.

### WARD: Elliott Clarence

In loving memory of a dear father, father-in-law, grandfather and great-grandfather, who passed away on August 13, 2003

*A father holds a special place,*

*In his family's life and heart.*

*Through all the years of growing up,*

*He played an endless part.*

*And though time changes many things,*

*There's something you should know.*

*Our special love for you Dad.*

*Is a we'll never outgrow.*

Sadly missed and forever loved by daughter Frances (Bernie), grandsons Mark (Erin) and great-grandsons Reid, Cole and Benn; Kevin (Courtney) and great-granddaughters Avery and Carys; sons Ken (Chris); Everette; Wayne (Monique) and grandson Dave (Josiane) and great-granddaughter Julia, great-grandsons Elliott and James; and grandson Brian.

**Obituary - 150 words - \$50**

**150-250 words - \$55**

**250+ words - quote will be provided**

**In Memory: 150 words - \$35**

**150-250 words - \$45**

**Funeral, Celebration of Life,  
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**Wedding - \$55**



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## Notice to SPEC subscribers

The company that prints The Gaspé Spec, Hebdo Litho informed us they will be operating with a reduced staff from **July 15 to August 23**. As a result the SPEC will be printed one day later than usual.

Subscribers can expect a delay of one business day in receiving their SPEC. Thank you for your understanding.

*The Gaspé Spec Management*

## The August Landscape

August paints 31 days of vivid scenery in many corners along our beautiful and charming Bay of Chaleur.

With the beauty of blooming flowers, fresh garden vegetables, and wild berries, we Gaspésians will feel like we have it "all".

Hazy nights and the stillness of autumn in the distance heralds the ending of one season and the beginning of another. The morning sun surfing over our cool waters of the Chaleur Bay is there for any early riser to witness.

As evening beds down and we look to the west, we can see the setting of the sun in the distance with its rainbow colours from nature's beautiful palette.

Reflecting on the beauty of our region is likely to spark childhood memories and remind us why we love the Coast so much.

-Ken Ross, New Carlisle, Quebec



## HOROSCOPES

### ARIES – Mar 21/Apr 20

Aries, keep moving forward when you find yourself in a tough situation. It's best not to linger, but to find a path forward. Wait for the dust to settle before getting involved.

### TAURUS – Apr 21/May 21

Taurus, you have a tendency to go overboard at times. Perhaps take a more middle-of-the-road strategy this week when a task falls in your lap. Give it time before acting.

### GEMINI – May 22/June 21

Gemini, you have a lot going on in your life right now to keep you busy. With so much happening, try not to worry about what is going on with others. Stay in your lane.

### CANCER – June 22/July 22

Family matters may be causing you some strain this week, Cancer. While it is nice to get together, it also can cause some stress. Space out visits so you can recharge in between.

### LEO – July 23/Aug 23

Leo, don't worry if you can't see the path forward too clearly right now. Things will be revealed in due time and you'll have all the information you need to proceed.

### VIRGO – Aug 24/Sept 22

Virgo, when a difficult arises, your first response is to get right in the middle of it and try to work things out or force it to go away. That isn't always the most effective approach.

### LIBRA – Sept 23/Oct 23

Libra, when it comes to your personal passions, you are full speed ahead and very regimented in

the path you take. Put those skills to the test this week with a new venture.

### SCORPIO – Oct 24/Nov 22

Scorpio, if anyone assembled a crack team of experts to get through tough times, you certainly would be included. You'll help a loved one with a last-minute problem soon enough.

### SAGITTARIUS – Nov 23/Dec 21

You have a natural curiosity and zeal for life, Sagittarius. These traits may cascade over others and inspire them to try new things this week. Join along in the fun.

### CAPRICORN – Dec 22/Jan 20

Someone from the past could come back into your life, Capricorn. He or she could provide some answers you have been looking for. Stay tuned and be a good listener.

### AQUARIUS – Jan 21/Feb 18

You soon get the opportunity to hang out with someone you haven't seen in awhile, Aquarius. You may stay up late catching up on all of the moments you have missed lately.

### PISCES – Feb 19/Mar 20

A mistake that someone else made will be a learning experience for you, Pisces. This experience could serve as a cautionary tale of how to approach life or similar situations.

### FAMOUS BIRTHDAYS

**AUGUST 4** Meghan Markle, (43)

**AUGUST 5** James Gunn, Director (58)

**AUGUST 6** Leslie Odom, Jr., Actor (43)

**AUGUST 7** Charlize Theron, Actress (49)

**AUGUST 8** Shawn Mendes, Singer (26)

**AUGUST 9** Anna Kendrick, Actress (39)

**AUGUST 10** Kylie Jenner, Reality Star (27)



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# Summer Worker Guilt: Balancing Work and Family Time



Holly Smith

As summer unfolds, many working parents face the challenging reality of balancing their jobs with the desire to spend quality time with their children. This struggle often leads to feelings of guilt, especially when parents miss out on summer activities such as beach trips, picnics, and family outings.

Imagine constantly deflecting inquiries by small humans asking for ice cream, help with their volcano experiments and constant inquiries of "Are you done yet?" while you're at the office. Welcome to the reality of many parents.

Don't fret, if you're experiencing "summer workers guilt" there are things you can do to ensure that your family can create memorable summer experiences.

**1. Maximize Weekends:** Use weekends to plan fun activities. Whether it's a day at the park, a visit to a museum, or a mini road trip to Percé, weekends offer a perfect opportunity to bond with your children. Grocery shopping on the weekend in Chandler, could turn into an impromptu visit to McDonald's, with a little sightseeing. Just think of weekends as your mini-vacations.

**2. After-Work Adventures:** Evenings can be magical. Take a stroll in the neighbourhood, have a picnic, go bass fishing at one of our beautiful local wharves, or visit a local ice cream shop. These small outings can mean a lot to your children. Plus, who can resist a mid-week ice cream bribe (this helps with number 3)?

**3. Involve Kids in Daily Routines:** Turn daily routines

into fun activities. Cook or bake together, do some gardening, even household chores can become enjoyable when done as a team. Folding laundry could become a thrilling sock-matching competition or folding sheets could turn into making forts in the living room.

**4. Plan a Staycation:** If taking time off work for a vacation isn't possible, consider a staycation. Explore some of the amazing local attractions, camp in the backyard, or have a movie marathon at home. It's amazing how exciting activities can be with a little imagination (and bug spray).

**5. Summer bucket list:** Creating a summer bucket list together can help you prioritize the activities that are important to your family. Put your list on the fridge and try to accomplish at least one item each week. You'd be surprised how much you can accomplish when the ideas are already there, such as sleeping in a tent, visiting the Bioparc, picking berries, eating smores, etc.

**6. Quality Over Quantity:** Focus on the quality of time spent rather than the quantity. During the time you have, show your children that they are your priority. So lock up those cell phones, kids value your undivided attention more than an elaborate outing.

In order to maximize your time, organization is key. Plan ahead with weekly menus, grocery shopping lists and chore charts. An hour saved here and there adds up, providing more time for you to spend with

your family.

Remind yourself that providing for your family is a significant part of caring for your children. Communication is important, explaining work commitments to kids in an age-appropriate way can help them understand the situation better. It can be as simple as explaining, "Mommy is working today to make money, but we will go to the beach or for ice cream tonight." You should set realistic expectations and be kind to yourself, your kids will understand when they get older.

By incorporating these strategies, you can balance your responsibilities and still create a fun and memorable summer for your children. Remember, a little laughter and patience goes a long way, especially when you're trying to keep kids entertained during the summer.



## COAST ROUND-UP

COAST ROUND-UP: \$8 per week  
CLASSIFIED: \$8 per week

### BARACHOIS: Mountain View Golden Age

**August 12:** A gift bingo will be held at the Mountain View Golden Age club beginning at 7 p.m. Everyone 18+ is welcome.

### BARACHOIS: The Gaspé Cancer Foundation

**November 2:** A ticket draw and luncheon will be held at the Barachois Legion from 11:15 a.m. to 1 p.m. Soup, hotdogs, sandwiches, desserts, tea and coffee will be available. Donations at the door.

### BARACHOIS: BADC

**August 15:** The Barachois and Area Development Committee (BADC) is holding its Annual General Meeting at 7 p.m. at the Barachois Rec Centre. Two positions are open on the Board. Come and find out what we are up to! Everyone is welcome.

### HOPE: Hope Baptist Church

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

### NEW CARLISLE: Kempffer House

The tea room is back! Open every Wednesday with sittings at 1:30 p.m. and 3 p.m. Cash only, children \$8, adults \$12, and \$15 for the alcove. Reservations required. For more information, call 418-752-1334 or email: heritagenc@globetrotter.net.

### NEW CARLISLE: Bible Chapel Meetings

**Sundays:** Breaking of Bread for believers - 9:30 a.m., Gospel meeting and Sunday School - 2 p.m.

**Thursdays:** Prayer Meeting and Bible Study - 7 p.m. Everyone welcome! For more information: 418-752-3372 or 418-752-6011.

**August 19 to 23:** Vacation Bible School held at Fair Haven Bible Camp from 9:30 to 11:30 a.m. Singing, memory verses, story time,

**UNITED CHURCH  
NEW RICHMOND**  
**Sunday, August 11 and  
August 18**  
10 a.m. Service

quizes, messages, and prizes for ages: 6-12.

### CASCAPEDIA-ST-JULES: 50+ Club

**Tuesdays:** Grocery bingo every Tuesday at 7 p.m. \$10 for three cards. Extra cards are \$1 each.

**August 17:** BBQ from 11 a.m. to 1 p.m. 13+ \$16, 7-12 \$8, and 0-6 free.

### CASCAPEDIA-ST-JULES: Cascapedia River Museum

Do you like the charm of old barns? The Cascapedia River Museum will be hosting an exhibition entitled "By Gone Days," featuring photographs by Barry Le Blanc. The exhibit will run from **August 8 to September 6** and will include more than a dozen photographs of barns from the surrounding area. Some owners will share their experiences during the official

**UNITED CHURCH  
HOPE TOWN**  
**Sunday, August 11**  
10 a.m. Service  
**Sunday, August 18**  
No Service

opening on August 8, from 5 p.m. and 7 p.m.

### ROTARY CLUB WINNERS: The winners for the week of July 1 to 6 are:

France Gagné Félix Cy-Catherine Cyr-Wright, Denise Barriault, Rosaire Denis and Marco Perry.

**The winners for the week of July 7 are:** Sylvain Babin, Jérôme Roy, France Savoie, Mario Cyr, Raymond Astles, Carmelle Boudreau and Nicolas Méthot.

**The winners of the week of July 14 are:** Roger Cyr, Marc Bujold, Marlyne Cyr,

Carol Boudreau, Fortunat Bourque, Michaël Caissy-Loise and Denis Normandeau.

**The winners for the week of July 21 are:** Michel Arsenault, Marc Boudreau, Charles Greene, Lise Roy Tom Eden, Salon de coiffure Monelle and Éric Demers.

**The winners for the week of July 28 to 30 are:** Marilyn Coull, Nathalie Pineault, Sylvie Robinson and Sarah Bernard.

### PARISH OF GASPÉ

**Sunday, August 11**  
**St Matthew's Peninsula**  
9 a.m. Holy Eucharist

**Sunday, August 18**  
**St James - Wakeham**  
9 a.m. Holy Eucharist

**Every Wednesday**  
**St. Paul's - Gaspé**  
10 a.m. Morning Prayer

### ANGLICAN CHURCH OF CANADA

**Sunday, August 11**  
**New Carlisle**  
11 a.m. Holy Eucharist  
**Hope Town**  
9 a.m. Holy Eucharist  
**Shigawake**

10 a.m. Morning Prayer  
**Sunday, August 18**  
**Shigawake**  
10 a.m. Gospel Service  
at the Shigawake  
Music Festival

# How to beat the heat!

## Personal advice on adapting to climate change

CYNTHIA DOW

I'm very much a Northern Girl: sweater weather is what I like best. I do not do well in hot weather at all. I get cranky, nauseated and feel wonky no matter how well I hydrate. So I am very conscious of how to beat the heat when summer comes along.

I think we all need to be much more aware of how to negotiate 30-degree-plus days and nights as forecasters indicate our climate will warm up considerably in the years ahead.

Drinking water and other cool beverages regularly throughout the day is absolutely essential. Even if you are not thirsty it's important to replace the water we lose through perspiration. If you begin to feel tired or light-headed, that's an indication you may be dehydrated. Avoid caffeine and alcohol which will just dehydrate you even more.

Seniors in particular often do not feel thirsty, so it's im-

portant to check on their water consumption and help them find ways to keep cool. People who are overheated can often become confused and do counterproductive things, so watch for signs of confusion.

Number one advice which I find a lot of people are not aware of: do not keep windows open on hot days. It may seem counterintuitive: don't you want to let the breeze in to cool you? But, in fact, letting warm air into the house will just make your home more uncomfortable. Whenever the temperature starts to soar, close the windows, draw your blinds and curtains, and just see how much more bearable your house will be.

My sister Alanna lives in downtown Montreal. She and her husband Robb have a great setup: they have an inside/outside thermometer and the minute the temperature on the outside starts to climb higher than the temperature inside their flat, they just close every-

thing up. It is not unusual for the flat to remain at least five degrees cooler than the temperature outside, and they don't even have blinds. If they did, I bet it would be ten degrees cooler!

Those with basements are very fortunate. We can take a break downstairs from time to time on hot days. It can be a good idea to encourage pets to stay in the basement, in particular dogs with thick fur. Cats, for some reason, don't mind heat nearly so much. Always make sure your animals have plenty of water available to them at all times.

Personally, I do not take my dog to the beach when it's hot. She's black. There is little to no shade at most beaches, and she could get heat stroke out there. Best to leave the pooch at home and in the house but, if that is not possible, at least make sure they have access to deep shade. Again, they need water with them out there.

Don't undertake heavy

labour during the hottest hours of the day, either inside the house or out. Often we can put things off until the early evening or early morning hours. When it's hot out, I take my dog out for her walks very early in the morning and just before dark.

Even though I have a heat pump, when it's very hot my bedroom is uncomfortable, so I sleep in my den. It's a bit of a pain to make up the sofa bed, but it's worth it to get a good night's sleep. When I was a kid, on rare nights it was too hot to sleep. The entire family would go to the basement and camp out! Often in the summer, we even ate in the basement.

matter. The last time I had a mild one, I was out of it for two days. I had a killer headache, was nauseous and dizzy. I could do nothing, not even read. I lost two days of a precious week-long vacation in Prince Edward Island. I will not tempt fate again!



Photo: Lynda MacWhirter

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