



Gespeg marks Truth and Reconciliation Day on September 30

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Approximately 300 people marched through the streets of downtown Gaspé on September 30 as part of Truth and Reconciliation Day, aimed at honouring the survivors of Canada's residential school system and the children who never returned home.

This was the fourth such march in Gaspé, which has become a tradition. "Since the first announcement of the 215 little tombstones, (found near a residential school) we've done it every year," says Jessica Jean-Morin, Cultural Officer for the Micmac Nation of Gespeg.

Ms. Jean-Morin is referring to the discovery on May 27, 2021, of 215 unmarked children's graves in the orchard of the former residential school in Kamloops, British Columbia, run by the Oblates



Photo: N. Sergerie

The march started in downtown Gaspé at 9 a.m.

of Mary Immaculate.

"This day is to honour and support the children who never returned to their families or those who returned with traumas from this geno-

cide. We support the communities," says Ms. Jean-Morin.

"We don't want people to forget. The last school closed in 1997. It hasn't been that long," notes Ms. Jean-Morin.

Yan Tapp, the new chief of the Micmac Nation of Gespeg, made his first public appearance at the event. "I'm very proud to be here with the members of the community,

and it gives me a chance to share my vision with the people of the Gaspé community," says Mr. Tapp.

He notes that more and more people are taking part in the day.

I see this reconciliation in the community. You can see it in the steps we take. We see new people joining in every year. It's very interesting," says the chief.

The mayor and several Gaspé municipal councillors were also keen to take part in the event.

"For us, harmony between peoples is a priority. It's important to work towards reconciliation," notes the mayor of Gaspé, Daniel Côté. The mayor intends to make contact with the new chief of Gespeg.

They met for the first time on Monday morning at the march. "Our hand is outstretched. If we can lend a

Cont'd on page 2

Early fall provides excellent views

Gilles Gagne

GASPÉ - Fall officially began at 8:43 a.m. on September 22 in Quebec but, in all fairness, the first 10 days of this year's autumn essentially felt like summer, providing outdoor enthusiasts with ample hiking, cycling, gardening and sailing opportunities, as if there was no seasonal switch.

Such was the case on the morning of September 29 at Mount Bechervaise, Gaspé's ski centre, which has evolved into much more over the years. The site offers a wide range of hiking and mountain biking trails with various degrees of difficulty. At the top of the runs, visitors can pause to take in the stunning scenery, whether facing east, like these two excursionists in the photo, or any other direction.

The organizers of Festival Musique du Bout du Monde (FMBM) have installed basic seating in the natural amphitheatre located at the mountain's summit, and it allows people to sit for a bit before descending or taking another trail covering the ridge, offering a view over the mouth of Dartmouth River on the north side. All of this is free of charge.

Photo: G. Gagné



Wejgwapniag school holds annual Truth and Reconciliation walk



COURTNEY JEROME

GESGAPEGIAG: - In honour of the National Day for Truth and Reconciliation, the Wejgwapniag School community came together for our annual Every Child Matters Walk, led by our school Elders Mr. William Jerome, Mr. Roger Lee Martin, and Miss Madeleine Condo. Alongside the commemorative walk, the school welcomed guest speakers Jeannette Martin and Councillor Aaron Condo, who shared messages of hope and resilience. On this day of reflection, the Wejgwapniag community demonstrated their commitment to healing, reconciliation, and building a more just future for all.

GESPEG: *Cont'd from cover*

hand, we'll always be happy to do so," says Mr. Côté, who points out that the two communities have been working well together for a long time. Since 2017, the two councils had held a joint meeting to take this collaboration further, citing partnerships with Berceau du Canada in a video or Rivière-au-Renard, Capitale des pêches. "We were perhaps less aware of this reality. When you

see the number of people who turned out for this walk for truth and reconciliation, it bodes well for the future," says the mayor. In addition to members of the Gespeg Nation and the non-Aboriginal population, students from English-language schools in the Gaspé region took part in the march. The National Day of Truth and Reconciliation is an opportunity to pay tribute to the children who were never able to return home, to the survivors of residential schools and to their families and com-

munities. Orange Shirt Day is a day of commemoration organised by Aboriginal communities to raise awareness of the inter-generational impact of residential schools on individuals, families and communities, and to promote the concept of Every Child Matters. The shirt is a symbol of the loss of culture, freedom and self-esteem that Aboriginal children suffered for generations. An estimated 6,000 children died while attending these residential schools.



Photo: G. Gagné

The first part of the march was led by Jessica Jean Morin, centre; her son Lucas, left; and Nicole Jeannotte, right; and members of the Micmac Nation of Gespeg. Ms. Jeannotte conducted the ceremony, including the song. Lucas is a student at Gaspé Polyvalent. That school, along with Gaspé Elementary and Belle Anse School, were highly represented at the Truth and Reconciliation Day march since the inception of the event.

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POZZOLAN MINE: Heron Bay mayor temporarily pulls out of council

GILLES GAGNÉ

HERON BAY: – Normand Pelletier, the mayor of Heron Bay, is temporarily pulling out of his duties and will remain on the sidelines until the New Brunswick provincial election on October 21. Mr. Pelletier will be representing the Conservative Party of Premier Blaine Higgs in that election. His decision to pull out of mayoral duties was announced by the town administration on September 30, through a very short press release. Mayor Pelletier was criticized heavily following a September 23 meeting for voting in favour of a zoning change that would allow Eco-Rock Dalhousie, a Montreal-based company to exploit a pozzolan open pit mine near an urbanized area of the town. Some citizens were in favour that Mr. Pelletier should have stayed out of the debate before the election. Three coun-



Photo: Gilles Gagné

Deputy mayor Denis McIntyre (left) with Mr. Pelletier (right).

cillors had previously voted against the zoning bylaw and three were in favour. The possible pozzolan exploitation finds itself amid a major controversy in Heron Bay due to its possible impact on the quality of the environment. The deposit is located relatively close to residences and two schools. The project is also supported by a certain

proportion of the local population. Apart from Normand Pelletier and three councillors, those supporters did not express their stand on September 23. Deputy Mayor Denis McIntyre also favoured the project at that meeting. Many Gaspesian residents living in Miguasha and Escuminac are opposed to the mine.

Gespeg finally has a new chief

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The Micmac Nation of Gespeg has a new chief: Yan Tapp has been appointed after a deadlock following the vote on September 8.

Initially, Mark Sinnett won with 144 votes to Mr. Tapp's 143. A third candidate, Céline Cassivi, received 122 votes. After three recounts, it was determined that the two leading candidates tied at 143 votes each.

The Nation's Electoral Code stipulates that in the event of a tie, a draw would determine the winner. However, both candidates contested this procedure, arguing that it was undemocratic and would only create divisions. They wanted a new election.

"The process was complicated and I can't wait for it to be over so that the community can move forward. Who expected it to be an equal result between Mark and me? It's been a long time coming," says Mr. Tapp as the electoral process continues to be contested.



Photo: Nelson Sergerie

The new Chief of the Micmac Nation of Gespeg, Yan Tapp.

Despite being elected after his opponent withdrew, Mr. Tapp believes that he has all the legitimacy to lead the Nation.

"In my opinion, 'yes'. A lot of people voted and I think I have some support from Mark as well. I'm hoping that the members who voted for him will join me," he says.

"With everything I've done in my community over the last few years, I've worked in a number of departments. It was time to be chief," says the

elected candidate.

"We have to move forward to amend the Electoral Code. The code, when amended during the last mandate, had not been reviewed for a long time. There has always been the aspect of contestation in each mandate. This year, it will have to be reviewed as it should be," says Mr. Tapp.

"I have an idea to clarify a lot of things, such as the means of contesting and, when there is a contest, to define the consequences," says the new chief.

The principle of a draw, recognized by other levels of government, also needs to be reviewed. "Is it still relevant? From what I understand from a community lawyer, it's still customary. We'll have to see if it's still current," adds the chief.

The two tied candidates said that the draw "was a strange process", but Mr. Sinnett made his choice by not contacting the returning officer to confirm his participation in the draw. Mark Sinnett has kept a low profile since withdrawing from the process leading to Yan Tapp's victory.

Police report

The preliminary hearing with summons of witnesses of Marc-Jules Chouinard, 49, from Rivière-au-Renard suspected of two counts of manslaughter in the fatal collision that resulted in two deaths on May 10, 2023, in Rivière-au-Renard, ended on October 3 with the potential for additional charges, including accusations of murder without premeditation.

The preliminary hearing had started as scheduled on October 1 at the Percé Courthouse and was conducted by Quebec Court Judge Anne-Marie Jacques. During the hearing, ten witnesses testified before the criminal prosecutors submitted new charges, a rare occurrence at this stage of the procedure.

Four new charges could be added to Marc-Jules Chouinard's case, criminal harassment towards the two victims, transmission of death threats through a third party towards one of the victims, criminal negligence causing death and two counts of non-premeditated murder. The man is already facing accusations of dangerous driving, two counts of dangerous driving causing death and attempted murder.

Judge Jacques postponed the case until the afternoon of November 1, when she will render her decision regarding the new charges.

During the three days of the preliminary hearing, ten of the 21 defence witnesses were heard. "Written statements from the 11 other witnesses were submitted to the court. The defence accepted those written statements. Expert witnesses from outside the region therefore did not have to come here for the preliminary hearing," explains Isabelle Gavioli, one of the two criminal prosecutors assigned to the case.

The purpose of the preliminary hearing is to determine whether there is enough evidence for Marc-Jules Chouinard to stand trial. He has opted for a trial in front of a judge, without a jury.

Charged with premeditated and non-premeditated murders, his son Simon Dufort-Chouinard, 19, remains in custody and will return to court on December 2. The violent collision led to the deaths of Gabriel Noël, 19, and Dylan Samuel-Francoeur, 18, both from the Rivière-au-Renard area. The crash occurred on top of a small hill along Highway 132, about halfway between Rivière-au-Renard and Griffon Cove.

A man in his seventies died on the evening of September 30, as a result of a fire in a hunting camp in the Douglstown sector of Gaspé. Emergency services were called by the victim's relatives around 9 p.m. after an unconscious individual was found in a forest area near Gaul Avenue. Sûreté du Québec spokesperson Ève Brochu-Joubert notes that the death was confirmed at the scene. The police investigation is ongoing, but foul play has been ruled out.

Two men were arrested on September 27 in Nouvelle in connection with a series of break-ins and appeared on September 30 at the New Carlisle Courthouse. The first man, aged 29, was released on a promise to appear, as the police investigation is ongoing. His name remains undisclosed until charges are officially laid. The second man, Christian Lévesque, 50, was kept in custody. He was wanted by the Quebec City police for failing to appear in court. The arrest occurred during a police search of a home on Highway 132 east in Nouvelle, when officers intercepted the two individuals.

The Sûreté du Québec major crime investigation squad in Chandler, in collaboration with the Rocher-Percé MRC police officers, conducted several searches and made three arrests on October 2 in connection with the possession or trafficking of narcotics. Two homes in the same Highway 132 building in the Cape Cove area of Percé, as well as two vehicles, one in Cape Cove and one in Sainte-Thérèse-de-Gaspé, were searched by the police officers.

The searches resulted in the seizure of approximately five grams of cocaine, 125 methamphetamine pills, contraband tobacco, cash, equipment used to sell drugs and an imitation weapon. Two men, aged 35 and 37, and a 48-year-old woman, all from Cape Cove, were arrested and released for further proceedings. They could face several charges related to drug possession or trafficking, as well as accusations under the Tobacco Tax Act.



Gilles Gagné

Commentary

To François Legault and Justin Trudeau: asylum seekers are human beings

There is a tradition in politics that often arises when someone is unpopular: blame someone who is even more unpopular and choose a topic that could make your potential electoral base react.

That's exactly what Quebec Premier François Legault has been doing over recent months. He is targeting Prime Minister Justin Trudeau, blaming him for the abundance of asylum seekers in his province. Those asylum seekers play a role in worsening the housing shortage and congestion in the health system, argues Mr. Legault, who affirms that immigration is ill managed by the federal government.

The Quebec premier is right on one point. Immigration is poorly administered by Ottawa.

Since his 2015 election and even more so since 2018-2019, the Trudeau government has opened the door to an uncontrolled number of immigrants, a "strategy" that has effectively led to an increase in the housing shortage and, more importantly, left hundreds of thousands of people in various levels of uncertainty.

Some of those immigrants are asylum seekers, people who leave their countries due to violent threats, a poor democratic situation or simply because their living conditions overseas are unbearable. A tad over 100,000 asylum seekers converged to Canada in 2023 and a tad more than 160,000 of them are likely to come this year.

It takes Canada's Department of Immigration up to three years before treating an asylum seeker's file. In the meantime, these people develop an attachment to the place where they wait, some of them are allowed to work and they therefore develop a contact network as well.

That waiting time is unjustifiable and it shows how poorly the immigration policy was planned, if it was really planned.

Quebec's role

Quebec greets about 45% of asylum seekers

coming to Canada, so about 80,000 of them in 2024 if the trend persists until the end of the year, while its population represents 22% of Canada's.

François Legault denounces the fact that he has tried to deal with the matter for the past six months with the Canadian government, with zero results.

While the problem is Ottawa's fault, his way of negotiating with the federal government has proven very inefficient because he mainly denounces the situation in the public space instead of showing a thorough desire to discuss it.

Over recent days, Quebec's Immigration Minister Jean-François Roberge went to Ottawa in an attempt to make the file move forward. He met with opposition party leaders and Members of Parliament who are immigration critics for their parties. Did he meet the Immigration minister? No!

François Legault also placed the bar very high when he asked Ottawa to deliver permission to "move" asylum seekers currently based in Quebec to another province. A couple of weeks ago, he had mentioned the possibility of placing asylum seekers in monitored housing near airports. Technically, about 40,000 asylum seekers, which amounts to half of the yearly total of 80,000 coming to Quebec, could be moved to another province. Asylum seekers who don't speak French or who don't have a family in this province would be chosen to leave.

It is hard to believe that Premier Legault could live well with the consequences of such a move. Does he imagine that the images of police officers getting into houses and driving asylum seekers to the nearest airport would enhance his degree of popularity?

During a recent visit of French President Emmanuel Macron to Ottawa and Montreal, the immigration file made headlines as both François Legault and Justin Trudeau didn't find anything more polite to do in front of a foreign statesman than raise a domestic bone of contention!

Worse, on October 3, François Legault took the opportunity provided by an official trip to France to raise the matter once more, quoting Emmanuel Macron's statement to the effect that the French feel jostled by immigration.

The comparison between France, or any other European country for that matter, and Quebec doesn't stand a first glance.

The number of asylum seekers converging to France is, all proportions considered, much higher than in Quebec and Canada.

By and large, European countries have deployed much better greeting means for immigrants, including a way to deal with the paperwork generated by such an influx.

In Canada, the flow of immigrants clearly increased from 2018 and on. Both levels of government have failed to adjust in the meantime.

The federal government has not adapted its workforce to the rising number of cases at hand.

In Quebec, although François Legault is right about the fact that the number of asylum seekers is above Quebec's proportional share, his government waited until April 2022 before admitting that a housing shortage hits the province. So why would immigrants, including asylum seekers, be suddenly highly responsible for a situation that manifested way before two years ago?

So, it is permitted to think that his recent interventions over immigration are part of a political strategy. It is deplorable, since the human side of that topic is forgotten by the Coalition avenir Québec government.

Immigrants rarely leave their country of origin because they want to. They are forced to, for various reasons.

Making them fear that they could be forced to move to another province or to their original country after forging links with their new milieu is highly deplorable, especially considering that a political scheme aimed at eventually getting more votes, could represent the main reason behind such a position.

The legality of moving people around is far from proven. In fact, even François Legault is not certain of that legality, since he's asking the federal government to assess the situation. It could contravene with the Charter of Rights and Freedoms. In principle, a citizen can settle wherever he wants.

For now, lawyers would have to determine if asylum seekers are citizens of Canada.

We are not there yet. Recent polls indicate that the CAQ is not gaining popularity, as people consider that health and education systems are in bad shape and that the Quebec government should consider these issues as priorities.

To put it short, the federal government has to immensely improve its efficiency when dealing with immigrants, including asylum seekers, and the Quebec government must turn its attention to its main problems, health and education, instead of playing petty political games.

PLEASE TAKE NOTE:

PRICE INCREASE

Effective **October 23, 2024**, the price per individual paper, sold at local businesses will increase from \$1.75 to \$2.




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A surprising \$551,669 surplus in Percé

NELSON SERGERIE

PERCÉ: - The Town of Percé has achieved a surplus of \$551,669 for the 2023 fiscal year, out of a total budget of \$8,042,843.

During the September municipal council meeting, the acting Mayor Doris Réhel explained that the surplus is due to two major factors.

“Some expenses were lower than forecasted. We note major savings in snow removal. Excess revenues were mainly due to higher-than-anticipated tax revenues.

The additional taxes come from new construction and renovation permits as well as interest income and the property transfer tax,” explained Acting Mayor Doris Réhel at the October 1 meeting.

The unappropriated surplus now stands at \$1,141,235, while the restricted operating surplus is \$810,000. “The Town of Percé has the recommended leeway for sound management of public funds,” says

the mayor.

Over the past year, Percé has invested \$6,713,000 in various projects, including the municipal garage warehouse and its mechanical pit, shoreline protection work, and the acquisition of a fire truck and extrication tools.

The municipality's net long-term debt amounts to \$8 million.

“As mayor, I'm reassured to see that financial management is running smoothly and that the conditions for a serene and dynamic administration are in place,” she concludes.

Those in attendance had questions regarding the date of the filing of the budget, however, the firm Raymond, Chabot, Grant, and Thornton, which prepared the financial statements, justified the delay in filing the document despite the fact that the law stipulates a filing deadline of June 15.

The financial statements were ready at the beginning of July, but the firm preferred to wait for the report from the

Commission municipale du Québec, which cited shortcomings in the municipality's internal controls.

“We wanted to see the commission's report first, and then we had other discussions. When the situation you've experienced is covered by the media, we have to involve our risk management team, and even our legal de-

partment. These are all additional steps. Yes, there could have been a reservation (in the accountant's report), but we're comfortable. We had to go through processes,” says accountant Caroline Plourde.

The accounting firm also mentioned that the police investigation by the Anti-Corruption Unit (UPAC) could have an impact.

“What we've just mentioned about this investigation is that it doesn't change our opinion as auditors. As we speak, we are not in a position to say whether there will be any financial implications.

We've simply added an observation to the report so that the Ministry of Municipal Affairs can see it, and the reader can see it,” says Ms. Plourde.



Public notice of the poll

Ville de Percé

Polling day: October 27, 2024

By this public notice, Gemma Vibert, the returning officer, announces the following to electors of the municipal list of electors that:

1. A poll will be held.
2. The candidates for the seats listed below are:

Seat of mayor

- Linton Couture
- Olivier Lafontaine
- Daniel Leboeuf
- Michel Poissant
- Alexandre Vibert Daraiche

Councillor seat – District n° 8

- Léon Harbour
- Stéphane Mercier

3. You may exercise your voting right by presenting yourself to your assigned polling station on the dates, locations, and under the following polling subdivisions:

Polling day: Sunday, October 27, 2024, from 10:00 a.m. to 8:00 p.m.

Polling subdivisions	Locations
Polling subdivisions 1, 2, 3 and 4 (electoral districts n° 1 and n° 2)	Community Centre 52, rue du Curé-Poirier, Cap d'Espoir
Polling subdivisions 5 to 6 (electoral district n° 3)	Community Centre 1240, chemin de Val-d'Espoir, Val d'Espoir
Polling subdivisions 7 to 8 (electoral district n° 4)	Community Centre 43, rue de l'Église, Percé
Polling subdivision 9 (electoral district n° 5)	Pavillon des Grandes-Marées 199, route 132 Ouest, Percé
Polling subdivision 10 (electoral district n° 6)	Community Centre 499, route 132 Est, Bridgeville
Polling subdivision 11 (electoral district n° 7)	Barachois Recreative Centre 1062, route 132 Est, Barachois
Polling subdivisions 12 to 13 (electoral district n° 8)	Notre-Dame-de-Liesse School (gymnasium) 1932, route 132 Est, Saint-Georges-de-Malbaie

Advance poll day: Sunday, October 20, 2024, from noon to 8:00 p.m.

Polling subdivisions	Locations
Polling subdivisions 1 to 13 (electoral districts n° 1 to n° 8)	Community Centre 43, rue de l'Église, Percé

4. You may attend the addition of the votes, which will be held on October 27, 2024 at 8:00 p.m. at the following address:
 - City Hall
 - 137, route 132 Ouest
 - Percé
5. You can contact the returning officer at the following address and telephone number.
 - Address: City Hall, 137, route 132 Ouest, C. P. 99, Percé (Québec) G0C 2L0
 - Telephone: 418 782-2933, extension 92003

Given in Percé, on October 2, 2024.

Gemma Vibert,
Returning officer



Photo: Gilles Gagné

More cruise ships spotted

Gilles Gagné

GASPÉ – The stretch from September 28 to October 1 marked a busy period in the Bay of Gaspé area and, to a lesser extent, at the Sandy Beach wharf, as four cruise ships stopped in the area.

It began with the Explorus 1, operated by the company of the same name, on September 28. The following day, the Insignia, from Oceania Cruises, which is shown in the photo, arrived. On September 30, the Artania, owned by the Germany-based firm Phoenix Reisen, also stopped to anchor off the Musée de la Gaspésie area, and so did the Viking Mars, a ship that belongs to Viking Cruises.

Escale Gaspésie director general Pascale Rémillard, who manages cruise ship stops in Gaspé, points out that 22 ships were initially supposed to call to the Bay of Gaspé in 2024 but that a 23rd ship was added to the list, as a French vessel sought shelter in the area because of a storm. As of October 3, Ms. Rémillard was expecting nine additional cruise ship stops in Gaspé before the end of the season, on October 28. “Our biggest ship, with a capacity of 1,400 passengers, will call on October 13. It is the Borealis, of the company Fred Olsen,” she says. The total capacity of all the cruise ships stopping in Gaspé this year amounts to 10,408 people. In the picture, the Bahri Diriyah, a cargo liner registered in Saudi Arabia, is shown at anchor, where it remained for several days as the windmill blades, prepared by the LM Wind Power plant in York's Augustines Industrial Park, were readied for loading onto the ship.

McInnis Cement complies with Quebec order issued two years ago

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

PORT-DANIEL-GASCONS - McInnis Cement is complying with the conditions set out in September 2022 in the notice of order requiring it to eliminate the release of contaminants into the atmosphere during its operations.

The Ministry of the Environment took this radical decision in response to repeated failures by the Port-Daniel-Gascons cement plant. When the notice was filed and the order issued, the ministry requested several things: that an independent expert recognized by the ministry be mandated to carry out an assessment of the proper operation of all the air purification equipment and to propose operating measures and procedures to permanently stop the emission of dust and other atmospheric contaminants in excess of the standards set out in the operating permit. The company was required



Photo: G. Gagné

to submit the expert's findings, conclusions and recommendations on the corrective measures and operating procedures to be put in place to permanently stop the emission of dust and other airborne contaminants in excess of the established standards, in accordance with a set timetable.

A control plan for dust and other atmospheric contaminants was to be submitted, setting out the measures put in

place, and the company was to carry out the work in accordance with the control plan for dust and other atmospheric contaminants approved by the Ministry.

Various steps have since been completed, and on June 11, 2024, the company sent the Ministry the letter of attestation and the expert's comments on the control plans, which had been completed in accordance with the order.

On August 8, 2024, the Ministère informed the company that the documents submitted met the requirements of the order and confirmed that the work provided for in the control plans had been carried out and that the deadlines had been met.

By email, the ministry stated that it would "continue its verifications to ensure compliance with this order at all times."

Various investigations are ongoing following dust releases in February and June 2023.

"The DPCP (Directorate of criminal and penal lawsuits) will determine whether to initiate criminal proceedings for violations of the Environment Quality Act or its regulations. Since criminal proceedings could result from these investigations, the department must limit its comments on this subject," it adds.

Since the beginning of 2024, the cement plant has no-

tified the ministry on six occasions to report episodes of dust emissions.

Three of these reports have been made since May. For each report, the ministry carried out the necessary verifications to determine whether any breaches had occurred and whether the requirements of the order had been complied with.

"During an audit carried out on June 24, 2024, by an emergency environmental responder, it was found that the company had not notified the Minister without delay that the vibration standard had been exceeded during a blasting operation on June 21, 2024," the ministry points out.

A notice of non-compliance was served on the company on September 17, 2024.

"The ministry is currently assessing the action to be taken in response to this breach in accordance with its Directive on Dealing with Breaches," the email states.

Percé seeks assistance to help finance tourism

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

PERCÉ - Following a plea from Marie Leblanc, the director of tourism and cultural promotion, at the regular municipal council meeting, the Town of Percé will reflect on the possibility of reinvesting in tourism promotion.

During the meeting, Ms. Leblanc reported on the tourist season. "Considering the rather difficult situation of the current year, particularly with the total absence of a promotional budget and the virtual closure of the Percé tourist office, our tourism activities were essentially concentrated on our reception and tourist information service, as well as on our digital platforms," asserts Ms. Leblanc.

The council had announced the closure of the tourist information office and no promotional budget when the 2024 budget was tabled in December. At the May meeting, the council reversed its position, releasing \$100,000 to open the Tourist Information Centre.

From May 21 to September 30, 2024, the office served more than 27,000 people, 64% of whom came from Quebec, mainly from Montreal, Montérégie and Quebec City, 11%



Photo: ville.perce.qc.ca

Marie Leblanc calls for tourism reinvestment in Percé.

from France, 7% from Ontario, 7% from other European countries, 3% from the Maritimes, 3% from the United States, 3% from other countries and 2% from other Canadian provinces, according to the annual report.

The promotional budget to attract tourism and lengthen the season was cut to zero this year. It was \$25,000 in 2023 and \$75,000 in 2022. "It's clear that these cuts are having an impact on our current and, above all, future traffic, especially during the periods of the season on which we were focusing our efforts," says Ms. Leblanc.

"The fact that we had a rather satisfactory 2024 summer season is largely due to the reputation of our destination and the fact, fortunately, that Percé's brand image is still widely used to promote the Gaspé Peninsula on various platforms," states Ms. Leblanc.

"We urgently need to put some money back into the budget, so as not to lose all the effort invested over the last few years. Percé must regain leadership in major promotional campaigns. We can already see the effects of this lack of advertising in a certain slowdown in visitor numbers at the beginning and end of the season, and also in the fact that a growing number of our visitors seem less familiar with our offer, as we noticed at our kiosk this summer. We can't go back to the days when people thought Percé was all about the rock," says Ms. Leblanc.

Acting Mayor Doris Réhel is not closing the door on funding the Tourist Information Office and the Destination promotions again next year.

"We're going to work with the merchants. They asked us for this. We're going to work with them to find a solution for opening the Tourist Information Office," says the acting

mayor. The council has appointed representatives from the town to a committee that has been formed for this purpose. "We're going to try to find a solution to get a budget for tourism promotion. We'll do what we can," adds the deputy mayor.


In December, faced with a budget impasse, the Town resigned itself to closing the Tourist Information Office, a decision that caused an uproar among citizens attending the budget presentation.

Former Mayor Cathy

Poirier pointed out that maintaining the office cost \$168,000 in addition to management salaries, which would have represented an increase of only 4.5% to finance the infrastructure.

The Town had already raised the possibility of creating a nonprofit organization to maintain the office, which could be made up of people from the municipality and the tourism industry.

This is the route the municipal council is now taking to find a long-term solution.



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- Mindfulness movements (outdoors if possible).



Schedule: 1 to 4 PM:
Please arrive at 12:30 to register

October 17: Escuminac Town Hall, Pte à la Garde
October 25: Douglastown Community Centre
November 1: Cascapedia River Museum, Cascapedia - St-Jules
November 14: Anglican Church Hall, Shigawake
November 21: Optimist Chalet, New Carlisle


For more information and to register: Cynthia Dow at cynthiadow@me.com or 418-391-4193

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Inauguration of Rivière-au-Renard, Fisheries Capital

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The Rivière-au-Renard, Fisheries Capital site was inaugurated on September 21, after almost two decades of work to gain recognition for the maritime industry's contribution to community development.

Even though the site was already accessible to the public, the mayor of Gaspé wanted to make it an event.

"We wanted to have a formal inauguration. Why? Because we've been working on this project for over 12 years.

The volunteers of the Rivière-au-Renard Development Corporation have been dreaming of this project for over 15, if not 20 years. Even though it is accessible to the public, marking the occasion was important to them and important to us," stated Daniel Côté.

The project is estimated at \$8.7 million. Through various ministries, the Government of Quebec injected \$3.4 million and the Government of Canada, \$2.7 million.



An overview of the Rue du Banc sector.

Photo: Town of Gaspé

The municipal share was \$2.6 million and other partners such as the MRC funded the remaining amount.

The site includes a waterfront walkway, an observation tower allowing you to see the open sea, interpretation tools, the Place de la Révolte, a children's playground, street furniture and an immersive multimedia presentation where people can experience the sensation of being at sea.

"There remains the rede-

velopment of the Robins building that we acquired along the way. We did not plan to acquire it at the beginning because it belonged to a private owner who put it up for sale along the way and we seized the opportunity to insert the multimedia project.

The building needs love and that will be the next step," says the mayor as that component will be part of phase 2.

For the project, the Rue du Banc area was made more resilient to climate hazards with

beach replenishment.

"We had to rethink the concept. Initially, we had planned water games, but we know that if salt water had reached the games, they would have been broken. We also had to raise and widen the beach to deal with climate change. Everything is in place to cope with new coastal overflows," states Mr. Côté.

The seafront is now accessible to the public. But to ensure the protection of Rue du Banc, the seaport breakwater

must be repaired, which was confirmed last summer by Ottawa.

"It is one of the keystones if we want to ensure that Rue du Banc and the facilities are maintained. To protect the three wharves as well. There is work planned and scientific analyses are underway," explains the mayor.

A phase 3, which is to be the redevelopment of the marshes, is still a possibility.

"In this case, we are in the early stages. There are no plans or specifications ordered. We are still keeping it in the pipeline as a possible project, but there is no timeline for now," he says.

The objective of the project is to interpret modern fisheries in the heart of the main landing port for fish products in Quebec, by integrating a historical component.

"With the difficulties our fisheries are experiencing, recreational tourism could provide some relief for the village's economy, although we also need to refocus our maritime engine," adds the mayor.

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Jillian O'Connell

PORT DANIEL: - Hunting is not just about the thrill of the chase, it's also an opportunity to connect with nature, build skills, and enjoy the great outdoors. However, a successful hunting trip requires more than just a good strategy and the right gear. It's also about the experience, sharing meals with fellow hunters, cooking and bonding over delicious meals.

While canned food may seem cheaper and more convenient, preparing meals at home or at the camp can be more beneficial in the long run. Canned foods often contain preservatives and additives to enhance flavour and extend shelf life. While canned food provides convenience, the benefits of home-cooked meals far outweigh the ease of opening a can.

Home-cooked meals and snacks can be tailored to your taste. Whether you love sweet, savoury, spicy, or a combination of flavours, the options are limitless. You can experiment with different spices, herbs, and other ingredients to create your perfect meal or snack.

By prioritizing home cooking, you invest in your well-being, creativity, and the joy of sharing food with loved ones. So, roll up your sleeves, embrace the kitchen, and savour the countless health benefits of home-cooked meals.

Consider creating a menu. A well-thought-out food plan will help reduce stress, minimize food waste and will also help with unnecessary food costs. When you cook at home, you have countless options.

GONE HUNTING

<p>Friday Walking tacos</p> <p>Saturday Shepherd's Pie</p> <p>Sunday Cheeseburgers Pasta Salad</p> <p>Monday Beef Stew with Dough boys</p> <p>Tuesday Baked Potatoes Stuffed Partridge</p>	<p>Wednesday Smoked meat and chips</p> <p>Thursday Creamed Salmon over mashed potatoes</p> <p>Friday Pepper Steak Homefries</p> <p>Saturday Lasagna and garlic bread</p>
---	--

Before you head to the grocery store, spend some time brainstorming meal ideas you and your hunting partners would like to savour and devour.

Supper: Choose intriguing main courses. This could be anything from a hearty stir-fry to a rich lasagna. Keep in mind, you'll want meals that are easy to transport or which have ingredients that will preserve well.

Breakfast and Lunch: Don't forget about these meals. Quick breakfast options like smoothies or overnight oats can make your mornings smoother. They are also portable which is a great option if you're travelling to your hunting stand each morning. If you're staying at a camp, eggs are a great high-energy food to keep you going while hiking through the woods. A tuna or egg salad sandwich, with soup in a ther-

mos, makes a healthy lunch that is sure to keep you warm.

Snacks: While hunting, you're sure to want a few snacks throughout the day. Fruit and vegetables with dips can add variety. Pickled eggs, homemade cookies and cakes, trail mix, energy balls and yogurt are a few options while you are relaxing in your camp.

With your meal plan in hand, it's time to create a grocery list. Now that you have your list, it's time to hit the store. In order to make your shopping experience smoother, organize your list to make your shopping trip efficient. List all fruits and vegetables, meats, grains and dairy that you will need. Stick to your list to avoid impulse purchases. This will not only save money but also help you stay focused on your meal ideas.



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Rifle: October 19 to 27
Black Powder: October 29 to November 1

Small Game

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Stay Safe This Hunting Season

HOLLY SMITH

As hunting season kicks off, local hunters are gearing up for an exciting adventure.

With the region's stunning landscapes and abundant wildlife, it's easy to get caught up in the thrill of the hunt. However, staying safe should be everyone's top priority. Here are some practical tips to ensure a fun and secure hunting experience this season.

Know the Rules

Before heading out to hunt, hunters should always check local regulations and obtain necessary hunting permits. The rules can vary depending on the area and species, so check with the Quebec Ministry of Forests, Wildlife and Parks, if you have any questions.

Hunt with a Buddy

If you've ever been out in the woods, you know how easy it is to lose track of time

or direction. Hunting with a friend can keep you both safe and adds to the experience. Make a plan for the day, keep an eye on each other, and check in regularly. Plus, sharing stories and laughs makes for great memories!

Dress for Success

The weather in the Gaspé can change in a heartbeat, so layering is key. Layers are

recommended to adjust to changing temperatures. Don't forget your blaze orange gear! It's not just a requirement. It's important to make sure you're seen, especially during busy hunting periods.

Familiarize Yourself with your hunting area

The Gaspé Peninsula is beautiful but can be tricky to navigate. Before heading out,

take time to study maps and understand the area. A GPS can be a lifesaver, but bring along a physical map just in case your device lets you down. Knowing the land where you are hunting can help you avoid dangerous spots and find the best hunting grounds.

Handle Firearms Safely

Even if you're an experienced hunter, it's important to practice safe firearm handling. Always treat your gun as if it's loaded, keep it pointed in a safe direction, and know what's beyond your target. To avoid accidents, it's also important to identify your target clearly before shooting.

Stay Hydrated and Energized

Hunting sometimes includes lots of walking and if you're lucky quite a bit of lifting. Bring along plenty of water and some high-energy snacks like nuts or energy

bars to keep you fueled throughout the day. Taking breaks to hydrate and refuel not only keeps you alert but also gives you a moment to enjoy the stunning scenery.

Be Prepared for Emergencies

Accidents can happen, and it's better to be safe than sorry. Pack a basic first aid kit, a whistle, a flashlight, and a fully charged phone for emergencies. Let someone know your hunting plans and when you expect to return. It's a simple step that could make a big difference if something goes wrong.

Respect Nature and Wildlife

Finally, let's remember to respect the land and its wildlife. Following the hunting code of ethics will ensure that future generations can enjoy the same hunting experiences that you do. Remember to follow local regulations, and leave the environment as you found it.



When spending time in the forest, it is essential to be prepared for emergencies.

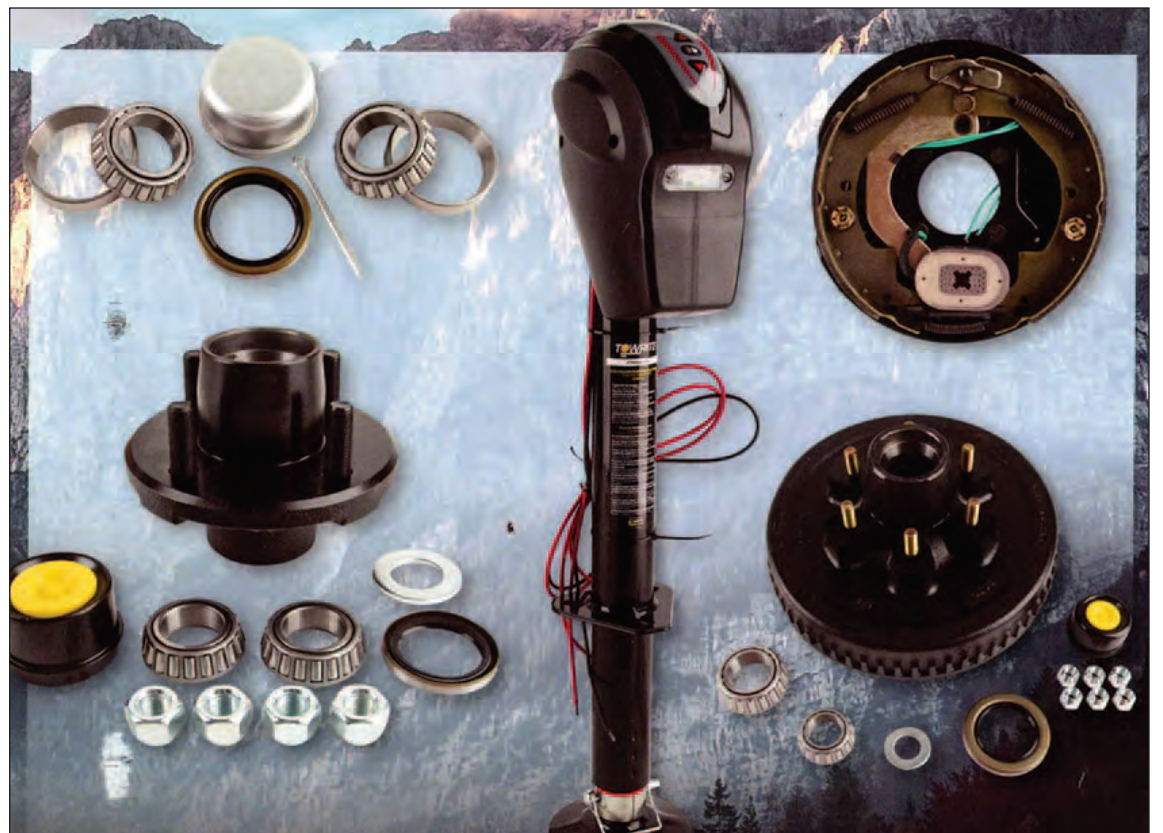


Owner: Jeffery Robinson



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CAQ does not want to commit to a Quebec wind supply

NELSON SERGERIE

GASPÉ - On September 30, Daniel Côté felt that it was time to set conditions as the wind sector will experience a sharp acceleration in production with Hydro-Québec's intention to practically double the energy coming from wind.

The request by the mayor of Gaspé to include conditions related to Quebec content in the next calls for tenders for the wind sector rebounded on October 3 at the National Assembly in Quebec City. "I hope that in the wind industry, we will provide for Quebec supply clauses. All nations around the world have certain protectionist clauses when they have industries to develop and protect. In Quebec, we have a strongly established sector and it deserves to be supported by Quebec (the provincial government)," indicated Mr. Côté.

The Liberals jumped at the opportunity while the MNA for Gaspé, Stéphane Sainte-Croix, reacted on October 2 by saying that it was not the



Liberal MNA for Marquette, Enrico Ciccone.

Photo: National Assembly website

government's intention for the time being to move forward.

"We have not considered returning to the model we knew of guaranteeing content at the Quebec level. We are sensitive to the matter but we are confident with the game of competition that Quebec is positioning itself in a very interesting way for the future," noted Mr. Sainte-Croix.

"We understand Mr. Côté's wish to ensure a presence at the level of the sector of Quebec components," he added.

Discussions are continuing on the study of Bill 69 on Quebec's energy future. "We will pay close attention to this request," stated the MNA.

That was all it took for the Liberals to question the government during the October 3 question period at the National Assembly.

The Liberals recalled that before 2022, 50% of the content of the wind farms had to be Quebec, with 35% coming from the regions.

"The mayor of Gaspé made a resounding statement this week to ask the CAQ government to include local procurement measures in Hydro-Québec's calls for tenders, as was the case previously. The MNA for Gaspé was quick to say that the CAQ was not considering moving forward with such criteria.

Can the MNA for Gaspé stand up and explain why he is letting his people down?" asks the Liberal spokesperson for Energy and person responsible for the Gaspésie, Enrico Ciccone.

The Minister Delegate for

the Economy, Christopher Skeete, sidestepped the question. "We have implemented Quebec products, local purchasing initiatives, and the way to support our needs. We are moving forward... And we will continue to move forward," replies the Minister Delegate.


The mayor of Gaspé noted that in the construction of Quebec wind farms, blades come from abroad while blades produced in Gaspé are exported.

"Encouraging the Chinese economy, there is a limit to that too," said the mayor of Gaspé.

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Announcements



Obituaries



GILKER: Mary Elizabeth (Lund)

Mary Elizabeth Lund (née Gilker) passed away peacefully on September 23, 2024, at the age of 92. She leaves to mourn her daughter, Arlene and has gone on to be reunited with her beloved husband, Frede.

She was born in New Richmond, Quebec on February 14, 1932, to Herbert (Bertie), and Lillian (Lily, née Robertson) Gilker and went to Montreal in 1951, married, raised her daughter, and made her life there.

Mary was predeceased by her parents; sister: Gwen; and brothers: Jim, Richard, and Roderrick. She will be greatly missed by her brothers Keith and Wilson as well as many nieces and nephews, in-laws, and dear friends.

She faced the challenges of her last two years with profound strength and acceptance. The family would like to extend a heartfelt thank you to the staff on the 4th floor of the Vigi Reine Elizabeth where she was cared for with kindness, compassion, and respect until the end.

Funeral service was held on Thursday, October 3, 2024, at 10 a.m. at Collins Clarke funeral home 5610, Sherbrooke St. W., Montreal Quebec.



LEE: Myrna

Myrna Lee, 75, passed away peacefully at her home, on September 23, 2024, with her loving husband by her side. She was the daughter of the late Myles Budd and Ethel Fallow, and sister Valerie.

Myrna was born in 1949, she is survived by

her husband Herve; three children: Peter, Richard (Nadine) and Roxanne (Junior); grandchildren Laura (Josh), Sarah (Mathieu) and Scott; five great-grandchildren: Jakob, Samuel, Sofia, Leina and Thomas.; as well as her sister: Jacquie (Brian); brothers: Randy (Rachel), David (Julie); many nieces; and nephews; and other family and friends.



Gilker: Winona Elsie

Winona Elsie Gilker, precious wife of Keith, loving mother of Nancy (Gary), and Bradley (Karin), and loving grandmother of Becky (Andrew) and Mandy, passed away peacefully on Friday, September 20, 2024, at 5:40 p.m.

Winona was born April 12, 1939, in Montreal, Quebec, where she met Keith in 1957, they married December 19, 1959, and moved to Alberta in 1966, with their two children.

Winona had many talents and hobbies and especially enjoyed photography and scrapbooking. She was an avid reader, awesome cook and caring mother and grandmother. She excelled in secretarial and office administration skills. Her real passion was genealogy which culminated in her completing a book on the Gilker family that covered seven generations. She also enjoyed many camping trips across Canada with her family. She will be sadly missed.

Winona was predeceased by her parents Henry (Harry) and Irene Bugler, aunt Elsie Snowden and uncle George Bugler.

On behalf of the family, a special thank you to all of the staff and volunteers at St Michael's Health Group and Capital Care Strathcona for their care and kindness during her courageous battle with Alzheimer's.

In lieu of flowers, donations may be made to a charity of your choice.

A graveside service and an informal memorial gathering will be held at a later date. Contact Brad at kgilker@telus.net for more information.



In Memory



ASTLES: Mary Beth (née Hocquard)

In loving memory of a dear wife, mother and grandmother who passed away on October 11, 2019.

*Your nature was loving and giving,
Your heart was made of pure gold.
And to us who truly love you,
Your memory will never grow old.*

Forever in our hearts and thoughts. Love Raymond, Dean, Sandy and families.

Obituary - 150 words - \$50
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Announcements



In Memory



In loving memory of those we lost so suddenly sixteen years ago:

RENOUF: Charlene

November 19, 1978 - October 12, 2008

Our daughter, step-daughter and sister, loved and forever in our hearts and on our minds by Mom, Darin, Adam (Melody, Gideon, Sybil, Nathaniel and Caleb) and Christopher (Bethany, Benjamin and Claire) and

BENWELL: Rebekah

October 4, 2001 - October 12, 2008

Our granddaughter and niece, cherished and dearly missed by Grandma, Grandpa, Uncle Adam (Melody, Gideon, Sybil, Nathaniel and Caleb) and Uncle Christopher (Bethany, Benjamin and Claire).

*Life is but a stopping place,
A pause in what's to be,
A resting place along the road,
To sweet eternity.
We all have different journeys,
Different paths along the way,*

*We all were meant to learn some things,
But never meant to stay,
Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.
And when the journey finally ends,
We'll receive a great reward,
And find an everlasting peace,
Together with the Lord.*

RENOUF and BENWELL:

In sweet loving memory of two precious girls who left us so suddenly in a tragic accident sixteen years ago on Thanksgiving, October 12, 2008. Granddaughter Charlene Ada, 29 and great-granddaughter Rebekah Joan, 7.

*I often lay awake at night,
When the world is fast asleep.
And take a walk down memory lane,
With a tear upon my cheek.
Remembering you is easy,
I do it every day,*

*But missing you is a heartache,
That never goes away.
I hold you tightly within my heart,
And there you will remain.*

*Life has gone on without you,
But it will never be the same.
For those who still have their loved ones,
Treat them with tender care.
You'll never know the emptiness,
As when you turn and they're not there.*

I will always love and remember you both. Till we meet again. Love, Nana (Pearl).

RENOUF: Charlene

November 19, 1978 - October 12, 2008

BENWELL: Rebekah

October 4, 2001 - October 12, 2008

*When tomorrow starts without us,
And we're not here to see.
If the sun should rise,
And find your eyes filled with tears,*

*I wish so much you wouldn't cry,
The way you did today.
While thinking of the many things,
We didn't get to say.
I know how much you loved us,
As much as we loved you.
And each time that you think of us,
We know you miss us too.
But when tomorrow starts without us,
Please try and understand,
That Jesus came and called our names,
And took us by the hand.*

*He said our place was ready,
In Heaven far above,
And that we have to leave behind,
All those we dearly love.
So when tomorrow starts without us,
Don't think we're far apart.
For every time you think of us,
We're right here in your heart.*

Always loved and will never be forgotten, Aunt Brenda, Uncle Donald, Steven and Gregory, and their families.

SULLIVAN: William (Bill)

In loving memory of a dear husband, father, grandfather, brother, brother-in-law and uncle who passed away on October 16, 2022, at the age of 73. Bill, Dad, Pop, Uncle Bill

*Let this be a loving reminder,
That someone is missing today.
As we travel along life's way,
Someone who made life so special.
For all those who gather here,
Someone who won't be forgotten.
But cherished from year to year,
And now, as we pause to remember.
Let us all fondly recall,
How dearly each of us loved him.
And oh, how he loved us all.*

Marcelle (wife), George (son), grandchildren: Justin and Andy; Lynn (daughter), grandchildren: Ella, Jack, Colin and Grayson. The Sullivan family.



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BARACHOIS:

Mountain View Golden Age 50+

October 12: The Mountain View Golden Age 50+ Club is holding a Thanksgiving Supper at 857 Route 132 East. Adults are \$15, children under 12 are \$10. Take-outs are from 4 p.m. to 4:30 p.m., the first sitting is at 5 p.m. and the second sitting is at 6:30 p.m. Pre-purchased tickets only, also for take-outs. Contact Janet Harvey at 418-355-4899 for tickets. Everyone is welcome.

BARACHOIS:

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, sandwiches, hotdogs, desserts, tea and coffee will be available. Donations at the door.

YORK:

York River Senior Citizens Club

October 27: The York River

Senior Citizens Club will be holding their Annual Harvest Supper at York River Community Hall, 702 York Blvd. West. The cost is \$15 per person. Takeouts will be available between 4 p.m. and 4:45 p.m. The first sitting is at 5 p.m., with a second sitting at 6 p.m. Everyone welcome.

HOPE TOWN:

Sports Club

November 30: A Christmas gift bingo will be held at the Hope Town Community Centre starting at 7 p.m.

HOPE:

Hope Baptist Church

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

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more information: 418-752-3372 or 418-752-6011.

NEW CARLISLE:

New Carlisle Legion

Mondays: Mini bingo beginning at 7 p.m.

Wednesdays: Line Dancing beginning at 7:30 p.m.

Every Friday: Open at 7:30 p.m. drop in to play pool, shuffleboard, etc.

October 26: Halloween dance with DJ Ash at 9 p.m.

NEW RICHMOND:

St. Andrew's United Church

October 19: "Teaspoon night" at 4 p.m. It will be an evening of tasting, chatting and laughing. The best dishes in the "soup, meat, vegetables and pudding" categories can choose a prize from the white elephant table in the basement.

October 26: Turkey Supper, cost \$18 per adult and \$10 for children under 12. You can order take-out with pick-up from 4 to 5 p.m. (with a delivery option for shut-ins). Two sittings at the church

hall available by reservation: one at 5 p.m. and a second at 6 p.m. To order your take-out or reserve your seating time, contact the church office as soon as possible by emailing:

st.andrewsuc@telus.net or mompies@hotmail.com, you call: 418-392-4274.

November 30: Come join us between 2 and 4 p.m. in our Coffee shop with music and storytelling. Coffee, tea and sweets will be provided, as we listen to music and share stories of our memories of St. Andrew's throughout the years.

December 1: A celebration with Holy Communion will

take place. All partners who helped us throughout the years are invited to the service, which will be followed by a luncheon in the hall.

CASCAPEDIA-ST-JULES: 50+ Club

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

CASCAPEDIA-ST-JULES: Book Room

Please be advised that the book room is now open. Anyone who needs assistance can contact Kathleen at 418-392-4896.

UNITED CHURCH NEW RICHMOND

October 13

10 a.m. Service

UNITED CHURCH HOPE TOWN

October 13

2 p.m. Service

PARISH OF GASPÉ

October 13

St Philip - St John

Sandy Beach

9 a.m. Holy Eucharist

Worship Wednesday

10 a.m. St Paul's

ARIES – Mar 21/Apr 20

Aries, you might find it challenging to assess a situation this week. Always stick to what your instincts are telling you as they are rarely wrong. Try not to get sidetracked by small details.

TAURUS – Apr 21/May 21

You may find a need to be more assertive at work, Taurus. Your ideas are sound, so don't hesitate to share them with colleagues. Others will appreciate your insight.

GEMINI – May 22/June 21

Communication may be the key for you this week, Gemini. It is an excellent time to network and share your ideas. Be concise in your interactions to avoid misunderstandings.

CANCER – June 22/July 22

Cancer, consider new habits that promote well-being and balance. It is important to focus on your health and tailor routines to that end. Find time to reflect on your goals and ambitions.

LEO – July 23/Aug 23

It's a great time to express yourself through art, hobbies, or social activities, Leo. Romance also could be in the cards, so make space for some fun and connection in your personal life.

VIRGO – Aug 24/Sept 22

This week could be focused on family matters and your home life, Virgo. It's an excellent time

Weekly HOROSCOPES

to organize your space and strengthen family bonds. You also can work on personal goals.

LIBRA – Sept 23/Oct 23

Social interactions this week are bound to be lively and stimulating, Libra. It can be easy to get carried away, so balance your social life with some quiet time to recharge.

SCORPIO – Oct 24/Nov 22

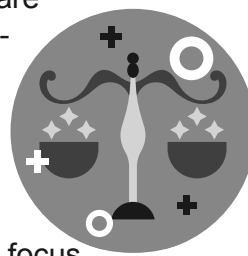
Financial matters might be in focus this week, Scorpio. Make a plan to review your budget and figure out how to save more. You may want to consider new investments.

SAGITTARIUS – Nov 23/Dec 21

You might experience a boost in energy and optimism this week, Sagittarius. It's always a good idea to focus on personal goals and any ambitions that you might have.

CAPRICORN – Dec 22/Jan 20

Capricorn, an exercise in reflection and introspection might be a good idea this week. It is time for some personal growth, including figuring



out ways to be more receptive to feedback.

AQUARIUS – Jan 21/Feb 18

Aquarius, your innovative ideas may receive some positive attention, so don't be afraid to share with others. Social interactions rev up, but be sure to balance social life with downtime.

PISCES – Feb 19/Mar 20

This is a good week to reassess your professional aspirations and take practical steps toward achieving them, Pisces. Put out some feelers to your employment network.

FAMOUS BIRTHDAYS

OCTOBER 13

Caleb McLaughlin, Actor (21)

OCTOBER 14

Usher, Singer (46)

OCTOBER 15

Keyshia Cole, Singer (43)

OCTOBER 16

Bryce Harper, Athlete (32)

OCTOBER 17

Eminem, Rapper (52)

OCTOBER 18

Ne-Yo, Singer (45)

OCTOBER 19

Rebecca Ferguson, Actress (41)

YOU CAN PAY FOR YOUR SUBSCRIPTION ONLINE AT THEGASPESPEC.COM

Services for Cancer Patients: How Organizations Are Making a Difference



HOLLY SMITH
LOCAL JOURNALISM INITIATIVE

PENNY MACWHIRTER
LOCAL JOURNALISM INITIATIVE

NEW CARLISLE: - Living with cancer is one of life's most difficult challenges, but for residents of the Gaspé Coast, several organizations provide vital support. Among these, the Organisme gaspésien pour les personnes atteintes de cancer (OGPAC), the Gaspé Cancer Foundation, and the Linda LeMore Brown Foundation (LLB) play crucial roles in helping cancer patients and their families navigate this difficult journey.

OGPAC: Since its founding in 1984, OGPAC has worked tirelessly to support those affected by cancer. Offering a range of free and confidential services, the organization helps patients and caregivers navigate the physical, emotional, and practical challenges that come with a cancer diagnosis. From the Peer Mentors Program, which connects patients with others who have faced similar struggles, to providing hair and breast prostheses (temporary or permanent), headpieces (hats and scarves, with or without fringes) and post-operative bras. OGPAC addresses the needs of patients with a comprehensive approach. "We are here for people with cancer and their caregivers," says Manon Lebrun OGPAC interim director. "Our support and accompaniment service is offered free of charge and in complete confidentiality at our offices in Maria or at our service points," she adds.

OGPAC has centres, located in Maria and Sainte-Anne-des-Monts, which provide patients and families with books, guides, and multimedia resources on topics like cancer treatment, relaxation techniques, nutrition, and spirituality. Additionally, their popular "Cafés-Rencontres" offers an open and welcoming space for individuals to recharge, reflect, and share experiences with others, all while listening to expert talks from oncology professionals.

Over the years, the OGPAC has experienced significant growth. The territory served has expanded: it now extends from Shigawake to L'Ascension-de-Patapédia (MRC Avignon and Bonaventure). states Ms. Lebrun.

OGPAC's primary goal for

the coming years is to raise awareness about its services.

Many residents of the Gaspé region remain unaware of the resources available to them, and the organization is working hard to increase its visibility through outreach and partnerships with local media.

Gaspé Cancer Foundation: Another key player in cancer care on the Gaspé Coast is the Gaspé Cancer Foundation. The Gaspé Cancer Foundation was founded in 2003 and was an initiative of Noreen Hackett. The mission of the Foundation is to provide nondiscriminatory and confidential travel assistance to cancer patients of the Gaspé MRC from Grande-Valée to Corner of the Beach including Murdochville, who have to travel to Montreal, Quebec, Sherbrooke, Rivière du Loup, Rimouski and Chandler for treatment.

The Foundation has made a tremendous contribution in these communities by dispersing over \$500,000 over the last 21 years. In order to be able to carry out its duties, the Gaspé Cancer Foundation relies on the sale of membership cards, donations, Memoriam cards and fundraisers. "The generosity of many in the communities has been outstanding, with fundraisers such as spaghetti suppers, bingos, and tickets for drawings of many valuable prizes donated by businesses and individuals. Those donating \$10 or more receive a tax receipt," says Gaspé Cancer Foundation Secretary Debbie Sams.

To be eligible for travel assistance from the Gaspé Cancer Foundation, you must have a membership card, in good standing for at least one month. The cost of an annual membership is \$15 for one adult or \$25 for a couple. Children under 18 are free, if the parent has a membership. "Once diagnosed with cancer, the oncology department in Gaspé will provide you with a form that has to be signed by the attending physician at the hospital you have to be treated at, or you can print off a form on the Gaspé Cancer Foundation website at www.fcg-gcf.com. To clarify though, when having to go for radiation in Rimouski, for example, for a set amount of treatments, you will not be paid to travel back and forth home on weekends before the treatments are finished. Fol-

low-up trips will be covered when sent by your physician. If you need help in Quebec City, we partner with "Liaison/Translator" or English patients going there for treatments," explains Ms. Sams.

When asked what the biggest challenge the organization faces, Ms. Sams noted that getting known in the French community is one of their biggest challenges. She also says it's important to make the distinction that "The Gaspé Cancer Foundation is not part of the Canadian Cancer Society, that it was formed to give financial aid to those living in our designated area so the funds raised are put back in the communities. The Foundation functions on an entirely volunteer basis and no one receives a salary."

Gaspé Cancer Foundation, since the beginning in 2003, we have heard so many wonderful and appreciative stories from cancer patients who have taken advantage of our travel assistance program. Being helped financially for travel has taken away part of their struggle. So, for just \$15 a year, why not help out a neighbour or friend because there aren't many families that haven't been afflicted by this dreaded disease," says Ms. Sams.

If you are interested in purchasing a membership or memoriam card, it can be done on the organization's website.

Linda LeMore-Brown Foundation (LLB): The Linda Lemore Brown Foundation was formed in 2002 with the goal of providing

non-discriminatory financial aid to cancer patients living in the MRC of Bonaventure, who must travel outside the area for treatment.

Anyone can become a member of LLB by purchasing an annual membership which costs \$20. New members have a waiting period of three months before being eligible for aid from LLB. The organization pays members needing to travel to Rimouski \$150 per trip, Quebec \$200, and Montreal \$250. The support is capped at \$1,500 per year for each eligible member.

In the case of a child who is diagnosed with cancer, the three-month waiting period is waived. One of the parents is required to purchase a membership, but the family can receive assistance immediately.

The LLB relies solely on money raised through memberships, donations and memoriam cards, and fundraising. The organization's main fundraisers are the LLB Curling Bonspiel and the Tim Horton's Smiley cookies.

LLB President, June Main says one of the biggest challenges the organization faces is that "Getting volunteers involved is increasingly difficult". If you are interested in getting involved with the

LLB organization, Ms. Main says "Volunteering at the foundation 4 hours per week every other week would be a great help."

Last year the LLB helped over 100 people, providing monetary support surpassing \$50,000. The members who receive assistance "Really appreciate the help that they get from the Linda Lemore-Brown Foundation. I get many messages thanking us," says Ms. Main.

When asked if there's a message she'd like to share with Spec readers, Ms. Main says "I think everyone should buy a membership, as we all know or are aware of someone who has cancer and someday it could be us."

How can you get involved?

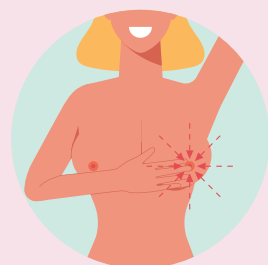
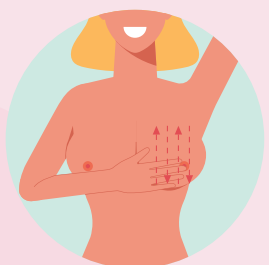
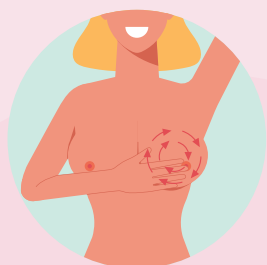
Organizations rely heavily on community support, and there are many ways to get involved. Volunteering, donating, and spreading awareness are all essential to the continued success of these organizations. By rallying the community, OGPAC, the Gaspé Cancer Foundation, and LLB hope to secure the funding needed to expand their services and continue providing vital support to cancer patients and their families.

About 1 in 8 women in both the U.S. and Canada are expected to develop invasive breast cancer during the course of her lifetime, according to the Government of Canada and BreastCancer.org. Awareness and early detection help save lives.

Follow the arrows.



Using a methodical technique like the patterns outlined here will help ensure you examine your entire breast.



Tip From the National Breast Cancer Foundation:

For women who are still menstruating, a breast self-exam should be performed several days after her period ends. For post-menopausal women, a breast self-exam is best performed on the same day of each month.

Remember that breast self-exams are no substitute for screenings. Using breast self-examination in combination with these screening methods can help increase the odds of early detection:

- Clinical breast exam
- Mammogram
- Breast MRI

Early Detection of Breast Cancer: A Lifesaving Measure

HOLLY SMITH

LOCAL JOURNALISM INITIATIVE

PENNY MACWHIRTER-

LOCAL JOURNALISM INITIATIVE

PORT DANIEL: - Breast cancer remains one of the most common cancers affecting Canadians, but early detection can make a significant difference in outcomes for both women and men. Understanding the importance of early detection and regular screening can create successful treatments and better survival rates.

According to the Canadian Cancer Society website, in 2024, an estimated 30,500 Canadian women will be diagnosed with breast cancer, and about 5,500 will die from the disease. This makes breast cancer the second leading cause of cancer death among women in the country.

Emphasis on early detection of breast cancer can dramatically improve the chances of successful treatment. When breast cancer is detected early, in the localized stage, the 5-year survival rate is 99%. This statistic shows the importance of regular screenings and self-examinations.

For women, mammograms are the most effective tool for detecting breast cancer early. The Canadian Cancer Society recommends that women aged 50 to 74 have a

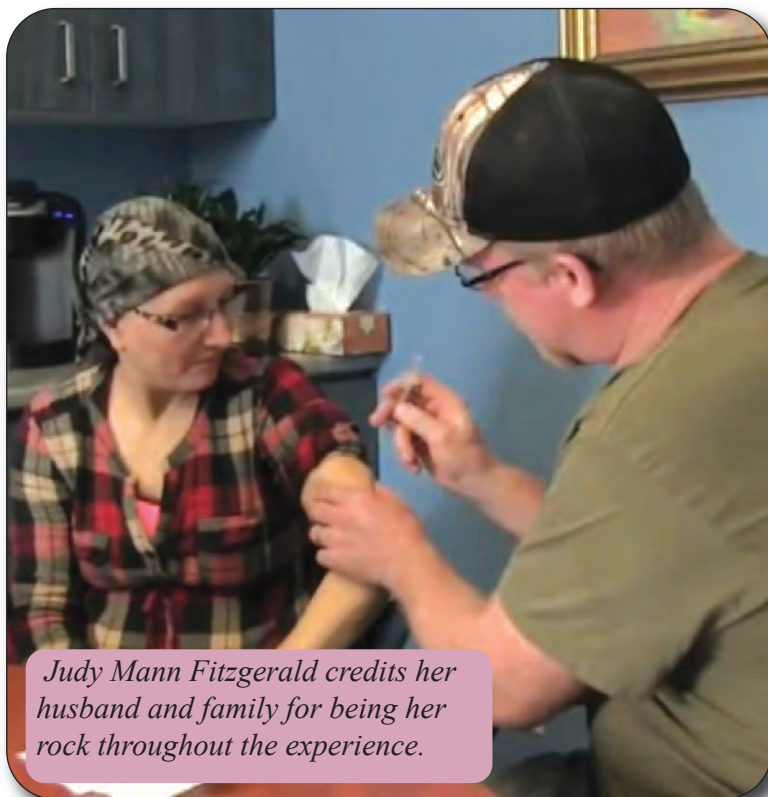


Photo: Courtesy of J. Mann Fitzgerald

mammogram every two to three years. For women with a higher risk of breast cancer, such as those with a family history of the disease, screenings may start earlier or be conducted more often.

Judy Mann Fitzgerald speaks from experience. She found her breast cancer through self-examination. "I felt a bump that I never noticed before when getting dressed." Early detection played a critical role in her treatment plan as she embarked on a journey of chemotherapy and surgery.

Judy also shared the emotional side of her diagnosis. "At first, I was scared," she admits, "I hoped that I had found it fast enough. I was scared that I wouldn't be around to be with my husband, kids, or have a chance to watch my grandchildren

grow." Like many, the fear of the unknown and the uncertainties of treatment weighed heavily on her mind.

Despite these challenges, Judy remained focused on survival, even as she faced difficult physical changes. "I had to do chemotherapy. Losing my hair was hard, but I was so determined to survive to be with my family that a bit of hair didn't mean anything. I kept telling myself that it would grow back."

Judy emphasizes that support from family and friends can be vital during the cancer journey. "With big events like cancer, you learn quickly who your friends are," she reflects, "They are the ones who are always there to listen, call to check on you, offer to take you to appointments, or even just sit in silence." For those who may not have the support

they need, community organizations and support groups can offer additional help. While Judy wishes she had known more about these resources, she credits her husband and family for being her rock throughout the experience.

Breast cancer is a serious health issue in Canada, affecting thousands of women and men each year. Judy Mann Fitzgerald's story highlights the importance of early detection, emotional resilience, and the support of loved ones in overcoming the disease. Her advice to others? "Think about your family and loved ones and only have positive vibes. Never give up hope. You can get through the most difficult times."

While most people associate breast cancer with women, men are also at risk, though at much lower rates.

For men, breast cancer is much rarer but still poses a risk. Approximately 290 men will be diagnosed with breast

cancer in 2024, with about 60 deaths resulting from the disease. While these numbers are significantly lower than those for women, they highlight the importance of awareness and early detection among men as well.

Men, on the other hand, are less likely to be aware of their risk for breast cancer.

Because breast cancer is so rare in men, there is no general screening program.

However, men with a family history of breast cancer or certain genetic mutations, such as BRCA1 or BRCA2, should talk to their doctor about screening. Like women, men should also be aware of any changes in their breast tissue, such as lumps, and go to see a healthcare provider if they notice anything unusual.

Both men and women should remain vigilant about changes in their breast tissue, discuss any concerns with a healthcare provider, and remember that early detection can indeed save lives.

▶ 10%

of all proceeds from the advertising of the Breast Cancer Awareness feature will be donated to the local charities mentioned in the article.

Risk factors for breast cancer include:

Age: Risk increases as people get older.

Genetics: BRCA1 and BRCA2 gene mutations increase the risk of breast cancer in both women and men.

Family history: Having close relatives with breast cancer increases the risk.

Hormonal factors: Prolonged exposure to estrogen, such as through hormone replacement therapy, can increase the risk in women.

Lifestyle factors: Obesity, alcohol consumption, and lack of physical activity can all increase the risk of developing breast cancer.

OGPAC, your Gaspesian organization for people affected by cancer, wishes to highlight **Breast Cancer Awareness Month.**

1 888 924-5050 | ogpac.ca