

Dental care... 1,000km from home

JEAN-PHILIPPE THIBAUT
LOCAL JOURNALISM INITIATIVE

PERCÉ - Charlotte Guay-Dussault would have preferred to use her vacation weeks for something other than finding and attending a dental appointment for herself and her children, 1,000 kilometres from home.

After exhausting local and regional contacts, she had to resort to contacting her previous dentist near Montreal, more precisely in Longueuil, with whom she had fortunately kept in touch, and where her mother still lives.

Charlotte Guay-Dussault, a mother of two girls aged three and a half and five and a half, lives in Cap-d'Espoir, part of Percé. Born in Longueuil, she moved to the Gaspé Peninsula in 2018, where she now lives with her partner. The family's oral health has always been a priority. There was no question of neglecting it.



Photo: Jean-Philippe Thibault

Charlotte Guay-Dussault had to use up a full week of her vacation for a dental appointment, some 1,000 kilometres from home.

Like many, she had to start calling left and right when her regular dentist had to temporarily close his clinic due to an illness in his family, leaving hundreds of patients without

dental care.

"We were supposed to have our appointments the week the dentist had to close urgently, last fall. I had heard that it was difficult to find one, but not to this extent," she says.

The young woman hadn't expected the task to be so challenging. No other clinic in the region was accepting new patients at that time.

Even on the South Shore of Montreal, appointments don't fall from the sky. After two weeks of vacation in the metropolitan area, Charlotte Guay-Dussault had to take a third week off to stay with her mother, as the only available time at her dentist's office was on a Thursday. Her partner left alone with the car for the Gaspé, while the rest of the family booked one-way plane tickets for their return home. However, available flights only took off on Sundays.

Charlotte Guay-Dussault had to use up a full week of her

vacation for a dental appointment some 1,000 kilometres from home.

"In any case, in the end, I literally had to take five days of vacation to go to the dentist. Before even paying the bill for simple cleanings, it cost me \$1,000. I can't imagine if cavities and braces get involved, or for those who can't afford them," she says, somewhat flabbergasted.

She still considers herself lucky in the circumstances, since she is employed in the public sector, having a little more resources and time than others who are not in the same situation.

Eighteen calls later

The mother is not the only one who has had to juggle schedules and plan all the logistics for dental care. Armed with an address book and a

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BAIE-DES-CHALEURS DENTAL CLINIC: A case of reverse "dental tourism"

GILLES GAGNÉ

NEW RICHMOND - "Dental tourism" doesn't always mean Gaspésians leaving the region to receive care in the Lower Saint Lawrence, Quebec City, Longueuil or Sherbrooke.

At times, it's the reverse, dentists from other areas come to assist at the Clinique dentaire Baie-des-Chaleurs in New Richmond, which sometimes hosts two visiting dentists during the summer months. Additionally, the clinic occasionally treats patients from the Lower Saint Lawrence, including those from Rimouski, 300 kilometres to the west.

Of the seven dental clinics located on the southern Gaspé Peninsula, the New Richmond clinic is the largest, with five resident dentists, compared to eight in total for the other six clinics.



Photo: G. Gagné

Karine Martin, like other dentists in the Gaspé Peninsula, is constantly looking for reinforcements to meet the needs of her clinic.

Still, even this clinic is turning away patients, similar to those in nearby communities such as Pointe-à-la-Croix, Carleton and Maria, or to the east, in Bonaventure, Chan-

dlar and Grande-Rivière.

"We receive patients from Gaspé to Rimouski but we have trouble taking on new patients," says Karine Martin, co-owner of the clinic with her spouse. "In fact, we are currently not taking on new patients but we are still trying to keep places for emergencies. We are not able to provide on our territory, not only for dentists. There are also hygienists, who are in serious shortage," continues Karine Martin.

While it may seem surprising that people from the Lower Saint Lawrence are turning to the Gaspé Peninsula in search of a dentist, "the services are also saturated in Rimouski," notes Ms. Martin, who has been practicing in her hometown since 2013.

"The problem is that there is not much increase (in the number of dentists) in our neighbouring area. Some are looking for replacements.

Dentists would like to reduce (their workload), but finding someone is not easy," notes Karine Martin.

The Baie-des-Chaleurs Dental Clinic currently has three waiting lists: a short one for emergencies, one for services provided by dentists when spots become available, and a third for dental hygienist services.

Aside from emergencies, "The lists are growing faster than we can remove names from them. It's not easy: we can't say 'yes' to everyone, but dental health is essential health care, just as necessary as if you break an arm," assures Karine Martin, clearly sensitive to this waiting issue.

Strength in numbers

The clinic's ability to recruit two other dentists in

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DENTAL CARE:

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map of the province, one of her friends from Chandler called all the dentists in the area for her two teenagers, discovering a host of new area codes as she called a little further west: the Gaspé Peninsula, Lower Saint Lawrence, Chaudière-Appalaches, Centre-du-Québec.

"It was finally the 18th office that agreed to take her on as a new patient... in Quebec City. She doesn't have any family in town, so she stays in hotels, not to mention the other expenses. She takes a few days off here and there. All that just to go to the dentist, which is basic care, let's be clear," stresses Charlotte Guay-Dussault.

A third friend had to go to Carleton-sur-Mer, a three-hour drive away, for an emer-

gency during the holidays.

"I don't blame dentists, who work like crazy and devote themselves body and soul to taking on as many people as possible. On the contrary, I understand that this is a private matter, but access to a dentist should worry us collectively. We need to talk about it," says Charlotte Guay-Dussault.

Discreet Public Health Directorate

How many other patients are deprived of a dentist in the Gaspé Peninsula? Is dental tourism widespread in the region? Is the population at risk? What is the overall picture?

The Gaspé SPEC tried to reach the dental advisor at the Gaspé Peninsula Regional Public Health Directorate to discuss this issue. However,

she has not been available in the last month since the initial interview request.

According to 2014 data, only 54% of the region's population had consulted a dentist, dental hygienist or orthodontist in the past year, compared to 61.6% for the province as a whole.

The Gaspé Peninsula Integrated Health and Social Services Centre (CISSS), however, is well aware of the problem. Faced with a lack of resources and the departure of the last dentist in Sainte-Anne-des-Monts in 2021, the establishment has taken steps to maintain service continuity.

In November of the same year, Health Minister Christian Dubé announced \$846,000 in funding to support a pilot project for a dental clinic run by the CISSS. The community clinic

opened its doors the following year, in 2022, in the facility vacated by the retired dentist from Sainte-Anne-des-Monts.

Today, the clinic has a permanent dentist, along with a team of hygienists, assistants and administrative staff. The initial scenario was to add a second permanent dentist.

"Recruitment remains a challenge, particularly for hygienists and dentists. Indeed, we would like to have two permanent dentists rather than just one. However, we applaud the work of the on-site team, which is able to accommodate a large number of users each week," explained in an email Lou Landry, who was until recently the spokesperson for the CISSS de la Gaspésie. The organization is responsible for staff recruitment and salaries.

The Sainte-Anne-des-Monts community clinic focuses on offering dental care to people below the low-income threshold or living in remote areas.

Due to the shortage of dentists that is affecting almost all parts of the region, residents of Matane—about an hour's drive from Sainte-Anne-des-Monts—and elsewhere in the Gaspé Peninsula have also been quick to make appointments at the community dental clinic, much to the chagrin of some Haute-Gaspésie residents, who are still left without options. It highlights the ongoing challenges of oral health in the region.

At the very least, on a more positive note, the clinic that treated Charlotte Guay-Dussault and her family has gradually started operating again since September.

DENTAL TOURISM:

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their thirties, in addition to her and her partner Sébastien Brouillard, also in his thirties, was a key factor when they decided to establish a clinic in 2019, a multi-million-dollar investment.

"It allows us to have more equipment. We wouldn't buy all this equipment otherwise. We wouldn't be able to make all the instruments profitable," summarizes Ms. Martin, adding that the equipment might help attract more dentists to the region.

"We are always looking for dentists, always recruiting. I sit on several committees. The government sees that there is a shortage of dentists. There are projects. There are not enough dentists arriving; more are retiring. I don't know all the projects (of the government to counter the shortage). I don't know the deadlines and that's what scares me the most," explains Dr. Martin.

Gaspésians looking for a dentist express themselves partly on social media when they reach the limit of their patience. It only takes one person looking for service for dozens of other people to try to come to the rescue.

Internships, a little-used solution

Karine Martin believes that offering more internships in the regions could help address the shortage of dentists outside major centres. The Gaspé Peninsula is far from being the only rural area experiencing a shortage. The problem is less

acute in major cities.

"You have to come and see. Someone from Montreal who has never been here can't know if they'll like it. The Gaspé Peninsula isn't for everyone, but when you don't know it, it's hard to like it. We need internships. If it takes five years to recruit a new dentist or more, several of my colleagues in the Gaspé will have retired and I don't know who will replace them. For three years, we haven't had a new dentist in the the Gaspésie. We have hope but there is always uncertainty: is it to settle in for the long term?" she asks.

Ms. Martin also believes in starting recruitment early. "We have to make the profession known, meet students (before they choose their career) to see if they might like it."

"Liking it" is what happened to Sébastien Brouillard, Ms. Martin's partner, who came with her to work in a clinic owned by a now-retired dentist.

"He developed a liking for hunting," she says humourously, noting that the region's outdoor lifestyle often helps city dwellers settle into life in the Gaspé Peninsula.

Social supervision and autonomy of practice

But there is more. "Going for walks in the forest, cross-country skiing, and participating in outdoor activities are some of the attractions. If they don't meet a spouse, it's more difficult. Another of our dentists, Kim (Lessard), has extended family here. She

already had a network. We all know each other, Gaspésians at heart, and we do a lot of social activities outside of work," explains Karine Martin.

The clinic also gives its dentists a great deal of autonomy in their practice.

"Working as a dentist here is fun. We see a lot of patients. There is the possibility of doing several treatments, of doing the treatments that we like, but it's not just about

work. It is also important for us to give them decision-making power over their practice and their schedule. We give them autonomy, and professional independence. It allows everyone to find what they are looking for. To improve their family life, some will want a more compressed schedule, over four days for example," illustrates Karine Martin.

She again emphasizes the importance of internships. "In many fields, doing internships

is a way to get to know the region. It's enchanting; we have to make it known! We need incentives, like a mandatory internship, with additional points in the evaluation. We see it in other sectors: the environment is becoming more diverse; people come from everywhere to settle in the region. If it were mandatory to do an internship in the region in the curriculum, we would recruit more dentists," assures Ms. Martin.



**COMMISSION SCOLAIRE EASTERN SHORES
EASTERN SHORES SCHOOL BOARD**

PUBLIC NOTICE is hereby given to the electors by *June Main, Returning Officer*, that the following candidates have been declared elected to the positions listed below:

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Commissioner Ward	4	Vacant
Commissioner Ward	5	Kenneth Ward
Commissioner Ward	6	George Hayes
Commissioner Ward	7	Douglas Hunt
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Commissioner Ward	10	Kerry Dickson

For more information, please visit the Eastern Shores School Board website at www.essb.qc.ca

June Main

Given in New Carlisle, Quebec
November 8, 2024



Photo: G. Gagné

Despite a season marked by mild weather, skiers enjoyed the 2023-2024 winter at Pin rouge considering it was longer than expected.

230 people attend Pin rouge fundraiser, raising \$135,000

GILLES GAGNÉ

NEW RICHMOND - A total of \$135,000 was raised at the first benefit dinner of the Pin rouge ski centre and tourist resort. The October 26 event attracted 230 attendees to the reception chalet at the resort.

More than twenty regional businesses contributed without hesitation to a silent auction, which raised nearly \$10,000. In addition to the silent auction, the fundraiser was conducted through an on-site draw and an exclusive sponsorship offer, which contributed heavily to the amount of \$135,000.

"We are deeply grateful to everyone who helped make this event such a success," says Étienne Bélanger, member of the Pin rouge board of directors and host of the benefit evening.

"Each donation, each participation brings us closer to our goals, which aim to promote Pin rouge regionally and will allow us to support the resort's future initiatives and projects," he adds.

Upon arrival, people were greeted with a welcome cocktail, courtesy of the Distillerie des Marigots, based in Caplan. Pin rouge offered a gourmet menu prepared by Conception gourmande and the resort's team. The evening featured a performance by singer Francis Plourde, a very lively fundraiser, and inspiring speeches from guests and donors.

Board members were glad to see people's desire to contribute to the development of the Pin rouge mountain, a

tourist and economic showcase for the Gaspésie region.

While the fundraising aimed to support the station's operations, citizen mobilization was also at the heart of the evening with discussions aimed at raising awareness of the station's issues and communicating the resort's development projects.

"The positive feedback demonstrates a real desire for involvement and collaboration to ensure the sustainability of Pin rouge. This evening exceeded our expectations and allowed us to strengthen our collective commitment by mobilizing the community," emphasizes Gaëlle Gabin, Pin rouge's general manager.

The Pin rouge team members acknowledged that the event was only possible thanks to the contribution of many sponsors and thanked the region's businesses and all the participants, as well as the dedication of the board of directors and its continuity committee. The management of Pin rouge is planning a second benefit dinner in the fall of 2025.

In order to make ends meet, Pin rouge needs additional revenues of between \$200,000 to \$300,000 annually. The long-term debt of the resort hovers around \$2.9 million and is taken care of by the Town of New Richmond, which allocates \$225,000 for it, excluding the interest.

In an interview conducted in April, the continuity committee spokesperson, Guy Desroches, pointed out that Pin rouge will need upgrading

Police report

Marc-Jules Chouinard, 49, who was allegedly involved in a collision that claimed the lives of two young men on May 10, 2023, in Rivière-au-Renard, is back in prison. Quebec Court Judge Anne-Marie Jacques rendered her decision on November 5, adding two charges of non-premeditated murder to Marc-Jules Chouinard's file. These charges were requested by criminal prosecutor Isabelle Gavioli at the end of the suspect's preliminary hearing during the first week of October. Initially, charges of dangerous driving causing death were withdrawn by Judge Jacques. However, new charges were added, including criminal harassment, uttering death threats, criminal negligence causing death and carrying a weapon for a dangerous purpose.

The two victims of the violent collision were Gabriel Noël, 18, and Dylan Samuel Francoeur, 19. The count of criminal harassment is valid for Gabriel Noël, and so is the count of uttering death threats and the count of carrying a weapon for a dangerous purpose.

"Following the judge's decision, the Criminal and Penal Prosecution Directorate asked that the judge order the immediate incarceration of Marc-Jules Chouinard since he was now accused of second degree murder. When a person is summoned to trial on a charge of murder, incarceration is automatic and only a Superior Court judge can then hold a hearing to determine whether the accused can regain his freedom during the proceedings or whether he must remain detained during the judicial process. Judge Jacques shared the (our) position on the issue and ordered Marc-Jules Chouinard's immediate incarceration after her preliminary inquiry decision," explains Isabelle Gavioli.

It is now up to Marc-Jules Chouinard and his lawyer, Pierre Gagnon, to file a motion to present to the Superior Court so that a hearing date on release can be set before a Superior Court judge. Following the judge's decision, Mr. Gagnon decided to re-opt his two cases to choose trials before a judge and jury.

All the files of Marc-Jules Chouinard are now postponed until December 2, at the Superior Court level. Defence attorney Gagnon has not communicated what his position will be. He could file for a preliminary hearing request, ask the court to set a trial date before a judge and jury or ask for a postponement to have more time.

Additionally, Marc-Jules Chouinard's son, Simon Dufort-Chouinard, 19, is also facing charges of premeditated and non-premeditated murder. He remains in custody and will appear before the court on December 2 in Percé.

Daniel Albert, 77, from Pabos Mills is facing 11 charges related to poaching activities that occurred between November 2021 and 2022. The charges include hunting without a license, failing to register kills and harvesting more than the legal limit of large game. Daniel Albert is scheduled to return to court on January 30 and faces minimum fines ranging from \$250 to \$2,500 plus court costs, along with the loss of hunting privileges for two years.

The death of Sylvio Chouinard, 70, on May 5 in the Newport area of Chandler has been ruled accidental. The victim was found by relatives, crushed under his all-terrain vehicle, after becoming concerned about his absence. According to the Coroner's Office analysis, the man probably hit ties or a railroad rail while riding near the area. Doctors found a hollow mark on the victim's abdomen and decided that it was not necessary to request an autopsy. Tests revealed that the victim had a blood alcohol concentration of 207 milligrams per 100 millilitres of blood, which is roughly two-and-a-half times the legal limit of 80 mg. The darkness of the trail, the narrowness of the path and alcohol use contributed to the tragedy, notes the coroner.

On November 6, a fire in Sainte-Anne-des-Monts resulted in the deaths of two residents. "The emergency services were called at 8:30 p.m. to intervene and extinguish a fire in a residence located on First Avenue. Two people were later found in the house by the firefighters, a woman in her thirties and a man in his sixties. They were sent to the hospital where they were pronounced dead. The investigation is being carried out by the Sûreté du Québec's major crime squad, which is standard procedure when there is a violent death. A death in a fire is considered a violent death. So, it doesn't mean that we consider the fire suspect at this point. The technician brought to the scene to reconstitute the circumstances and the cause of the fire must still do his work and complete his report," explained Sûreté du Québec spokesperson Frédéric Deshaies on the morning of November 7.

work from now on and in the coming years

A total of \$5.3 million will be needed, including \$1 million to optimize the snowmaking system so that instead of being effective at -10 degrees, it would be as good at -3 or -4.

Additionally, approximately \$700,000 must be invested in the chalets, including \$600,000 for the roofs. The ski lift cable is good for a few additional years but the lift will have to be audited by manufacturer Doppelmayr.

Mr. Desroches pointed out in April that there are government programs available to

support such infrastructure projects.

Pin rouge, which opened in December 1990, has gone

through various ownership structures before the Town of New Richmond assumed control of the ski centre.



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Gilles Gagné

Commentary

Donald Trump's clear victory raises questions and concerns

Numerous articles were, are, and will be written about Donald Trump's November 5 clear electoral victory, a win that will bring him back to the seat of United States' president, come January 20, 2025, and a win that raises questions and concerns in many circles around the world, not just in North America.

It was the first popular vote victory of a Republican presidential candidate since George W. Bush's win in 2004. Despite his 2016 victory over Hillary Clinton, Donald Trump lost the popular vote that year by close to 3 million ballots. When Barack Obama won in 2008 and 2012, he gathered more votes than his opponents, and so did Joe Biden in 2020, against Donald Trump.

The latter won despite repeatedly insulting his opponent, Kamala Harris, shouting highly misogynistic and racist remarks, calling her a "piece of sh...". He also committed to deporting millions of asylum seekers, leaving people to believe that immigrants living in Springfield, Ohio eat pets, affirming that the Joe Biden regime let "millions of criminal immigrants" settle in the country. During his campaign, Donald Trump also praised some aspects of Adolf Hitler's Nazi regime of the 1930s and 1940s!

Donald Trump easily gained a majority in the Electoral College, the determining factor in winning an election, instead of the popular vote. The Republican Party will also have a relatively tight majority at the Senate. Once he steps into his duties in January, he will have a lot of wiggle room.

Food for thought

In addition to thousands of articles, books will also be written in the near future in an attempt to analyze what happened. Here are some topics that will likely be tackled sooner than later.

Female vote: Kamala Harris garnered 54% of the female vote. People rightfully wonder how 46% of American women voted for a man who repeatedly insulted them during the campaign and who has been publicly and legally recognized for sexually assaulting some of them. Oddly, Ms. Harris did not make more inroads among women than Joe Biden in 2020 or Hillary Clinton in 2016. Unlike Ms. Clinton, Kamala Harris did not insist on the importance of electing a woman but rather chose to galvanize female voters over reproductive rights.

Donald Trump won the voting majority of both white women and men. Not surprisingly, he scored very well among white voters without college degrees. Black men and women provided overwhelming support to Ms. Harris, including 92 percent of Black women casting their votes for her. However, the Black population is a minority, representing 30.7%. A majority of Latina women also supported vice-president Harris, but the margin of support for Democrats was lower than during previous polls. Latino men, who strongly backed the Democrats in 2016 and 2020, gave their nod to Donald Trump on November 5.

Money, money and money: The role of money is predominant in the United States. The inflation rate that affected the household budget of many American

following the pandemic economic stimulus measures of 2020 and 2021 undoubtedly played an important role in this election. Donald Trump promised to fix a problem that Joe Biden inherited from a worldwide context of economies that were overheating and of supply chains. The inflation rate is already down in the States, notably the price of gas that is reaching low levels unseen for years. Donald Trump will likely capitalize on that lower rate, despite having been a non-factor in its reduction. In 1976, Republican incumbent president Gerald Ford lost after half a term (having replaced scandal-plagued Richard Nixon in 1974) due in part to inflation, and the same could be said about Democrat president Jimmy Carter in 1980, who lost after just a term, also due in part of inflation.

Joe Biden's belated decision not to run: Joe Biden decided to refrain from entering the race at the end of July. It left Kamala Harris with three months to conduct her campaign, which is very little wiggle room to impose her platform. She couldn't install a distance between herself and Joe Biden's record, given that she was vice-president. Had Joe Biden expressed his intention to pull out at the beginning of 2024 for example, either as candidate for the November election or as president, considering that his cognitive problems were documented as of March, the game could have been different. The Democratic Party would even have been able to count on enough time to hold a leadership convention, which is usually fine to mobilize an organization and get some media attention.

Demobilization at the Democratic Party: Speaking of mobilization, a serious flaw in that regard hampered Kamala Harris' party's ability to perform in the election. Millions of Democratic Party voters stayed home, either disappointed by the lack of references to the country's environmental problems, or due to Joe Biden and Kamala Harris's weak stand regarding international politics. Donald Trump won the election despite harvesting fewer votes than during his 2020 defeat. It gives an idea about the demobilization that plagued the Democratic Party.

Kamala Harris' attempts to align some positions to Donald Trump's: Part of the Democratic Party's demobilization could be tied to Kamala Harris taking a distance from one of Joe Biden's strong points, solutions to eventually decarbonize the American economy. Americans love money, oil and cars, but some of them realize that their economy will not be in a position to function in the long term based on the model that has been prevailing since 1945. At times, Ms. Harris failed to differentiate her positions from Donald Trump's, especially regarding the ex-

ploitation of hydrocarbons. There again, the fact that the United States became the biggest exporter of natural gas on earth over recent years didn't help. At one point, she approved Trump's "Drill, baby drill" statement to encourage oil drilling. It surely convinced young Democrats to stay home on voting day. She also failed to promote the Democratic Party's current decarbonization policies, which have created tens of thousands of jobs in the so-called seven swing states, where Joe Biden scored in 2020. She lost all of them on November 5.

In a way, Kamala Harris' attempt to look not so interventionist, to Donald Trump, a right-wing approach, was detrimental to her chances of winning.

In Canada, New Democratic Party (NDP) leader Thomas Mulcair waived the interventionist approach of his party in the 2015 election, thinking that it would help him beat Conservative Party Prime Minister Stephen Harper. The NDP was passed on its left by Justin Trudeau's Liberal Party.

When does Canada stand in all this mess?

Canada, as the first economic partner of the United States, has a lot to lose in the coming years. We ship south of the border close to 70% of our exports, the equivalent of \$2 billion worth of products a day. It hovers between 80 and 90% for our aluminum products. Donald Trump has committed to impose a 10% tax on his country's imports, which are our exports. It will undoubtedly affect our competitive capacity. In some economic fields, 10% is the profit margin, once transportation fees are deducted.

Canada, in the role of the mouse sleeping alongside an elephant, has missed opportunities over the last decades to diversify its export markets, opting for the easy solution of selling down south.

Considering that other countries will suffer from Donald Trump's eventual tax on imports, here is an occasion for Canada to sign sturdier trade agreements with other countries, or look at opportunities to improve our capacity to make finished products.

Canadians will certainly suffer from Donald Trump's decisions. At the same time, his improvised decisions might trigger detrimental effects in his own country. The man will first and foremost choose policies that will increase his own fortune.

Let's not rule out his capacity to hamper his people. In 2018-2019 for example, his decision to impose an import tax on Chinese products convinced China to buy grain elsewhere, in Argentina for example, thus depriving American grain farmers of their main market. Donald Trump can certainly repeat similar blunders.

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Céline Cassivi is appointed Chief of Gespeg

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Gespeg has a new chief. The election president swore in Céline Cassivi as chief of the Micmac Nation of Gespeg. Ms. Cassivi finished third in the September election.

In a November 1 message to the Micmac Nation of Gespeg members, the election president mentioned that the details about the process leading to Ms. Cassivi's appointment would be shared at a later date, which was done on November 6 (see image).

In a note to the members, Ms. Cassivi stated she accepted this appointment "with great pride and humility."

"I am committed to being a fair leader, listening to your concerns and working tirelessly for the well-being of each of you. Together, we can overcome challenges, celebrate our successes and build a strong future for generations to come," she wrote in her statement.

"Your ideas, support and participation are essential for us to grow and prosper together," the new leader concluded in her communication to members.

In addition to the statements from the resigning chief, Yan Tapp, citing an environment of tension within the council as his reason for stepping down, the new council indicated that it "understands that this may raise questions among our members. The situation deserves clarification. To this end, we are committed to providing details as soon as possible to ensure fair and transparent information," the six councillors affirmed.

"We prefer not to comment on his decision to leave on October 24, 2024. We respect his decision. We recall that Chief Tapp had announced his intention to officially begin his duties on October 11 through his media interviews, which resulted in a very short stint," they added.

Yan Tapp was elected chief on September 27 after a series of events following the September 8 election. At that time, the result declared Mark Sinnett the winner with 144 votes to Mr. Tapp's 143, while Céline Cassivi came in third with 122 votes. After three recounts, the results remained tied at 143 votes each. Ac-



Gespeg's administrative centre has seen three chiefs in 2024.

Photo: N. Sergerie

ording to the Nation's Electoral Code, a draw is required in the case of a tie. With no news from Mark Synnett to participate in the draw, Mr. Tapp was appointed to lead.

However, it seems that the start of the mandate was not easy and reflects the difficult relationships among the members of the Nation.

In a message released to announce his departure, he indicated that "Many former members know the routine that accompanies each council mandate for our community: political and personal conflicts, as well as a sometimes toxic work environment."

"During my short mandate, I have noticed a flagrant lack of respect for the chief of the

Nation within the community itself. (He was asked things like) "I have never had a chief before... What does a chief eat in winter? No comment..." said the outgoing chief.

Mr. Tapp expressed hope for a return to harmony within the Nation. His resignation marks the third leadership change in a relatively short time. Former Chief Terry Shaw resigned on January 26, citing family reasons.

Former Chief Manon Jeannotte left her position in February 2019 for personal and family reasons after three and a half years at the helm of the community. Ms. Jeannotte had also highlighted "an atmosphere of intimidation within the nation," at the time of her departure.

The Elector Officer, Michel-Jacques Lacroix released a message to council and community members of the Micmac Nation of Gespeg with the following thread of events for the election of a new chief in Gespeg.

September 8: Election of Mr. Mark Sinnett.

September 9: Request for recount by Mr. Yan Tapp.

September 11: Recount (Mr. Sinnett and Mr. Tapp tied).

Swearing-in of elected officials (Mr. Sinnett and Mr. Tapp absent).

September 18: Discussions with Mr. Sinnett and Mr. Tapp.

They refused to participate in a draw amongst themselves, as indicated by the electoral code.

September 24: Email to Mr. Sinnett and Mr. Tapp summoning them and requiring them to comply with the electoral code and participate in the draw. Failure to confirm by September 25 at 4 p.m., applications would be withdrawn.

September 25: Confirmation from Mr. Tapp that he agrees to participate in the draw. No news from Mr. Sinnett, neither by email nor by phone.

September 26: Swearing-in of Mr. Yan Tapp as Chief of the Micmac Nation of Gespeg.

October 24: Resignation of Mr. Tapp as Chief of the Micmac Nation of Gespeg. Memo from the administration confirming resignation.

October 30: Notice to Mrs. Celine Cassivi that she will be the next Chief of the Micmac Nation of Gespeg since Mr. Tapp has resigned and since Mr. Sinnett's candidacy has been withdrawn following his refusal to participate in the draw, all in accordance with the electoral code.

November 1: Swearing-in of Mrs. Celine Cassivi as Chief of the Micmac Nation of Gespeg.



Photo: G. Gagné

Scott Martin won with a lead of 215 votes against Chad Gedeon.

Scott Martin wins second consecutive election in Listuguj

GILLES GAGNÉ

LISTUGUJ - On Sunday, November 3, incumbent Listuguj Chief, Scott Martin won a second consecutive election receiving support from 641 members of his community. Former councillor Chad Gedeon placed second with 426 votes.

Calvin Barnaby, who has regularly entered the race for chief over the last two decades, finished third with 163 votes, while Dakota Barnaby received 24 votes.

Among the councillors, Annette Barnaby once again finished first with 672 votes, earning the title of chief councillor by a relatively easy margin of 99 votes. Seven other members of the former council were reelected, including Gordon Isaac Jr. (531), Dr. Cathy Martin (481), George Martin (413), Sky Metallic

(431), Wendell Metallic (567), Erwin Peter Molley (573) and Sheila Swasson (503).

Newcomers Macy Metallic (445), Tanner Isaac (434), Christie Caplin (413) and Chris Wysote (376) were also elected to the council.

Chief Martin is starting his fifth term as chief, since he also served between 2004 and 2006, 2006 and 2008, as well as between 2014 and 2016, in addition to the term he served over the last two years. In 2020, he lost by just two votes to Darcy Gray.

There were 3,800 registered voters on the list, including about 1,500 living outside the Listuguj boundaries, sometimes close by, but also in areas such as the United States, Switzerland, England and Germany, said electoral officer Michel Poirier.

Ville de
PERCÉ
Ville de Percé

PUBLIC NOTICE of the result of the election

Ville de Percé Polling day: October 27, 2024

After being informed of the complete results of the election,

Gemma Vibert, returning officer, indicates, by this **PUBLIC NOTICE**, that the following persons have been declared elected to the positions mentioned below.

Position	District	Name of the person declared
Mayor	Daniel Leboeuf
Councillor	District no. 8	Stephane Mercier

Issued in Percé, on November 1, 2024.

Gemma Vibert,
Returning officer

Percé persists in meeting with the Municipal Commission despite a refusal

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

PERCÉ - The Town of Percé is appealing directly to the Minister of Municipal Affairs after the Quebec Municipal Commission (CMQ) declined to meet with elected officials, the Town, and citizens to explain the damning report released last July.

On November 5, the municipal council adopted a resolution to send a letter to Minister Andrée Laforest following an October request for a meeting with the Commission.

On October 8, the president of the CMQ, Jean-Philippe Marois, sent a letter rejecting the Town's request to clarify certain elements and discuss accountability issues.

The director general of Percé, Michel Fréchette, stated that the report mentioned the effects, without mentioning the cause, which is what the Town wanted to know in a request sent on October 1.

The director read the letter received from the chairman of the Commission during the municipal council meeting.

"I would like to remind you that the Commission conducted its investigation according to strict rules and in accordance with our procedure

for processing disclosures of wrongdoing against municipal organizations. The Commission collected the version of the facts from several witnesses and those of the accused," wrote the chairman in the letter read by the director general to explain the refusal of the meeting.

The chairman noted that following last July's report, a recovery is underway in the municipal administration.

"Considering that the investigation is complete, the most important issue is the implementation of the Commission's recommendations," wrote Mr. Marois.

Faced with these facts, the council chose to knock on Minister Laforest's door to obtain this famous meeting.

"You will understand that the response from the CMQ presidency did not meet the expectations that citizens, the council and general management had expressed. We wrote a letter because citizens requested a meeting with the commission and were not satisfied. The letter was sent to the Ministry of Municipal Affairs and Housing, with a copy to Premier Legault and also to the Québec Ombudsman," says Mr. Fréchette.

The president's letter reiter-

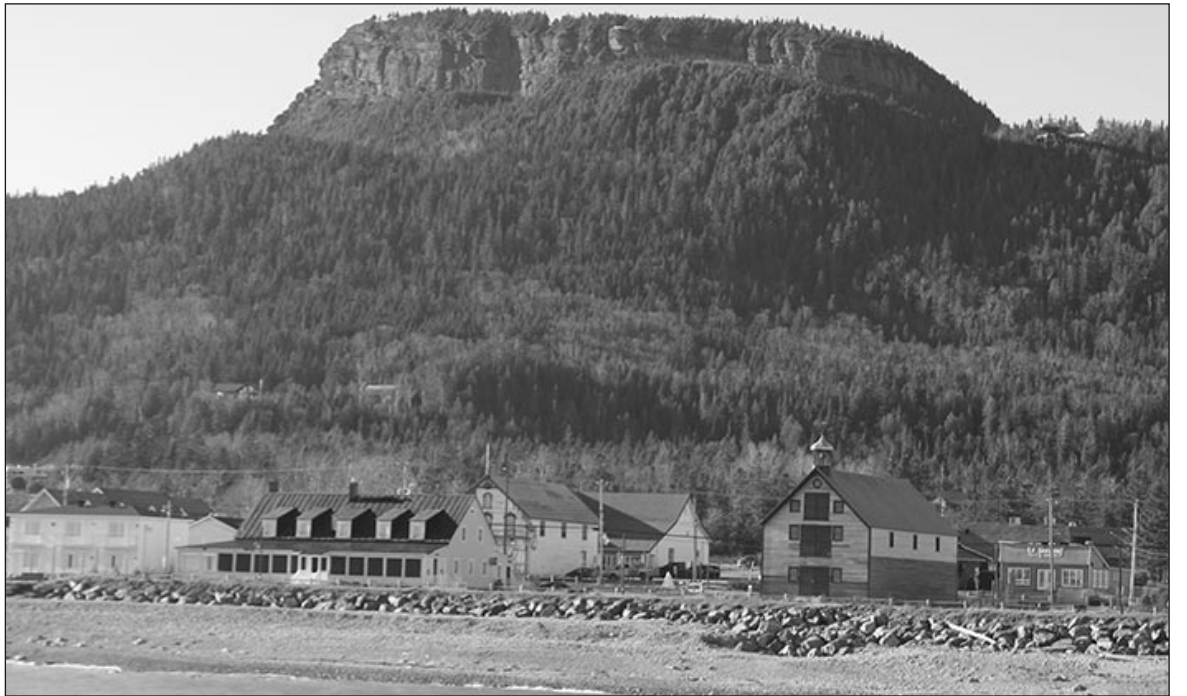


Photo: G. Gagné

The new municipal administration of Percé is trying to get in touch with the Quebec Municipal Commission.

ates the position of the Commission sent to magaspesie.ca in July 2024, which stated that "we can assure you that the Municipal Commission conducted an investigation according to strict rules applicable in this area. The report produced in accordance with the law facilitating the disclosure of wrongdoings against public bodies makes recommendations to the municipality. At this stage, the situation concerns the implementation of the recommendations in the re-

port," the Commission stated in an email. In a report released in July 2024, the Direction des enquêtes et des poursuites en intégre municipale (DEPIM) concluded from Paragraph 4 of Section 4 of the Act to facilitate the disclosure of wrongdoings against 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 correct it," indicated the president Jean-Philippe Marois.

An observer had been appointed to verify whether the measures deployed by the Town, including the recommendations contained in the report, were sufficient to correct the problem.

The report must be submitted to the minister before the end of the month.

Daniel Côté to announce decision on fourth term in May

NELSON SERGERIE

GASPÉ - Daniel Côté will not disclose his intention to seek a fourth term as Mayor of Gaspé until May 2025.

Mr. Côté was first elected in November 2013 and re-elected in 2017 and 2021, running unopposed in the last election.



Daniel Côté won't make his intentions known until next May

Photo: N. Sergerie

"I'm well-advanced in my thinking process, but I'm giving myself until next May. Right now, we're a year away from the election. So much happens in one month that I don't want to presume where I'll be," he explains.

"If the election were tomorrow morning, I'd say, 'Go for it! I'm in.' The energy is there. I still have a lot of nice files and challenges. We haven't finished resolving everything that needs to be resolved. The intention is there but what will it be in six months, eight months, a year? I don't want to make presumptions. I'm still giving myself time, but the intention is more positive than negative," Mr. Côté mentions.

Mr. Côté is asked almost daily what his plans are for the future.

"For the moment, I have no plans for the federal level. I have no plans for the provin-

cial level. I love municipal politics. If there's a foreseeable new mandate, it will be at the municipal level but I won't be announcing anything formal before next May," explains the mayor.

Speculations about a potential mayoral run by Gaspé Member of the National Assembly (MNA) Stéphane Sainte-Croix was recently dispelled when he confirmed his candidacy for the 2026 provincial election. Currently, no other names have emerged as contenders for the mayoral race.

"For now, I don't feel it. There could be some (competition) and that's healthy for democracy. I won't make my decision based on who, or what, or when. I will make my formal decision in May and if it's favourable, regardless of whether there is opposition or not, it won't guide my choice," says Mr. Côté.

At the municipal level, "We are closer to the citizens. We are in the daily life, for better or for worse. We are more exposed to both ap-

plause and criticism. It's sometimes difficult. It's sometimes rewarding. I have been enjoying it for 11 years," concludes the mayor.

INTIMATE CONCERT **LOW TICKETS ALERT**

SILVAINA HAYES

Kindergarten Heart

Folk-pop music tinged with refreshing and captivating alt-country. Fascinating blend of lovely vocals, warm melodies and thought-provoking lyrics.


Wednesday, November 27th 8 PM

Ticket information: 418-392-4238

WWW.SPECTACLESNEWRICHMOND.COM



Salle de spectacles régionale
Desjardins
de New Richmond



Raymond Chabot
Grant Thornton
L'instinct de la croissance

Gaspé Peninsula receives fewer cruise ship passengers than expected

NELSON SERGERIE

GASPÉ - The 2024 summer saw Escale Gaspésie, the organization greeting cruise ships, welcome 7,405 passengers, falling short of the 10,048 initially projected for Gaspé and Percé.

The season ended on October 28 with 22 ships docking, but the shift to smaller, more luxurious vessels impacted the number of passengers.

“The big change is the transition in the world of cruises. Companies build either small ships or large ships. There are still a few medium-sized ships and they are fewer in number. Before, in Gaspé, these were ships that often came with 1,000 to 2,000 passengers. We are in a transition towards more luxurious ships. On luxury ships, there are fewer people on board,” explains the Escale Gaspésie cruise manager, Igor Urban.

Weather-related cancellations and changes in itineraries also affected ship visits,

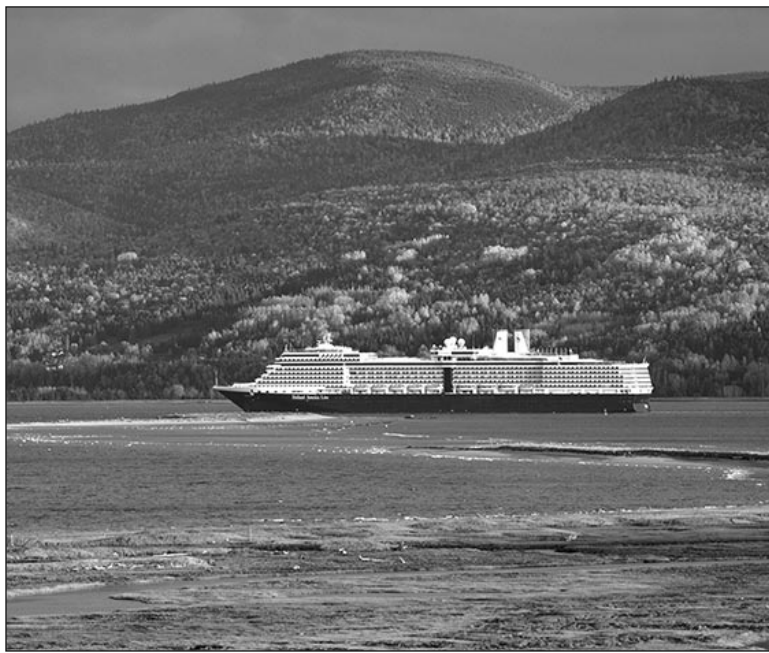


Photo: Archives

In 2024, Gaspé and Percé greeted 7,405 cruise passengers.

however, the weather also caused one ship to make an unplanned stopover.

“We won the Bellot du Ponant. We managed to provide an experience for its passengers by helping them out. Everything happened in almost a day. Everything has to happen very quickly (in such a situation),” mentions Mr.

Urban.

Of the season’s visitors, 5,257 disembarked in Gaspé and Percé for guided tours. “We are the envy of other destinations on the St. Lawrence. According to the St. Lawrence Cruise Association, only between 30 and 40% of passengers take tours (in other ports of the association members).

That’s a big positive,” notes Mr. Urban.

Preparations for the 2025 season are underway, as a mission to Europe is planned this winter to attract cruise ships to Gaspé.

As of now, 23 ships are scheduled, potentially bringing 16,285 cruise passengers between May and October.

With an 80% occupancy estimate, this would represent around 13,000 passengers, or 9,150 when factoring in possible cancellations. These figures may adjust in the coming months as the cruise industry recovers post-pandemic.

“These are small ships (in this economic sector) and it will take a lot of effort to get an additional ship with few passengers on board. Often, the impact is minimal. We are also working to rebuild the destination with cruise ships,” says the port manager.

In the meantime, Escale Gaspésie is also set to welcome five ships during the winter, with the first arriving

on January 21. Passengers will be able to go downhill skiing, snowshoeing, fat biking, and watch evening shows at the top of Mount Béchervaise.

“Out of five ships, four will spend the night at the Sandy Beach dock,” says Mr. Urban.

The capacity is 1,225 passengers, but since it’s a new product, Escale Gaspésie expects a lower occupancy rate. Ponant, the company testing this initiative, has expressed satisfaction so far.

“If things go well, they plan to come every other year. It’s a test, and then they’ll come back every other year, alternating with the Far North. Other cruise lines are going to see what happens before offering a winter product. If we rise to the challenge, it could create a craze for our destination,” says Mr. Urban, for whom winter will become a testing ground this year.

In 2023, the Gaspé Peninsula hosted 26 ships and 13,006 cruise passengers.

Gaspésie Literacy Council aiming to serve entire territory

CYNTHIA DOW

LOCAL JOURNALISM INITIATIVE

GASPE - On November 5, the Gaspésie Literacy Council (GLC) held its Annual General Meeting (AGM) at the Douglastown Community Centre and online. They were joined by a number of their many local and regional partners, including Literacy Québec, Pouvoir des mots, CAMI, the North Shore Community Association, and the department of Public Health for the Integrated health and social services centres (CISSS.)

Interim Executive Director Angelina Leggo indicated that a “comprehensive needs assessment” was undertaken this year to find out how the GLC is doing in serving its immense territory, which covers the same area as that of the Eastern Shores School Board. The assessment report relied on surveys with 73 members of the public, 18 organizations and 25 individual interviews.

As a result, the GLC has undertaken some restructuring and has enhanced online



Photo: Courtesy of the GLC

Angelina Leggo, Interim Executive Director of the GLC, and Jessica Synnott, who chaired the AGM.

content, including a complaint box for users. “We are focussing on how to effectively reach the whole territory,” Ms. Leggo explained, “We are not looking to grow our team, although we may have to look at that, but we will also be solidifying our partnerships.”

The annual report outlined several projects and initia-

tives undertaken this past year, including the Digital Literacy Project in cooperation with the York River Seniors Centre, Vision and CASA. This project includes one-on-one tutoring to help people use online services effectively.

Coordinator Rebecca Simon reported that the “drop-in tables” are very pop-

ular. The project has been taken to CASA’s wellness centres in Port Daniel and New Carlisle and will be present at all Vision wellness centres this year. A guide will be printed up, entitled “How to Internet Safely.”

Meanwhile, at Gaspé Polyvalent School, the GLC offered financial literacy sessions to the Secondary 5 stu-

dents.

The financial report for the past fiscal year was not available at the time of the AGM, but will be available at the end of the month and can be sent out by email to those interested.

As part of the restructuring, the GLC has reduced the number of board members from nine to seven, with the bylaws stipulating that at least one board member must come from the Indigenous community and at least one from the Baie Comeau/Sept Îles area. A nomination policy has also been put in place.

The current board is composed of Mike Vigneault from CAMI, Jody Lessard from the North Shore Community Association, Kayla Gallan, Jessica Synnott, Maureen Cassivi, and Laura Comeau. One seat remains vacant.

You can see the array of programs available from the GLC on their website at <https://gaspelit.ca/> (Full disclosure: Cynthia Dow recently organized an event that was partially funded by the GLC.)

HALLOWEEN COSTUME CONTEST WINNERS



CASA
Best
Homemade
Costume

Joshua Gallon, spent a couple of weeks making this costume, even getting a big television box from school and dragging it all the way home on a windy day.

Family Ties
Best Family
Costume



The Kruse family doesn't look very happy having William as their warden.

VISION
Crispe - Parce Nova
Funniest
Costume



Tara Smith beams with Halloween spirit as she drives the company golf cart, decked out in her colourful clown costume. Celebrating both Halloween and her 50th birthday!

GASPÉSIE LITERACY COUNCIL
Cutest Pet
Costume



Just a pot of honey, Pooh Bear and his Piglet (Ty McRae and Dixie).

The Caspe Spec
Scariest Costume



Lily Major brings a spooky twist to Halloween, dressed as a murderous dolly.

Honourable Mentions



Stellann, named in honour of Aunt Hilda Hayes and Ann Hayes, is ready for bed.



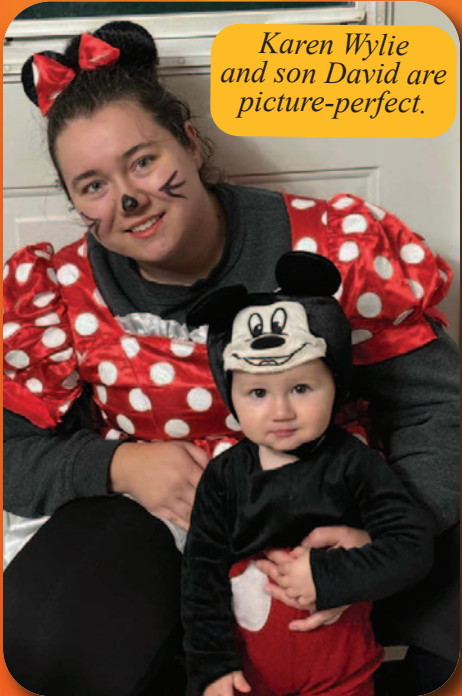
Winston the clown is here to bring smiles and belly laughs!



Cooper, the lobster.



Look out Toy Story cast you're about to be replaced by the Willett family!



Karen Wylie and son David are picture-perfect.



"The 3 Little Pigs", Stella, Audrey-Lee and Zoé.



McKenna Flowers brought spooky fun to life with her impressive zombie costume!



Stephen Sullivan levels up with a creative Minecraft look!



Paisley Walker bringing the fright!



The Condo family has joined the Little Mermaid cast!



Watch out sailors, the Renouf family is patrolling the waters!



Brennan Renouf and Lyndsay Benwell, the fisherman and his mermaid.



The Dow family brings the fun with a roar and a laugh.



Tenley Walker casting spells in her witch costume!



A dynamic duo dressed as Mario and Luigi.



SPEC staff joined in on the Halloween fun.

Proposed restrictions to ensure salmon survival

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The proposed changes to salmon fishing for the 2025 season align with requests made by the Gaspé River Management Corporation.

The Quebec government has submitted proposals for consultation, prompted by historically low salmon runs in the summer of 2024 and high probabilities of continued low runs of large salmon in most Québec rivers in 2025.

For large salmon measuring 63 centimetres and over, no retention will be possible this year and for small salmon measuring less than 63 centimetres, a catch-and-release policy will be in effect at the beginning of the season.

The Ministry of Wildlife is also considering reducing the daily catch and release quota from three to two on the salmon rivers in the Gaspésie, a measure that came into force in 2024 and will be renewed next year.

"We pretty much agree with what is being proposed: a cautious approach given the runs in recent years that were catastrophic in some rivers. This was not the case in Gaspé, but it was still low. Given that it was a generalized picture, it was quite worrying. We prefer to rely on caution and save our



Photo: Gaspé River Management Corporation

Rules for keeping salmon are being reviewed in light of low 2024 runs.

fish population for future years," explains the general manager of the management company, Rémi Lesmerises.

On Gaspé rivers, the Saint-Jean recorded 640 large salmon, which is above the average for the last 10 years. "For the York (River), with 700 large salmon, we are below average, but it is not unheard of. We have already seen 500 or 600 salmon, but it remains below average. At the Dartmouth, we are below 300 large salmon and 13 grilse. It is in less good health and that worries us," notes Mr. Lesmerises.

The number of grilse are

also lower in the other two rivers: approximately 80 on the Saint-Jean and about 90 on the York.

"It is not much compared to what we usually see, for example, 200-300-400 grilse. It is not high and it suggests a similar scenario for next year in terms of large salmon or perhaps lower," says Mr. Lesmerises.

The fishing conditions of the summer of 2024 with the low rainfall and low and warm water are cooling the ardor of fishermen while registrations for the winter draws are down by 30%.

"Last year was a record year. We are back to 2018 participation levels. It is not catastrophic," maintains the director.

"If we had had good weather conditions and cooler temperatures, the fishing would have been relatively good but that is not what we observed. It had an impact on fishing. We did not necessarily want fishermen to come in these conditions which were reflected in our revenues. We will be in deficit this year, but we cannot assess it at the moment," notes the manager who has a cushion to deal with the shortfall.

The ministry says it is sensitive to the possible consequences of these recommendations and the need to survey the stakeholders concerned. The terms and conditions will be released in the winter of 2025.

No restrictions are currently planned on fishing activities carried out for food, ritual or social purposes.

Salmon disease

A research project is being launched to understand what is happening with saprolegniosis, led by Louise Chevarie, a Gaspé native and researcher based in Sweden.

The research project is being carried out in collaboration with the Micmac and

Wolastoqey Aboriginal Fisheries Management Association.

"There are different subjects: the interaction between salmon and striped bass, which will also be studied on the York River, and also saprolegniosis. What is different about the York compared to the Cascapédia and the Sainte-Anne? What is the difference between infected and uninfected fish? Is there a difference in the immune system? A difference in terms of contamination? Are some more susceptible to the disease? The goal is always the same: to find solutions but to find solutions, we need to understand," says Mr. Lesmerises. Water tests were taken once again this summer.

Log jam on the Saint-Jean

Work was carried out on the mouth of the Saint-Jean River to clear accumulated wood from the estuary. This spring, numerous trees had become lodged where the channel splits into two branches. The water was flowing well and so were the fish.

"It was apparent that the next trees were going to get stuck and accumulate. We cleaned it up and should let the next dead trees through during the next flood," notes Mr. Lesmerises, who does not want to relive the 1.5-kilometre log jam dismantled in 2015.

Quebec launches survey on time change

CYNTHIA DOW
LOCAL JOURNALISM INITIATIVE

CASCAPEDIA-SAINT-JULES - On October 22, Justice Minister Simon Jolin-Barrette announced that a public consultation will take place until December 1 on whether or not Quebecers wish to change the time in the spring and fall.

It has been the custom for many decades to change from Eastern Standard Time (EST) to Daylight Saving Time (DST) in the spring and then to revert to EST in the fall. There has been growing controversy about the time change in recent years.

Studies have shown that the number of automobile accidents and strokes actually increase when the time is changed. Université de Montréal professor Roger Godbout, quoted in the Montreal Gazette, said that the time change... "causes negative im-

pacts on the mental health and physical health of Canadians, so we should stop it."

The Harvard Medical School health website concurs. "Research suggests that changing our clocks twice a year can have various health consequences. Of the two, springing ahead one hour tends to be more disruptive. That hour change can upset our circadian rhythms, the body's natural 24-hour cycles regulating key functions like appetite, mood, and sleep."

Professor Godbout has suggested that Quebec should adopt standard time (which we follow in the winter months) throughout the year. The survey the Quebec government has placed on its website allows members of the public to choose which they would rather follow all year long: standard time or daylight saving.

At this time of year, the first Sunday in November, we

switch to Eastern Standard Time, which helps to ensure that the sun rises a bit earlier in our day. At the winter solstice (December 21) as measured at the Town of Gaspé, the sun rises at 7:08 a.m. and sets at 3:23 p.m. If we stayed on Daylight Saving time, the sunrise in Gaspé would be at 8:08 a.m., setting at 4:23 p.m.

It's on the second Sunday in March that clocks are moved forward to Daylight Saving Time. This means that during the summer we can enjoy more sunlight in the evening hours than in the early morning. At the summer solstice (June 21) as measured at the Town of Gaspé, the sun rises at 4:14 a.m. and sets at 8:25 p.m. If we stayed on Eastern Standard Time all year, the sun would rise at 3:14 a.m. and would set at 7:25 p.m.

The government website notes that the Magdalen Islands and the community of Listuguj follow Atlantic Standard Time and Atlantic Daylight Time.

For many years, the entire Gaspé Peninsula was in the Atlantic time zone, but the Quebec government changed it to the Eastern time zone sometime in the 1960s so that the entire province would be following the same clock.

When we were in the Atlantic time zone, it meant a good four hours a day out of sync with government offices and businesses in the rest of the province (opening hours, noon, closing hours).

However, many see our inclusion in the Eastern time zone as an aberration, since it puts the Gaspé in the same time zone as cities as far west as Thunder Bay.



Should you wish to participate in the government survey, you can find the English version at <https://consultation.quebec.ca/processes/changement-heure?locale=en>

Gaspesian musicians perform to a full crowd at Homegrown 3

JILLIAN O'CONNELL
LOCAL JOURNALISM INITIATIVE

PASPEBIAC - On Saturday, November 2, at the Centre Culturel de Paspébiac, the Committee for Anglophone Social Action (CASA) hosted its third annual Homegrown showcase with approximately 160 seats filled and guests joining online.

The event was funded in part by the Secretariat aux relations avec les Québécois d'expression anglaise and Canadian Heritage. When asked by SPEC how Homegrown started, coordinator Dave Felker explains, "We (CASA) had done cultural showcases of music a few years ago, about 16 of them and we decided that it would be really interesting to bring everyone together for one of them."

This year's edition of Homegrown featured 27 performers from across the Gaspé coast. "I went through a list of English-speaking Gaspésians that play music and tried to mix it up a bit from last year by introducing some new artists to the community. I did have quite the mix. Seventy-five percent of my lineup this year

had not been on the stage in the past two editions. Which just goes to show that there is a lot of talent on the coast," explains Mr. Felker.

CASA provides an honorarium for their time and performance, along with accommodations for those travelling from either end of the coast. "We also provide food along the way because we want them to be here, jamming, playing music, supporting each other. We don't want them wandering off to go find lunch. 'Here, we'll bring you lunch. Keep playing.'" Mr. Felker added.

This year, Homegrown 3 was kicked off with a Youth Showcase, featuring six talented performers, ranging from solo acts to bands, who entertained an audience of approximately 50. This was the first year that youth were included. "This time around, as we were approaching the date, I said to my daughter 'Abby, get a band ready. Let's add a youth element to Homegrown.' She already had been playing with a few friends from her school, so I thought it'd be a good experience for them. I contacted Melissa Girvan right away to



Photo: J. O'Connell

Executive Director of CASA, Allen Richards, and Event Coordinator, Dave Felker, warmly welcomed the enthusiastic crowd to Homegrown 3.

see if Reed was interested, which, of course, he was. Sadly, we asked schools to send any youth interested in taking part, but there are not any real music programs in any of the schools." Mr. Felker explains.

Following the Youth Showcase, a workshop about sharing resources brought together members of various organizations. Members went around the table introducing them-

selves and their organizations. Participants discussed their ideas, needs and resources available. The workshop concluded with collective emphasis on the importance of collaboration.

The Gaspédians kicked off the evening show as the MCs for the night and introduced the first band, Mother of Cups, a duo from Gaspé who brought amazing energy, setting the tone for the night as all the

other skilled performers who followed.

The final act of the night was MicMac Drive, which premiered their new song, *Chaleur Skies*, a tribute to the Pozzolan Dalhousie protest. The band invited the audience to chant "Hey" and raise their fist in solidarity. To close the event, Mr. Felker called all performers back on stage for a group performance of *Rockin' in the Free World*.

Increase in overnight stays at the Carleton-sur-Mer campsite

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

CARLETON-SUR-MER - After initially announcing a decline in attendance for the summer of 2024, Carleton-sur-Mer is revising its position and is now reporting an increase.

The mayor of Carleton-sur-Mer, Mathieu Lapointe, attributes this change to an error by the municipal team. Instead of the previously stated 27,604 overnight stays, the correct number was 28,668, reflecting an increase of 597 overnight stays compared to 2023.

"We are talking about a net profit of \$1,016,000, an increase of nearly \$60,000 compared to 2023," says the mayor, noting that this was also due to a rate adjustment for the last season.

The campsite operates at full capacity from the National Holiday to Labour Day.

"The start of the season was quieter than last year be-



Photo: Carleton-sur-Mer

The Carleton-sur-Mer campsite remains popular with a slight increase in customers in 2024.

cause of the weather. That's where we can make a difference in terms of overnight stays compared to previous years," says the mayor.

The campground has undergone several upgrades in recent years, including the water supply and sewer. However, the sanitary blocks still need to be refreshed.

"We are evaluating different options." The issue we have is climate change and

flooding. There is one where we were supposed to intervene last year, but it was flooded last January. We said to ourselves that it might be better to think about our interventions before making changes to ensure that they can cope with the impact of climate change," suggests Mr. Lapointe.

In January, rue du Phare suffered significant damage after a storm caused water lev-

els to rise onto the street.

"We contacted the Coastal Erosion Monitoring Office which supports projects that do not fit into current programs. Rue du Phare is ideal for the monitoring office. We are waiting for a response from them. We are counting on their funding for this vital infrastructure for Carleton-sur-Mer," says the mayor.

Since there are no residential properties in the area, reg-

ular funding programs do not apply. It's hard to predict what could happen if major storms were to blow in late fall.

"We're keeping our fingers crossed. There has already been a refill of the site, but it no longer exists. We're hoping for a positive response to do work in 2025," hopes the elected official.

Preliminary estimates suggested a cost of the project at around \$1 million.

In addition to this sector, five other sites have been submitted for analysis to the Coastal Erosion Monitoring Office.

"We want to have a detailed picture of our vulnerable sites. We've targeted six. We'd like to have the expertise to make recommendations to secure these sites. It's part of a request for financial assistance," says the mayor, who has no idea how much it would cost to protect all these sectors that are sensitive to coastal erosion and submer-

Announcements



Obituaries



ANNETT: Elaine Margaret

Elaine Margaret Annett, passed away in accordance with her wishes on October 25, 2024, at home, surrounded by her family.

She is survived by her brother Colin Annett and sons Christopher Almond, Michael Almond (Brad Salavich) and Dean Almond (Tanya Massé).

She was predeceased by her parents Lloyd Annett and Margaret LeHuquet and her husband Roy Almond.

She appreciated the love and companionship of her many close friends who brought much joy and laughter into her life, spending time walking along the boardwalk, going on many wonderful vacations and howling at the moon.

Born in the town of Gaspé on July 15, 1942, she lived her life with Roy on the coast and in Montreal, raising their three sons. Her fondest memories were of her time teaching Adult Education for the Eastern Shores School Board.

A talented artist, she could often be found at the weekend farmers' market in New Carlisle selling her arts and crafts that celebrated her love of the Gaspé region.

She was an active member of the Zion United Church in New Carlisle, serving the region and presbytery.

Elaine will be missed by all those who were fortunate enough to know her and be a part of her life.

The family extends their heartfelt thanks to the nurses and staff of Maria Hospital, especially Drs. Nadeau and Levac and the home-care nurses and support staff from the CLSC.

A celebration of life will occur later in the Spring.



PROVENCHER: Brenda Carroll

Passed away peacefully in Oakville, Ontario in

August 2024 at the age of 100 and one month.

Daughter of James Augustine Carroll and Mary Ann Sexton of Maria East, Quebec. Mother to the late Carol Ann Greenblatt. She leaves to mourn her children Gail, Patricia, Cheryl, Nancy, Brenda and Judy. Proud grandmother to six grandchildren and five great-grandchildren. She also leaves to mourn sisters Lydia and Rena.

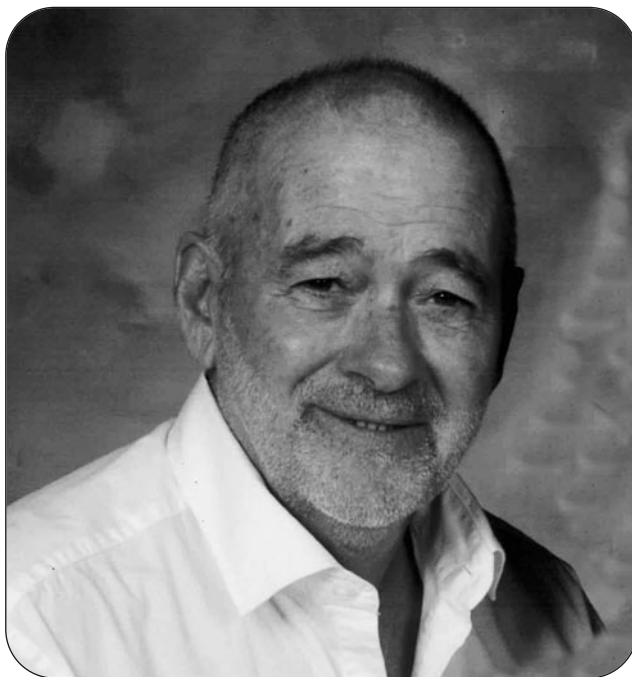
She was predeceased by brothers George, Elmer, Bryan, Patrick, Warren and sister Mary.

Having left Maria at an early age, she loved coming back to visit family and friends. She also had a great love for animals and music. Her love and confidence in God were a great example to all who knew her.

Raising seven girls was not always easy, but she made sure they each received baptism, confirmation and first holy communion. Attending mass, when possible was a must.

She was met by God and family and friends in Heaven, with open arms.

Missed by family and friends all over Canada and the United States.



SMITH: Roscel (Ross) Wayne

November 15, 1944 - August 24, 2024

A devoted husband, father, stepfather, and grandpa passed away peacefully on August 24, 2024, at the age of 79.

Predeceased by parents Roscel Burns Smith and Sarah Jane Young and brother Drew Smith. Leaves behind brother Craig Burns Smith (Joan).

Ross' greatest joy came from his family. Loving husband to Laura for 14 years. He was a cherished father and stepfather to Crystal (Tim), Tracie (Doug), Megan (Dany) and Raven (Brandon).

Ross loved being called Grandpa by his grandchildren James, Liam, Sydney, London, Lexia, Wyatt, Rayna and Griffin.

Ross started CN in the signal department in Montreal and worked in Ottawa and Belleville before settling in Prescott to raise his girls on a Red Angus beef farm. He held positions of signal maintainer, signal test man and was the lead on the crew that installed the first ever fibre optic network from Montreal to Niagara Falls. He was proud that his family had four generations of CN employees.

Ross was a IBEW member and held an elected position of secretary for many years as well as an acting steward for Kingston Sub area.

After retiring, Ross moved back to New Carlisle where he enjoyed woodworking, playing guitar, watching wildlife from our gallery, cutting his own firewood, traveling, playing Santa for many years and especially spending time with his grandchildren.

Ross became very involved in his local legion for almost 25 years where he was an executive member for many years and held each position the executive holds, he then became president, past president, life member and finally district commander for four

terms.

Following Ross' wishes there will be no formal service instead his family will gather privately to honour his memory and celebrate his life.

On behalf of the family a special thanks to Cathy Buttle and HD Division for your kindness and compassion.



MACWHIRTER: Olive Dorothy

November 9, 1951 - August 7, 2024

In loving memory of a dear mother, daughter, grandmother, great-grandmother, aunt and sister.

It is with heavy hearts that we announce the passing of our dear Olive. Beloved mother of Marie-Claude and Jeannie (Luc). Loving Nanny to Bianca, Michael, Brendon, Dylan and Megan. Great-nanny to Alex-Anne, Felix, Livia and Hendrick.


She is survived by her daughters, Ernest Le-Brasseur, adoptive mother Edith Carney; sisters Evelyn, Mae, Claudia and Olive-Anne and brother Ervin, also several brothers-in-law, sister-in-law, nephews and nieces, as well as many relatives and friends.

She was predeceased by her parents Muriel Powell and Graydon MacWhirter and brother Roy.


Olive worked as a patient attendant to many in her community. She went above and beyond to her job to please them. They looked forward to her visits. She loved them and they loved her in return. She was living with her daughter Marie-Claude in Port Daniel at the time of her passing. Both of her daughters showed compassionate care in the time of need.

Visitation was held at J.F. Fortin & Fils Funeral Home in Port Daniel of Monday, August 19, 2024, from 7 to 9 p.m. The funeral service took place at Notre Dame-du-Mont-Carmel Catholic Church on Tuesday, August 20, 2024, at 10:30 a.m.

Family and friends were invited to the Golden Age Club after the graveside service in Port Daniel.



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Announcements



In Memory

FLOWERS: Howard

In loving memory of a precious grandfather who passed away November 13, 1984.

*Forty years have passed since that sad day,
When the one we love was called away.*

*Beautiful memories,
Are wonderful things.*

They last till the longest day.

They never wear out,

They never get lost,

And they can never be given away.

To some you may be forgotten,

To others a part of the past.

But to us who loved you and lost you,

Your memory will always last.

Lovingly remembered and cherished forever in our hearts by Carol and Richard Smollett.

FLOWERS: Oliver

In loving memory of a dear uncle who passed away October 1, 1998.

He went away without farewell,

He said goodbye to none.

But heavens gate was open wide,

And a loving voice said come.

Beside his grave we often stand,

Our hearts are tired and sore.

But through the gloom,

There come the words,

Not dead just gone before.

Even though its 26 years since you've been gone,

We will remember you no matter how long.

Forever loved and remembered by Carol and Richard Smollett.

RENOUF: Ernest

A dear father, grandfather and great-grandfather who passed away May 28, 1991, and

RENOUF: Annie Sawyer

A dear mother, grandmother and great-grandmother, who passed away November 15, 2007.

In our hearts you are not forgotten,

Though on earth you are no more.

Still in memory you are with us,

As you always were before.

Always a smile instead of a frown,

Always a hand when one is down.

Always true, thoughtful and kind,

Wonderful memories you left behind.

Although we smile and make no fuss,

No one misses you more than us.

And when old times we oft' recall,

That's when you're missed most of all.

Always remembered and sadly missed by daughter Pearl and granddaughters, Joan and Brenda and their families.

SMOLLETT: Robert Milton

In loving memory of a very dear father who passed away October 12, 1984.

We often think of days gone by,

When we were all together.

A shadow over our lives has cast,

Our loved one is gone forever.

Time speeds on, forty years are gone.

Since death its gloomy shadow cast,

Upon our home where all is bright,

And took from us a shining light.

We miss that light and ever will,

His vacant place none can fill.

Here we mourn but not the vain,

For in heaven we will meet again.

They say there is a reason,

They say time will heal,

But neither time nor reason,

Will change the way we feel.

He left a place no one can fill,

We miss you dearly dad and always will.

Always loved, remembered and sadly missed by son Richard and daughter-in-law Carol.

Remembering a Special Volunteer



The staff of The Gaspé Spec would like to offer its sincere sympathy to the family and friends of Elaine Annett Almond who passed away on October 25, 2024. Elaine was a faithful volunteer to The Gaspé Spec for many years and her presence, sweet smile and kindness will be missed by everyone who knew her.

COAST ROUND-UP

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

BARACHOIS:

BADC

November 30: The 9th annual Christmas Market will be from 9 a.m. to 12 p.m. at Belle Anse School, 1298 Route 132 East, in the basement. There will be over 20 tables of local crafts, baking, knitting, jams, Christmas gifts and decorations, and more. To reserve a table (\$10) contact Sandy Coombs at (581) 887-1417.

YORK:

AWC

November 16: The York ACW will be holding a Christmas Tea and Sale at 2 p.m. at the York Hall. There will be handicrafts, baked goods, mystery parcels, white elephant table and used books. Afternoon tea will be served for \$7. All are 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.

NEW CARLISLE:

L.I.F.E. Association

November 19: Starting at 4 p.m. L.I.F.E. Association will hold its Annual General Meeting at The Anchor. Come and learn what our association has been doing for mentally handicapped adults this past year and get a report on our financial situation. All are welcome.

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.

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.

NEW RICHMOND:

St. Andrew's United Church

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

November 16: Craft Sale at 319 Rte 299, Cascapedia-St-Jules. If anyone is interested in having a table

please contact Linda at 418-392-0595.

Tuesdays: Grocery bingo every Tuesday at 6:30 p.m. \$10 for three cards. Extra cards are \$1 each.

CASCAPEDIA-ST-JULES:

Cascapedia St-Jules Legion

November 24: Royal Canadian Legion Br. 172 will be holding a Veterans Brunch from 8 a.m. till 11:30 am. At the community centre 55 Gallagher rd. Cascapedia St Jules. Adults 15\$ children \$10. Please come out to support our Legion.

UNITED CHURCH HOPE TOWN

November 17

10 a.m. Service

UNITED CHURCH NEW RICHMOND

November 17

10 a.m. Service

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.

ANGLICAN CHURCH OF CANADA

Sunday, November 17

New Carlisle

11 a.m. Holy Eucharist

Shigawake

9 a.m. Holy Eucharist

PARISH OF GASPÉ

Sunday, November 17

St. Pauls - Gaspé

10 a.m. Holy Eucharist

Worship Wednesday

10 a.m. St Paul's

October was milder and wetter than normal

NELSON SERGERIE

GASPÉ - Milder temperatures accompanied by a bit more precipitation than usual marked October 2024 in Gaspé.

According to Environment Canada, 148 millimetres of rain fell, while the normal average is 130 millimetres.

The rain fell mainly in two periods: 72 millimetres on October 8 and 9 and 55 millimetres on October 14 and 15, leaving the rest of the month

relatively dry.

Only a trace of snow was observed, compared to the average of 4 centimetres for October.

The average temperature was 7.4°C, or 1.4 degrees above normal.

Six temperature records were broken in the Gaspé Peninsula during October. The highest temperature was recorded in Cap-Chat on October 21 at 23.5°C, surpassing the 18.9°C recorded in 1951.

HOROSCOPES

ARIES - Mar 21/Apr 20

Think about resting and being a bit introspective, Aries. Focusing on your inner world can help you to recharge your energy levels. Solitude also may provide some clarity.

TAURUS - Apr 21/May 21

Personal growth and self-improvement may be on your mind right now, Taurus. Set some new goals that align with your values. You may want to take a class to learn new skills as well.

GEMINI - May 22/June 21

Gemini, focus on long-term financial goals in the days to come. If you don't have a plan for investing meaningfully, you could sit down with an expert and get some ideas.

CANCER - June 22/July 22

Try to engage in some thoughtful conversations with greater frequency, Cancer. Accepting that you can learn from others is a great way to grow personally and professionally.

LEO - July 23/Aug 23

You might want to stay closer to home this week, Leo. You've been burning the midnight oil quite a bit lately. Family matters need attention right now, so prioritize them.

VIRGO - Aug 24/Sept 22

Virgo, romance takes center stage for you, and you may find yourself suggesting new date ideas with your partner. Or this might be an opportunity to find a new romantic interest.

LIBRA - Sept 23/Oct 23

Don't let work and daily routines catch you

off guard, Libra. Try to streamline your tasks and find more efficient ways to handle your responsibilities in the days to come.

SCORPIO - Oct 24/Nov 22

Scorpio, important negotiations or projects will certainly put your communication skills to the test. Keep an eye on the details and stick to the facts to avoid any misunderstandings.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, if you have been having any difficulties, voice your concerns to those who are willing to lend an ear. Keeping it all bottled up inside is not a healthy path forward.

CAPRICORN - Dec 22/Jan 20

Showcase your talents and ideas at work this week, Capricorn. Others can benefit from your experience and it may inspire changes or discussions that prove fruitful.

AQUARIUS - Jan 21/Feb 18

Aquarius, stick to your personal values and don't make concessions, whether with friends or in the workplace. It's important to have conviction in what you do.

PISCES - Feb 19/Mar 20

Use any momentum you have for tackling new projects, Pisces. There's much to do between now and the new year and you will have to get busy sooner than you may have thought.

FAMOUS BIRTHDAYS

- NOVEMBER 10 Ellen Pompeo, Actress (55)
- NOVEMBER 11 Patrick Starr, Influencer (35)
- NOVEMBER 12 Ryan Gosling, Actor (44)
- NOVEMBER 13 Jimmy Kimmel, TV Host (57)
- NOVEMBER 14 King Charles III, Monarch (76)
- NOVEMBER 15 Paulo Dybala, Athlete (31)
- NOVEMBER 16 Lisa Bonet, Actress (57)



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Living With Diabetes



PENNY MACWHIRTER
LOCAL JOURNALISM INITIATIVE

HOPE TOWN - November is diabetes awareness month in Canada and Diabetes Canada is asking Canadians to “Commit to making time to understand and support those who live with this condition every single day.”

Diabetes Canada is also making suggestions of ways Canadians can make a difference. It is encouraging those who either have diabetes or care for someone who does, to go on social and “Spill the Diabetea.” You can do this by uploading a video of your experience with diabetes and use the #spillthediabetea and #DiabetesAwarenessMonth hashtags during the month of November.

Did you know that every three minutes, someone in Canada is diagnosed with diabetes and that people living with diabetes are two to three

times more likely to live with depression?

There are three main types of diabetes: Type 1, Type 2 and gestational diabetes. During the month of November, The Gaspé Spec will have several articles relating to diabetes, along with interviews with individuals living with diabetes.

The difference between Type 1 and Type 2 diabetes

Type 1 diabetes happens when the immune system destroys your pancreas' beta cells. This causes them to stop producing insulin. According to Health Canada Type 1 diabetes usually develops in childhood or early adulthood, and there is no known way to prevent it. Known risk factors include genetic predisposition and certain environmental factors. About 5 to 10% of people living with diabetes have Type 1.

	Type 1	Type 2
Risk Factors	Family history of diabetes Certain genetic factors Possible exposure to infections or viruses.	Family member with Type 2 Over 40 years Race/ethnicity Overweight Smoking Diet Physically inactive High blood pressure High cholesterol
Symptoms	Increased thirst or urination Increased hunger Blurred vision Tiredness and fatigue Unexplained weight loss	Increased thirst and urination Increased hunger Blurred vision Tiredness and fatigue Numbness or tingling in hands Numbness or tingling in feet Weight fluctuations
Treatments	Daily insulin injections or insulin pump	Lifestyle changes Oral and injectable medications

Type 2 diabetes happens when the body either doesn't make enough insulin or doesn't respond well to the insulin

it makes. Type 2 diabetes is the most common type. About 90 to 95% of people living with diabetes have type 2.

People usually receive a diagnosis after the age of 40, but it's now becoming more common in younger people too.

Living with Diabetes can be challenging

PENNY MACWHIRTER
LOCAL JOURNALISM INITIATIVE

HOPE TOWN - Living with diabetes can be quite time consuming, as individuals are faced with managing a complex and often invisible condition.

Amanada Kennedy, from Hope Town is a Type 1 diabetic. She was diagnosed in 2008, initially with Type 2 diabetes's but after proper testing it was revealed that she is actually a Type 1 diabetic. “Initially I was shocked with the diagnosis as I had blood work done a month previous and there were never any symptoms or reason to think I was diabetic,” says Amanda. She adds that her family was rather surprised as well. “They are very supportive and helpful when needed,” says Amanda.

When Amanda was first diagnosed with diabetes she started on a pill form of treatment until she became pregnant, then doctors switched her to insulin for the duration of her pregnancy. “Once I gave birth, they took me off insulin and gave me half a pill a day. My glucose levels went haywire and my weight plummeted to 98 lbs, as a heavyset person, I was greatly concerned and asked the doctors if maybe I should be put back



Amanda Kennedy has been living with diabetes for sixteen years.

Photo: Courtesy of A.Kennedy

on insulin. The doctors tried different pill form doses but after pleading with the doctor for several months about six months later I was returned to insulin as a form of treatment. With trial and error and different doses we were finally able to get the proper dose that my system was happy with,” explains Amanda.

At the beginning of her diagnosis she found it very frustrating only seeing a family doctor whom had basic knowledge about the disease. “She worked out of the book that sadly sometimes was not in my benefit. Once I started seeing an endocrinologist in Rimouski who specializes in

the diabetic field I was more at ease,” says Amanda.

As far as limitations to her lifestyle she says that generally she doesn't experience many. However, she explains, “If I happen to have a low glucose drop my whole day is finished. It plays havoc on your system and I just feel defeated and played out for the rest of the day.”

Amanda finds stress, illnesses, even a cold or minor infection can affect her glucose levels. So, she tries to stay healthy and well in order to keep her glucose within range.

As for how often she needs to check her glucose levels,

Amanda explains “I use the Dexcom glucose monitoring system, which is a sensor that's inserted under the skin, and a transmitter. The sensor tracks glucose levels every five minutes and sends the readings to my phone. The system translates the readings into data to help users manage their diabetes.” A typical reading for her is between 5 and 9, anything lower or higher than a 12 and she feels quite unwell.

As for symptoms, when her levels are high she becomes quite thirsty, experiences brain fog, is irritable and tired. To treat high blood sugar, she finds things like drinking lots of water and exercise helps. She says that finding time to exercise daily isn't easy, but that's something she's working on, especially walking more. She also says that when she's having a rough day, she tries to tell herself to “Breathe and get through it!”

Amanda says diabetes has affected her entire life. “It has become a whole new daily life, when first diagnosed picking my finger eight times a day was draining mentally as I was thinking is it always going to be this way? As time passed, it has gotten easier the Dexcom has become very beneficial for me.”

“Personally for me, the hardest part of being a diabetic is the unexplainable lows, sometimes in the middle of the night or randoms times during the day when I have not done anything to explain a low and it just comes on with no justification,” says Amanda.

Amanda is trying to incorporate meals with less carbs and more protein, but adds that when you're cooking for a family, it takes extra effort to make such meals.

When travelling, she explains, “It is important to stop frequently to walk and stretch your legs to keep the blood flow running. I also make sure to have extra medications, supplies and items to help me in the event I should have a low or high.”

She is aware that if not properly maintained there are many complications that can arise. “You can get diabetes in your eyes, nerve damage, heart attack and stroke, kidney problems. It is very important to try to maintain your levels as best as possible,” states Amanda. She adds that she goes for an annual eye exam to in order to catch such side effects early.

As for support, “Living in a rural community I have not found many support groups,”

Cont'd on page 16

DIABETES:

▶ *Cont'd from Page 15*

says Amanda, adding that she's part of several facebook support groups that have helped her immensely.

She would like non-diabetics to know, "Losing weight will not magically make your diabetes go away. In addition, sugar does not make you a diabetic, the lack of insulin being released from your pancreas does. I hear so many people say to others stop eating that sugar you will become diabetic. Nobody diabetic or not should consume an over abundance of sugar. Everything in moderation."

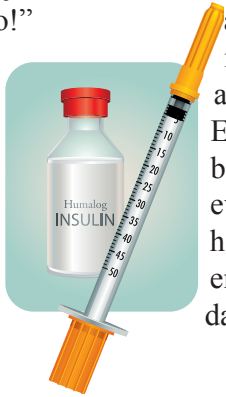
Amanda would like any-

one who is newly diagnosed to know "You are going to be ok. It may seem like an inconvenience at the beginning. You may think 'oh my how will I ever pick my finger or inject insulin daily? Maybe it will just go away.' For a Type 2 diabetic, yes it may go away with the right diet and exercise and lifestyle changes, but for a Type 1, it will not just go away. You are a warrior and you can get through it just as I did and continue to do!"

"It will be tough, you will have trials and errors on what works for you. What may spike my glucose may necessarily not spike yours. Each person is different

and although it is a big adjustment for you and your family, with the right mindset and support you will and can lead a long healthy life," adds Amanda.

In closing Amanda leaves a powerful message, "Do not judge someone by the way they look. Just because a person is overweight or having a dessert, it does not mean that is what caused their diabetes. I was once 98 pounds and my diabetes was at its worse ever! We are all here for a short time. Embrace each other and be kind to everyone, even diabetics, they have to deal with enough finger pricks daily."



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