

Officials believe new school will be a development tool for New Carlisle

GILLES GAGNÉ

NEW CARLISLE – The Baie-des-Chaleurs Regional School, currently under construction, should become a development tool for New Carlisle, hopes Mayor David Thibault and Wade Gifford, chairperson of the Eastern Shores School Board.

Under construction since August 19, the new school's construction will be completed by November 2025, with the school opening in January 2026. The \$30.3 million project is fully funded by Quebec's Ministry of Education.

"We hope that the new school will convince parents to send their children there. We lose some students to the French system even though they can attend our schools. The new school and its modern services will facilitate recruitment," pointed out Wade Gifford on November 12, the



Photo: G. Gagné

The steel structure of the new school has been visible along Dover Street for a few weeks now.

day of the official groundbreaking ceremony.

Mayor David Thibault echoed Mr. Gifford's sentiments as he looked toward the steel structure of the new school.

"The new school repre-

sents the future of the municipality. That future belongs to the youth. The new building will become a place to blossom. The kids will have a real gym, where they can play tennis, badminton, volleyball and so on. The whole community

will have access to the facility," says Mayor Thibault.

The Town of New Carlisle provided all the required municipal services before construction started, which meant the land transfer, the zoning modification and the water

services.

"It is the first school built in the Gaspé Peninsula over the last 50 years. We hope that youths will choose to stay in the region because of the school. (...) We also hope that people will build houses in the area surrounding the school. There is a lot of space for that," added Mayor Thibault.

When asked if he was anxious or worried about seeing the project reach fruition, considering that it was initially announced in September 2021, the mayor mentioned that he adopted a positive attitude.

"I always believed that it would work. There were some hurdles but we dealt with them one by one. Seeing things positively makes it easier to deal with obstacles," says David Thibault.

In September 2021, the construction start and delivery

Cont'd on page 2

Gaspé will communicate less in English

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - The Town of Gaspé will have to comply with Bill 96 in its communications with its citizens, which must be done exclusively in French, except in certain specific cases.

The new version of the Charter of the French Language requires the Town to end its communications in English since the municipality does not have bilingual status and cannot obtain exceptional status.

"Gaspé does not have bilingual status. To obtain it, you had to ask for it and have more than 50% of the population who were English, at the time in question," notes Mayor Daniel Côté.

In the 1940s and 1950s,



Bill 96 forces Gaspé to reduce its communications in English.

Photo: N. Sergerie

half of Gaspé's citizens were English-speaking. According to the elected official, the proportion of English speakers in Gaspé is now around 13%.

"Out of respect for the three founding peoples: French, English and Mi'gmaq,

we have always made the maximum possible communications in both official languages. As of now, we can no longer communicate in English, except for a few aspects," notes the mayor.

"In our linguistic commu-

nication policy, we have made it as broad as possible to respect the English-speaking community that partly built this town. Anything that concerns public safety, we will not leave anyone in danger, regardless of their language," in-

dicates Mr. Côté.

The Act allows financial and tourist information to be communicated in English as well. There are other elements that have an exceptional status also.

"We will notify the English-speaking population in the coming weeks, who are used to receiving almost all communications in their language. We will inform them that, unfortunately, we can no longer do so under the law. I know that this will create discontent among the English-speaking population, but we will no longer be able to do what we have been doing for years," concludes the mayor.

The public announcement of these government directives provoked several negative reactions on social networks.

dates for the new school were not announced by Minister Julien, and the exact location was not disclosed, though it remained within the boundaries of New Carlisle. Initially, the Quebec government also considered Paspébiac for the location.

The newest school in the Eastern Shores School Board network is the Metis Beach School which was officially inaugurated in November 2018.

Modifications

On November 12, Eastern Shores School Board Director General Denise Simoneau shared details about the challenges faced between September 2021 and the spring of 2024, when the final plans were approved.

“Building a new school takes time. The plans were changed during the evaluation of the needs. It is a school built in a rural area, which meant that modifications were required. The Covid period slowed down the process. There was also a strike of engineers (working for the Quebec government) that slowed down the planning stage,” she described.

“Now, everything progresses as expected. The opening is scheduled for January 2026. Construction work will be completed by the end of November 2025, which will provide us with some time to install the furniture and equipment needed for the teachers,” added Denise Simoneau.



Bernard Cayouette, Trevor Renouf, David Thibault, Wade Gifford, Denise Simoneau, Catherine Blouin, Jane Bradbury and school principal Shea McGuinness.

Photo: G. Gagné

She expressed enthusiasm tied to the potential of the new school. “There will be a lot of light, thanks to the design of the windows, and a good air conditioning system. The gymnasium will open new possibilities for the students. In the current school, it is just a hall. We will be in a position to greet regional competitions here,” stressed Ms. Simoneau.

Fifty years after the first request

The groundbreaking occurred 50 years after the first request in 1974 to replace New Carlisle High School, points out Wade Gifford.

“That school was built in 1913-1914. By 1974, it was already old and small. You have to know that around 1970-1972, up to 621 students attended New Carlisle High School, with less space than now. There were students everywhere,” remembers Mr.

Gifford, who moved to New Carlisle from Sherbrooke 60 years ago this year.

Denise Simoneau points out the school board administrators have not decided about the fate of the old school. “It could be demolished but no decision has been made so far,” she says.

When the school project was announced on September 24, 2021, no delivery timeframe was provided by the then minister responsible for the Gaspé Peninsula, Jonatan Julien.

The contractor Habitat Construction Matane (1986) Inc. was selected by the Quebec government in early summer with a bid of \$22,157,534.00. Three other firms had submitted bids. The amount doesn't include plans and specifications and all the equipment that will be installed in the building.

On November 12, Catherine Blouin, Member of the Na-

tional Assembly for the riding of Bonaventure, said that she was “very pleased to know that the people of New Carlisle will soon be able to enjoy a brand-new school. This school will certainly be magnificent. I am certain of it! And it will eventually respond concretely to a need in our region. This is good news. I would like to highlight the excellent work of all the partners who contributed to the development of this wonderful project.”

Denise Simoneau added, “This new elementary and secondary school is designed to meet the educational needs of our diverse student population, including monolingual Anglophones and native Francophones. We are very pleased to see this project moving forward and are committed to providing an excellent learning environment for our students. In addition, the commitment of Catherine Blouin, Member of the Quebec National Assem-

bly, in this matter is also worthy of mention, as is the collaboration of the Town of New Carlisle.”

Through a press release, Education Minister Bernard Drainville indicated that “today marks a significant milestone for the new elementary and secondary school in New Carlisle. Our goal is always to offer modern, dynamic schools adapted to the needs of young people, and this is what we accomplish with our new-generation schools. I am proud that our government has invested more than \$30 million in this important project for families and youth in New Carlisle. A special thank you to all the partners who have participated in the advancement of this project.”

Located at 65 Dover Street, the new school will serve the students residing from Port Daniel-Gascons to Bonaventure. The building will reflect the newest modernization trends for school designs in Quebec.

The facility will accommodate up to 234 students, with a total area of 3,817 square meters, most of which will be spread over two floors. The school will include 15 classrooms: six for preschool and elementary education, five for secondary education, one science classroom, and a workshop-tool room. Additionally, there will be two multi-purpose art rooms, a gymnasium, various administrative offices, specialized support rooms, and living spaces for students and staff. An outside sports field will also be part of the school's amenities.

SCFG tourist train put on hold for now

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

NEW RICHMOND - Still waiting for a response to a funding request from the Quebec government, the Société du chemin de fer de la Gaspésie has temporarily put its tourist train project with automotive passenger cars on hold.

The Société du chemin de fer de la Gaspésie (SCFG) had a purchase option that cost it \$12,000 per month, with a Vermont company, to acquire 12 automotive cars to develop a multi-purpose tourist train, a project valued at nearly \$15 million, including equipment modernization.

“We are forced to put the project on hold, which we had submitted following a market study in the spring. Unfortunately, we were unable to secure the financial package to



The Vermont automotive cars were initially slated for a commuter service that never panned out.

Photo: Green Energy Times

make the acquisition before the end of the purchase option, which terminated at the end of September and which we had extended by one month to give the two levels of government time to analyze our project,” says SCFG president Éric

Dubé.

The transporter could have borrowed the amount to proceed with the purchase but, without financial assistance, it was too risky.

“We haven't had a negative response even though they are

analyzing it and seeing how to secure something because there is no regular program for our project. It required a longer ordeal to secure the financing. I understand that the economic context of the Quebec government meant that it didn't move quickly to say 'yes',” explains Mr. Dubé.

However, the project is not dead. “We're going to work on something else this winter. We still have the Amiral train and, if we can secure funding, will we have the opportunity to find automotive cars? The project remains on the drawing board. After investing so much money to rehabilitate the rail between Matapedia and Gaspé, I don't see why we couldn't land a tourist train project,” he says.

The automotive cars required a year of work before being operational, including adding toilets in the cars. They

were originally used on a Texas commuter service before being acquired by Vermont-based AllEarth Rail.

The SCFG market study that was tabled over the spring was linked to Percé. It would be difficult to run a tourist train in 2025 between Port-Daniel-Gascons and Matapedia.

“Would there be tourism potential between Matapedia and Port-Daniel-Gascons? The study didn't confirm it for the first year,” Mr. Dubé points out. The Amiral train could be an option, but it hasn't been operational for a decade. It was essentially used between Gaspé and Percé in 2013 and 2014, except for a few excursions in the Bay of Chaleur area.

“We were banking a lot on our project then (over the spring) so, we haven't invested

Police report

The death of a four-month-old infant, found unresponsive in a residence in Maria in June 2022, remains unexplained, according to Coroner Jean-Pierre Chamberland's report, which was released on November 13. The infant, who had no known health issues, was found unconscious by his parents beside their bed on June 8, 2022, shortly after 2:20 p.m.

Despite attempts at resuscitation by the father and responding police officers, the infant was pronounced dead shortly after at Maria Hospital where the cops had driven him. "It seems that that day, despite his young age, (the child) turned around, moved and fell off the bed," mentioned Coroner Jean-Pierre Chamberland in his report.

Meanwhile, the autopsy carried out on the child's remains at the Department of Pathology of the McGill University Health Centre did not reveal any traumatic lesions or suspicious fractures. "(The victim) therefore did not suffer any trauma from falling out of bed. The blanket on the ground cushioned his fall," Mr. Chamberland underlines in his report.

The coroner adds that only a few inches separated the top of the mattress from this thick blanket crumpled on the floor, on which the child was found face down.

Jean-Pierre Chamberland also specifies that despite the examinations carried out, it remains impossible to establish that the child died of asphyxiation. The pathologist who performed the autopsy ruled the cause of death undetermined and classified it as sudden death syndrome.

The Sûreté du Québec completed its investigation months ago and added that no criminal charges will be brought in this matter.

Jean-Pierre Chamberland's report also mentions that the father of the four-month-old infant came back from work shortly after 2 p.m. and didn't see the baby upon his arrival, after checking the couch where the infant often slept during the day and their bedroom. His wife asked him if he had seen the baby since he was not sleeping in the bedroom, where she had left him. He returned to the room and saw the little boy beside the bed, his face against the floor. He later told the police that the face of the baby was blue, which led him to call the emergency services. He was suffering from asystole, the most acute form of cardiac arrest.

Although it is not mentioned in the coroner's report, the mother was hospitalized shortly after the baby's death because of shock and remained there for days. In June 2022, the Youth Protection Directorate was informed of that baby's case but never commented on that specific case.

The first witnesses were called to the stand on November 12 at the Percé Courthouse during the trial of Keven Labrie, who is accused of the non-premeditated murder of Jean-Philippe Bélanger, which occurred in May 2022. Jean-Philippe Bélanger, 42, was stabbed in an apartment on 7th Street West in Sainte-Anne-des-Monts. The man died of his injuries two days later.

According to Radio-Canada, the first witness called to the stand on the morning of November 12 was Jean-Hugues Bélanger, the father of the victim. He explained that, on the morning of the tragedy, his son came to help him briefly to move household appliances. He added that his brother called him after the

events to advise him to go quickly to the hospital because his son was in critical condition.

He explained that his son was transferred to a hospital centre in Quebec City where he was pronounced dead after suffering a cardio-respiratory arrest.

Later on November 12, Jean-Philippe Bélanger's roommate, Sébastien Lemieux, explained to the court that at the time of the events, he was present in the apartment where the victim, who was his best friend, was attacked. Mr. Lemieux first explained that he was surprised to see the accused sitting on the couch in their living room, even though he had never heard him enter the apartment. Meanwhile, Jean-Philippe Bélanger was still absent. He said he offered the accused a coffee, before joining a visitor in his room. The witness explained, under oath, that he later heard Jean-Philippe Bélanger shouting "Stop! You're going to kill me!"

The witness then allegedly saw the accused in the living room inflict several stab wounds to the head and face of his roommate, before managing to control him by the shoulders. He explained in court that the accused seemed absent and disconnected at the time of the alleged events. According to the witness, the victim then sought refuge in the bathroom. Mr. Lemieux explained that he tried to reassure Jean-Philippe Bélanger, after seeing him injured in several places on the head and ears when he lifted his blood-soaked towel. The witness subsequently contacted emergency services, and the recording was presented as evidence to the jury members.

According to Sébastien Lemieux, before going to the police, the accused put a finger in front of his mouth while looking at him, telling him to remain silent. The trial is expected to last four weeks and is being presided over by the Superior Court of Quebec Judge Guy De Blois. The jury, comprised of eight women and six men, was selected on November 11.

A man from Sainte-Anne-des-Monts is officially charged with having shot a caribou last year in the Gaspé Peninsula forest. He will stand trial in his hometown at the beginning of April 2025. Denis Paquette pleaded not guilty to charges of hunting and abandoning the edible flesh of big game, in light of the statements of offence filed by the criminal and penal prosecutor proceedings on June 10.

The caribou was a female that had been released after a period of captivity in the Department of Wildlife enclosures. She was allegedly shot around October 14, 2023, in the backcountry of Marsoui, south of Lake Deschênes, according to court documents. The 64-year-old man faces a minimum fine of \$3,500, including \$2,500 for hunting the caribou and \$1,000 for abandoning its flesh. He is accused of violating Sections 56 and 59 of the Act respecting the conservation and development of wildlife.

The Department of Criminal and Penal Prosecutions issued two statements of offence following the investigation initiated on October 15, 2023, by Wildlife Protection agents. Three days are scheduled for the trial, which will begin on April 2.

Carried out in 2023, the latest inventory count established the mountain caribou population at approximately 24 caribou. The species is currently the focus of a third recovery plan.

Pierre Gagnon elected mayor of Bonaventure

NELSON SERGERIE

BONAVENTURE - Pierre Gagnon, who has been pro-mayor of Bonaventure since June was officially elected mayor following the November 10 election.

Pierre Gagnon won the election with 826 votes, defeating opponent Vincent-Olivier Bastien, who received 354 votes.

"I am very satisfied. It speaks for itself. I am very proud of the result because we worked very hard," explains Mr. Gagnon.

"It is the work that I have done, having spent seven years on the municipal council. I am aware of all the files. I think that is an asset that favoured my election," he explains.



Photo: Facebook

The new mayor of Bonaventure, Pierre Gagnon.

The municipal council was divided before the departure of the resigning mayor, Roch

Audet. "When I was pro-mayor, we managed to bring back the missing positions, including management positions. Harmony has returned to Bonaventure. We are open to discussion. We have turned the page. We are making a fresh start," says the new mayor.

Mr. Gagnon will begin working on the files that were on hold due to the election. His priority is the renovation of the Thivierge Range. "We are waiting for news to get government assistance. It is a promise that dates back several years. Everything will depend on the financial assistance," notes Mr. Gagnon.

Additionally, he will also focus on preparing the 2025 budget.

"I have put a lot of new

projects forward with my team and we will see what we can achieve. We will first have to look closely at the files and the budget. We invested a lot in the past because it was necessary," he explains, referring to housing development and renovations to the arena and the municipal hall.

"There was a cost. We will have to replenish everything there (the town's finances). The projects will be looked at one by one. There will surely be major projects, but we will see," mentions the new mayor.

Mr. Gagnon intends to run in the general election in November 2025.

Two councillor positions have also been filled. Manon Bourdages and Maurice

Chicoine were elected to seats number five and six.

In total, 52% of the 2,288 voters exercised their right to vote, including 20.5% at the advance poll.

Roch Audet had left his position after months of turbulence. The former mayor had mentioned that he no longer felt the confidence of his council and the population when his departure was announced.





Gilles Gagné

Commentary

Shoving environmental stakes down Donald Trump's throat

One of the main concerns following the election of Donald Trump for a second term as president of the United States rests upon his total disregard, and that of his team members, for environmental issues, which in fact should occupy the top of any government's priority list.

Donald Trump doesn't believe in climate change and the effects of polluting industries on climate change. It is permitted to think that he doesn't believe there is pollution on the planet. Money and what money allows to acquire are likely his only priorities and he is now in a position to use governmental tools to improve his personal wealth and that of his friends.

We can bet that Donald Trump's regime will adopt every possible measure to nullify as many environmental protection rules as possible. There are rumours that the Trump administration might dismantle the Environmental Protection Agency.

Although Donald Trump will control the Senate and the United States House of Representatives when he takes the oath on January 20, he and his supporting cast might face some difficult choices when they will implement their anti-environment plan.

The administration of Joe Biden has adopted, over the last four years, a plan to invest \$540 billion in energy transition measures such as replacing coal and gas consumed in power generating plants with renewable energies like that produced by wind-farms and solar panels. Oddly enough, that plan was embedded in the Inflation Reduction Act, whereas it had nothing to do with price control.

Between two-thirds and three-quarters of that money has already been invested, with fair results. The Biden administration will likely make sure over the next two months, that all the money is earmarked and invested before January 20 so that Donald Trump's government cannot step in and call it back.

The irony of the situation is that 80% of the en-

ergy transition funding was handed out to states that have voted for Donald Trump, including the seven pivotal states, often called swing states.

Up to 350,000 energy transition jobs have been created in those states that have given their vote to the Republican Party. Coming back to the old economy could put those jobs in jeopardy, especially considering that, for example, wind energy is the cheapest way to produce electricity, even if the wind is not always blowing.

The effects of a midterm election

Currently, Donald Trump might not reflect much about midterm elections but some members of his team are or will shortly. Midterms will be held two years down the road. A fair proportion of the elected people's seats will be contested. Federal offices that are up for election during the midterms include the 435 seats in the United States House of Representatives, and 33 or 34 of the 100 seats in the Senate. Moreover, 34 of the 50 states elect their governors for four-year terms during midterm elections. In the case of Vermont and New Hampshire, voters elect governors to two-year terms in both midterm and presidential elections. Consequently, 36 governors are elected during midterm elections.

All this to say that in November 2026, American voters will be in a position to significantly reduce the Republican Party's influence on environmental policies, and on other fields as well, if cutbacks impact labour negatively in the states where people have voted for Donald Trump.

Another factor that could influence the designated president in the coming weeks or months is the role businessman Elon Musk could play in tailoring the economic model of the upcoming American administration.

Despite his poor respect for basic democratic rules and his obsession with maintaining his rank as the wealthiest or one of the wealthiest men on earth, Elon Musk is arguably one of the main players in the energy transition, worldwide, notably through his companies fabricating batteries and electric cars.

China invests enormous sums of money in energy transition. That country has taken the lead in that sector, ahead of the United States. It is in a small part due to Elon Musk's plants in China. Will Donald Trump's administration accept to yield that leadership to China? Will Elon Musk's influence be strong enough to make America green at last?

The role of local governments

Amidst the environmental worries triggered by Donald Trump's victory, it might also be slightly reassuring to remember that some state governments will not buy the Republican Party's backwards policies.

At the Baku COP29, the ecological follow-up on the Conference of Paris guidelines, Canada's Environment Minister Steven Guilbault was soon joined by representatives of the California and Washington state governments, who promptly told him that energy transition means will keep progressing, despite Donald Trump.

The same was expressed by mayors of some important American cities, who are dealing on a daily basis by the effects of climate change, like floods, coastal erosion, drought, air quality problems and health issues deriving from plummeting ecological ecosystems.

The COP29 exercise, which was underway as the SPEC was reaching its deadline, also represents a leadership test for the rest of the world. The first victory of Donald Trump in 2016 was a surprise and most people didn't know how to deal with him. Truth be told, the man hardly knew how to deal with his new position as well!

Now, although Donald Trump will remain the champion of the unexpected, other world leaders know him better. The progressive leaders among that bunch now have the responsibility of working together and coming up with decent solutions to counter the extravagant policies the American president will implement.

Disappointment and apathy cannot last forever. The United States have adopted backward policies before Trump and also after, by the way. Joe Biden's administration, despite enforcing promising energy transition measures, kept drilling for oil as much as other previous governments.

Future United States governments will likely never make inspired environmental moves until their major cities located along the oceans get flooded. Economic orientations south of the border will, unfortunately, change only once New York's Wall Street gets under water for more than the duration of a tide.

By then, it will be hard to reverse the tendency of climate change. However, elsewhere on the planet, nothing prevents numerous decision-makers from acting swiftly, whether Donald Trump leads the American government or not.

THANKS to Our Readers!
Your subscription helps support the future of journalism.



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

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

(Taxes included)
1-year (paper or digital): \$50
6-months (paper or digital): \$29
Outside Canada:
1-year paper to United States
\$175, International \$370

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



Publisher:
Penny MacWhirter



News Editor:
Gilles Gagné



Circulation/Office Manager:
Holly Smith



Office Assistant:
Jillian O'Connell

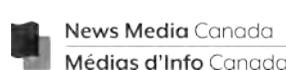


Sales Rep.:
Meaghan Hottot

JOURNALISTS: Nelson Sergerie and Cynthia Dow

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

BOARD OF DIRECTORS:
Elaine Sexton
Fred Kirch
Hayden Sams
Bonita Annett
Greg Leblanc
Steven Parent
Patricia Ste-Croix
Annett



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

Class action against MTQ in Sunny Bank: Negotiations are progressing with MTQ

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Negotiations are continuing between lawyers for the two parties involved in a class action lawsuit related to the 2010 flooding in the Sunny Bank neighbourhood of Gaspé.

The law firm Sylvestre Painchaud, which represents the members of the class action lawsuit, states that although the case has moved slowly in recent months, it is progressing.

"Many subjects moved along with the lawyers from the ministry over the past few months. We are now finalizing the details of the claims process so that members of the class action can be compensated for the damages they suffered during the flood. We will get back to you soon with more info on that," stated the firm to the class action members in a memo that was obtained by the SPEC. "In



Photo: Court Archives

Sunny Bank neighbourhood in December 2010.

addition, a hearing was held on November 7 where the agreement between the parties about the installation of measurement stations for water levels and flow rates, fees for our experts for their work since the 2022 judgment and setting the next steps for the case, were debated, also mentions the law firm in a statement.

In June 2022, the Sunny Bank Flood Committee won a class action against the Min-

istry of Transport (MTQ), and the court ordered it to carry out corrective work to maintain an adequate level of service for a flow of 600 cubic meters/second over the next six years and to build a river flow measurement station within two years.

The ministry had already committed during the court proceedings to carry out work worth some \$8 million on Road 198 to improve the situation within six years. In a proj-

ect notice, the ministry is aiming, in particular, to replace the bridge with a current opening of 11 metres with a bridge with a 60-metre opening as well as the digging and widening of a secondary arm of the York River over 200 metres long and 54 metres wide upstream of the planned bridge.

Widening of the road embankments over 300 metres in a water environment is also planned due to the raising of the road by 0.5 metres and the re-profiling of a ditch over 400 metres along the east of the intersection of rue de Sunny Bank and Road 198.

A 70-metre long ditch and the construction of a new culvert with a six-metre opening are also in the plans in addition to the replacement of four other culverts.

In its notice, the MTQ also proposes three other solutions as part of the impact study. The first is the complete removal of all road embankments and the relocation of the road four kilometres further upstream in a less dynamic part of the York River.

The second is the complete removal of all road embankments and the construction of a multi-span bridge.

It is the last scenario that could have a considerable impact: the expropriation of all citizens in a flood zone.

In the preliminary schedule for the project, the environmental impact study, a BAPE (public hearings), and obtaining the environmental decree should be done by the fall of 2027.

The environmental impact study is the first milestone in the process.

Subsequently, the preliminary design study concomitant with the environmental impact

study should be ready in spring 2028.

The final preliminary design study should be delivered in spring 2029. Then the plans and specifications will follow to free up the rights-of-way between spring 2029 and spring 2032, and finally obtain the final authorizations in spring 2033.

The tendering and contract awarding process would take place in spring 2033 for construction between summer 2033 and fall 2034.

The ministry has indicated that the work schedule could extend into 2035.

Background

Between the judgment rendered in June 2022 and the final work schedule, at least 12 years will have elapsed.

During the period from December 13 to 15, 2010, Gaspé received 246 millimetres of rain.

The road rebuilt in 1977 that connects the Sunny Bank and Wakeham sectors slows the flow of the York River. Before, it was a road at water level and when it overflowed, the river invaded the roadway.

Raised by 1.5 metres in 1952, it was determined that the road partially blocked the flow of the river.

In 1977, the road was raised by an additional two metres, making water assessment even more difficult.

The 2010 flood was the straw that broke the camel's back. The citizens filed their appeal in 2013 and the court allowed it in 2015.

Since its reconstruction in 1977, floods have occurred in 1977, 1980, twice in 1981, 1983, 1997, 1998, 2004, 2009, 2010, 2011 and 2017.

Gespeg elders demand new election

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

GASPÉ - Elders of the Micmac Nation of Gespeg are launching a petition in an attempt to invalidate the results of the September election.

"This initiative is based on the fact that the notice of nomination and voting for the September 2024 election was sent only by email to voting members and not by mail, as is the custom in our community. Consequently, members who did not have an email address did not receive the election notice," the elders stated in a press release.

"Similarly, those living outside the community, who nevertheless learned of the upcoming election, were not given enough time to submit a request to vote by mail," the note continues.

According to the elders, this way of communicating has caused "serious harm to our population by depriving a large part of it, of exercising its right to vote in the election of the Micmac Nation of Gespeg".

The note goes on to indicate that it wants to wait for all the comments, clarifications and instructions from all the members of the Nation before answering questions.

For the moment, the Circle of Elders is not granting interviews, but emphasizes that it will hold a press conference. "Once due diligence on all the families of the Gespeg First Nation has been carried out," concludes the press release.

On November 1, the electoral officer swore in Céline Cassivi as chief of the Micmac Nation of Gespeg, after she finished third in the September election.

The appointment came after the resignation of Yan Tapp on October 24. Yan Tapp was elected chief on September 27 after a series of events following the September 8 election.

Initially, Mark Sinnett had 144 votes, Yan Tapp had 143, and Céline Cassivi obtained 122 votes.

After three recounts, a tie of 143 votes persisted between Mr. Sinnett and Mr. Tapp.

The Nation's Electoral Code provides that in the event of a tie, the winner is to be determined by a draw.

After Mark Sinnett's withdrawal, Mr. Tapp was appointed chief.



COMMISSION SCOLAIRE EASTERN SHORES EASTERN SHORES SCHOOL BOARD

PUBLIC NOTICE is hereby given to electors of the Eastern Shores School Board by June Main, returning officer, that the following candidate has been elected without opposition to the position mentioned below:

POSITION	WARD	CANDIDATE'S NAME
Commissioner	3	Julie McWhirter

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

Given in New Carlisle, Québec, November 13, 2024

June Main
Returning officer



VILLAGE
Real Estate Agency

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

**Friendly bilingual service
from Matapedia to Port Daniel
24 years experience**

Chandler has a better image in Quebec, according to its mayor

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

CHANDLER - Quebec's perception of Chandler has improved, according to Mayor Gilles Daraïche, who set himself the goal of enhancing his town's image when he was elected mayor in November 2021.

When he took office, he recalls that the climate was not healthy in the town and the council was grappling with quarrels and citizens criticized the elected officials who were in office. Now, he notes, the meetings are much calmer. At the last meeting at the beginning of the month, no citizens attended, nor were any questions submitted in advance from the public.

The newfound tranquility is being felt everywhere as contacts are easier with developers and the Quebec government.

"We didn't have calls or invitations from government officials. Now, it's their offices that call me to meet me, which was not the case before. We are very happy that the connection was made like this," notes Mr. Daraïche.

Although he stated so in July, Gilles Daraïche reiterates

that he will be a candidate for mayor in November 2025. There was some doubt after following a few incidents of intimidation. "After the last incident, nothing more happened. I think people understood that threatening me was useless. I work for the people's interest," says the mayor.

The vast project to revive Chandler Wharf is progressing well, with the mayor envisioning construction as early as 2026. After failing to secure commercial clients, including McInnis Cement, the Town has developed a recreational tourism project.

Recently, senior officials from Transport Canada came to see the infrastructure which was closed in 2016 due to its deteriorated state.

They walked on the wharf with the mayor. "They were pleasantly surprised by the size of the infrastructure and the potential of the site. They even asked us to prepare a business plan and were excited about it. We are optimistic," says Mr. Daraïche, noting that this is the first time the federal government has shown such optimism. "This is the first time we have gone so far to see something happen on the wharf. I

predict that in late 2025 or early 2026, there will be work on the Chandler wharf," he says.

The Town of Chandler also has plans to revitalize the entire area between the wharf and the marina to make it welcoming. An estimated \$60 million will be needed to refurbish the wharf before transferring it to the Town.

Housing

This wind of optimism extends to housing development, as Chandler, like many other towns, is experiencing a severe shortage of apartments. Several construction projects are underway. The mayor notes that they are aware of the shortage and developers are embarking on projects. "There are private lots that are being sold and developers are buying to build. There are two that are under construction: a four-unit and a two-unit. This developer made an offer to buy three other lots to build on. There is another who bought a lot to build three apartments," says the mayor. Over the next year, approximately 60 apartments could be added, including the 48-unit Han Logements project



Chandler Mayor Gilles Daraïche

Photo: N. Sergerie

and perhaps more, believes the elected official.

Swimming Pool

The swimming pool at Mgr Sévigny School in Chandler, which also serves as a municipal swimming pool, will undergo a major makeover starting in January.

The René-Lévesque School Services Centre is planning renovations to several areas, including the pool changing rooms and access to the sports complex, gymnasiums and the swimming pool. To avoid interfering with the tendering

process, the centre has kept the project's cost under wraps. The schedule calls for work to begin in January 2025 and end in August of that same year. The pool will be closed during the construction period.

With no alternative nearby, the mayor acknowledges the inconvenience. "We definitely can't send our residents to Gaspé. It would be too far away. That means we have to suspend activities for the duration of the work," says the mayor. To ensure lifeguards remain trained, the town is arranging special sessions to avoid losing staff.

MUNICIPAL COMMISSION: Council overturns Percé Mayor's veto

NELSON SERGERIE
LOCAL JOURNALISM INITIATIVE

PERCÉ - The mayor of Percé saw his veto of a resolution passed on November 5 overturned during a special meeting on November 13. The resolution appealed directly to the Minister of Municipal Affairs following the refusal of the Commission municipale du Québec (CMQ) to meet with elected representatives, the town and citizens to explain the damning report tabled last July.

Mayor of Percé Daniel Leboeuf cited procedural and substantive reasons for imposing his veto.

"There were a lot of complaints against the investigators of the Municipal Commission who did not want to listen to us. I find that it is not respectful of the officers of the law who enforce the law on municipal integrity," says the mayor, using the example of a police officer who issues a ticket for an infraction.

"Basically, asking a minister to intervene with one of her officers to call him to order is not something we do at a municipal council meeting. We do not tell our municipal inspectors to redo their work if they refuse a building permit that they deem improper according to the regulations," illustrated the mayor.

The council rejected the mayor's veto by a vote of seven to one, a decision applauded by the handful of people who attended the special meeting.

"I affirm my decision that I made to vote to transmit the letter. I affirm my solidarity with the citizens and members of the council who also want to obtain more explanation," mentioned councillor Michel Rail. "We were told that we had not done our job and in addition, the director general of the time, Jean-François Coderre, was treated as incompetent. They do not want to meet with citizens and mer-



Percé Mayor Daniel Leboeuf.

Photo: N. Sergerie

chants. We, as councillors, work for citizens and merchants," adds the pro-mayor, Doris Réhel.

Only councillor Allyson Cahill-Vibert voted against the mayor's veto, without expressing her point of view.

As a result, the resolution was therefore maintained.

"I would still like my dissent to be recorded in the minutes, given my veto," the

mayor insisted on mentioning at the end of the debate.

On October 8, the president of the CMQ, Jean-Philippe Marois, sent a letter rejecting the town's request for clarification on several elements, particularly the accountability that had never been declared.

Director Michel Fréchette stated that the report mentioned the effects, without mentioning the cause, which is what the

town wanted to find out in a request sent on October 1.

In a report released in July, the Direction des enquêtes et des poursuites en intégrité municipale (DEPIM) concluded, under 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 town council, it does not seem to realize the extent of the situation or show any desire to correct it," according to 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 address the problem. The report is expected to be submitted to the Minister within the month.

Funding Campaign for Palliative Care Home launches with \$3.2M head start

GILLES GAGNÉ

CARLETON - The team at the Baie-des-Chaleurs Palliative Care Home launched its very first major fundraising campaign on November 14 with a strong lead of \$3.2 million already secured, which represents two-thirds of the total goal of \$5 million.

The project is intended to provide Gaspésians with their first palliative care home in the region. Northern Quebec is the only other region without a palliative care home.

The results of the first leg of the fundraising campaign were announced on November 14 in Carleton.

The honorary godmother of the fundraising campaign, Geneviève Fortier, a Maria native who is the chief executive officer of Promutuel Assurance in Montreal, is very proud of the results reached by the fundraising committee.

"Every major fundraising campaign starts with a silent campaign, as a test. (...) Tonight, I am convinced that we will build our palliative care home and that it should be before 2027," she said



Photo: G. Gagné

Michel Bond, Fanny Bernard, Marie-Thérèse Dugas, François Arsenault, Margaret-Ann Cooke, Sylvain Langis, Geneviève Nadeau, Simon Prévost and Patrick Cyr in the front row, as well as Ken Henry, Glenn LeGrand, Dany Lepage, Geneviève Fortier, Renée-Claude Maltais and Marco Audet in the back row contributed heavily, as board members or funding committee participants, to raising \$3.2 million for the palliative care home.

after releasing the amount of \$3.2 million.

Ms. Fortier believes the remaining \$1.8 million is feasible over the next 12 months. "I have to say that I have never seen such mobilization of a region during a fundraiser," added Geneviève Fortier. Her parents still reside in Maria, and she visits four times yearly, she specifies.

Ken Henry, director of

Desjardins' Centre de services aux entreprises, who is another very active member of the fundraising campaign, added "Ideally, we will have amassed the money before 2028, the original timeframe. The sooner we raise the money, the easier it will be to start building the home."

The palliative care home will feature six rooms for patients who need such services for three months or less. The

service will be provided for free. Quebec's Ministry of Health will likely provide some funding for the operation but the community's share of that funding could still hover around \$200,000 yearly.

Dr. Simon Prévost, who presides over the Palliative Care Home's board and who cycled from Nunavut to New Richmond to raise money for it, hopes that the house will

open before 2027 or 2028.

"On paper, we imagined that we could open in 2027 but I secretly hope for 2026," he points out.

"We have our eyes set on a piece of land located near the (Black Cape) rest area. It is situated on agricultural land and zoned as such. We have a lot of hope regarding that location and we think we can achieve it there," says Simon Prévost.

The MRC of Bonaventure is supporting the request made by the property owner to have the Commission de protection du territoire agricole rezone the land, which is precisely located across the road from the rest area, along Highway 132

Although the Ministry of Health and Social Services is committed to financing part of the costs of care on a recurring basis from the reception of the first residents, initial financing from the private sector in the context of a campaign is crucial to launch the project: acquisition of land, construction, equipment, furnishings, as well as operating costs for the first two years.

A Lebanese man living in the Gaspésie is asking the federal government to crack down on Israel

NELSON SERGERIE

GASPÉ - Lebanese by origin, Thierry Haroun, a citizen of Percé, is calling on the Canadian government to take a proactive stance in the ongoing conflict between Israel, Hezbollah and Hamas. He is advocating for an economic embargo by Canada on Israel.

"I want to make a heartfelt appeal for the Lebanese, but also for the Palestinians in light of what is happening in Gaza and Beirut. I am also thinking of the Palestinian brothers and sisters who are suffering from Israel's actions," says Haroun, a journalist born in Beirut. He was a stringer for the SPEC over several years, until 2019.

"I agree with eliminating all forms of terrorism, all forms of war, but Israel is ignoring international conventions. There are deaths of UN (United Nations) workers. It is closing newsrooms. He asks the Interim Force in Lebanon to



Photo: N. Sergerie

Thierry Haroun is asking the federal government to act against Israel.

leave. He calls the UN Secretary General, Antonio Guterres, persona non grata," Mr. Haroun continues.

"Benjamin Netanyahu says that the UN is the house of great darkness, a swamp of anti-Semitism. He refuses any ceasefire. He refuses a Pales-

tinian state. He ignores the Geneva Conventions. He blocks food to Gaza. He targets hospitals. He accuses the United Nations Relief and Works Agency (UNRWA), in the Middle East, of being infiltrated by terrorists. Stop him, someone. If Israel is not a ter-

rorist state led by the religious ultra-right, I don't know what is," mentions the citizen of Lebanese origin.

"We need an embargo. That's the only way Israel will understand," he believes. He opines that Western countries must stop releasing the tape to the effect that we need two states: Palestine and Israel with a ceasefire.

"We are walking on our heads! It doesn't work anymore," he says. In his analysis, he describes the speeches of the United States representative to the UN, "as if these communications were written by Israel," reporting that there were 42,000 deaths in Gaza, including 18,000 children.

"We can't hide behind speeches of breathtaking mawkishness. We have to tell ourselves the truth: Netanyahu is a warmonger," he explains. "What we are looking for is peace. This is a cry from the heart that I am making," says

Mr. Haroun, who says he agrees to eliminate the terrorists, but not at the cost of civilians.

He quotes French President Emmanuel Macron: "If it's to wage a war until all of Hamas is completely destroyed, we'll need 10 years. So what do we do?" he asks.

"I'm trying to do my little part as a Lebanese. I wanted to bring my little voice to these people who are asking for peace around the world," concludes Thierry Haroun.

On October 7, 2023, Hamas launched a series of terrorist attacks on Israeli territory.

From dawn, the Palestinian organization, classified as terrorist by Western countries, thwarted the security of the Hebrew state and surprised it with deadly incursions by land, air and even sea. On that day alone, 1,189 people were killed - including 815 civilians - 7,500 were injured and 251 were taken hostage.

Remembrance Day *Tribute*

In Gaspé, Jacques Plourde remembers

NELSON SERGERIE

GASPÉ - Jacques Plourde, a 100-year-old World War II veteran from Rivière-au-Renard, attended the Remembrance Day ceremony in Gaspé.

One of the last surviving veterans of WWII, Mr. Plourde believes it is essential to honour this day. "Of course it's important. Maybe 50 years ago, I might not have thought that but we have to give more importance to it," says the veteran.

Jacques Plourde served in the merchant navy, transporting fuel for Allied ships through German submarines between Boston and Newfoundland.

Gaspé was a major point in America during the conflict. He shares an anecdote.

"The (future) Queen of England would have said that if things got too tough in England, she was coming to Gaspé. That hasn't been mentioned too much," he maintains.

Three years ago, he participated in the ceremonial puck drop at the Bell Centre in Montreal to highlight his military achievements. He received four medals for his service following the War.



At least 200 people attended the Remembrance Day ceremony in Gaspé, braving rain showers.

Photos: N. Sergerie



Cadets formed a guard of honour during the laying of wreaths at the Veterans' Memorial in Gaspé.

November 8: National Indigenous Veterans' Day

SHANNON GEDEON

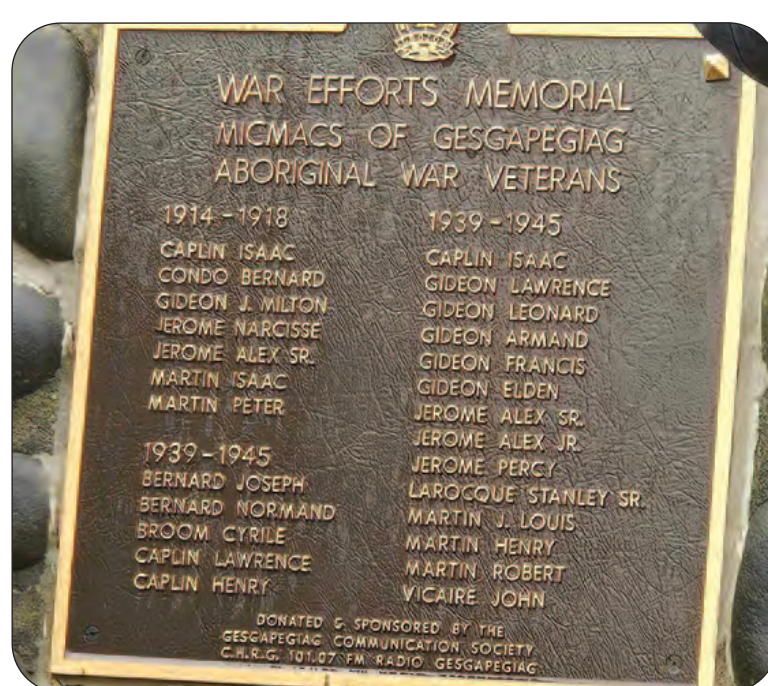
GESGAPEGIAG - Wejgwapniag students, along with Mr. William Jerome, honoured Mi'gmaq veterans from Gesgapegiag, many of whom did not return home.

A minute of silence was observed, followed by traditional drumming, and the Honour song was sung.

An offering of sweetgrass was placed, and the picture wreaths shown in the photo were made by the grade 1-2 students.



Photos: S. Gedeon



Remembrance Day Tribute



Remembrance Day attended by impressive crowd despite poor weather

GILLES GAGNÉ

NEW RICHMOND – Remembrance Day was attended by a crowd of over 100 people on November 11 at the New Richmond cenotaph. Up to 86 wreaths were laid by family members of veterans, various organizations, municipalities and businesses.

General Marc Parent, originally from Maria, where his family still lives, made the trip from Ottawa to attend the New Richmond ceremony, “a solemn day, a day of reflection, gratitude and remembrance,” he described.

“Each name etched on our memorials represents a life dedicated to a cause greater than oneself. Each story, one of

bravery, sacrifice and unwavering commitment to the ideals we hold dear. These stories are just of warfighters/peacekeepers, but of husbands, wives, brothers, sisters, friends and neighbours. They are the fabric of our communities and the guardians of our values,” added general Parent, who regularly meets Gaspesians enrolled in the Canadian Armed Forces.

The New Richmond ceremony was held under steady rain. Former Chaleur Bay Legion president and district commander James Martin, who is always around when something needs to be organized, was pleased by the turnout and the resilience of the attendees.

“I was happy to see that nobody left, nobody moved, despite the rain, young and old. In some places, they hold cere-

monies inside. I don’t like inside ceremonies. I was in the service for 25 years and I saw tough conditions. It is nice to

see people making that effort to stay outside during the ceremony,” pointed out Mr. Martin after the gathering.



William Jerome, James Martin, Lenny Willett and Denise Dugas pay attention to general Marc Parent’s speech.

Photos: G. Gagné



Gesgapegiag’s veteran William Jerome, a very active member of the area’s, salutes the cenotaph after laying his wreath.



Cranston Campbell watches his granddaughter Ellayna Campbell-Knowles as she lays the family wreath. In May, Ellayna, who studies in Bathurst, went to France with her school to attend ceremonies marking the 80th anniversary of the 1944 operation that freed that country.

DEJA VU OPTICS

Had your exam at another Clinic? **NO PROBLEM!**
Deja Vu can access your prescription! **FREE!!**

VARILUX
Premium Progressive Lenses

\$ 399

SAVE 50% on each additional pair
See our staff about details and how you can save more!

City Centre Mall, Campbellton, NB **506-753-6000**
157 Water St, Campbellton, NB dejavuoptics.com

Nobody Covers Local News Like We Do

The latest local news, events and advertising. we deliver trusted and reliable local and regional coverage you can count on.

Not a Subscriber?
Get 50 issues for \$50

thegaspespec.com
418-752-5400

Remembrance Day *Tribute*

Remembrance Day Ceremony at the New Carlisle Cenotaph: A Community Pays Tribute

HOLLY SMITH

NEW CARLISLE - The New Carlisle Cenotaph was the site of a heartfelt Remembrance Day ceremony on November 11, where over 200 people gathered to honour the lives lost in service to Canada. Despite the steady rain, the community turned out to pay their respects, proving the weather could not diminish the solemn significance of the day.

“The Legion is always impressed by the incredible support received from the community,” says Tammy Chatterton, President of the New Carlisle Legion. “This year the weather did not cooperate but, nonetheless, the

sense of pride was in full swing.”

The ceremony began with a moment of silence as rain drizzled over the crowd. Many stood under umbrellas, some without, as they quietly paid tribute to the sacrifices made by those who served.

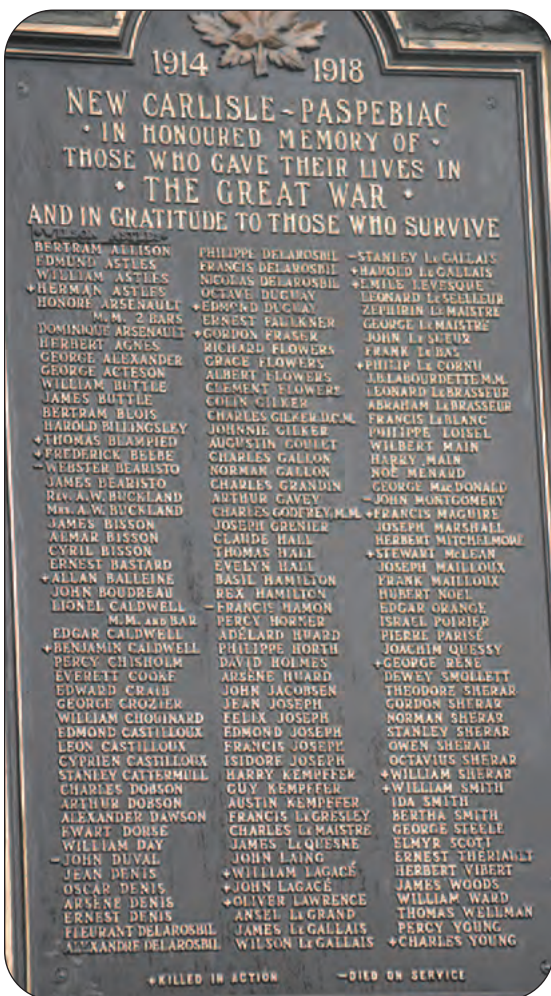
Among those in attendance were family members of soldiers, local businesses, municipal representatives, as well as staff and students from Shigawake Port Daniel School (SPDS) and New Carlisle High School (NCHS). The ceremony provided students with an opportunity to understand the sacrifices made by veterans and remind them of the importance of keeping those memories

alive for future generations. Many in attendance laid wreaths and for those who couldn't place a wreath themselves, members of the Royal Canadian Legion took on the task.

“The Legion is a building that supports many social clubs and social activities. We are an

open space to share resources and host productive partnerships. Our walls are filled with past and present memories,” states Ms. Chatterton. “We provide support to veterans and their families when possible,” she adds.

In New Carlisle, Remembrance Day remains a powerful and moving occasion. For those who attended, it was a moment to pause, reflect, and express gratitude to those who gave everything for the freedoms we enjoy today.



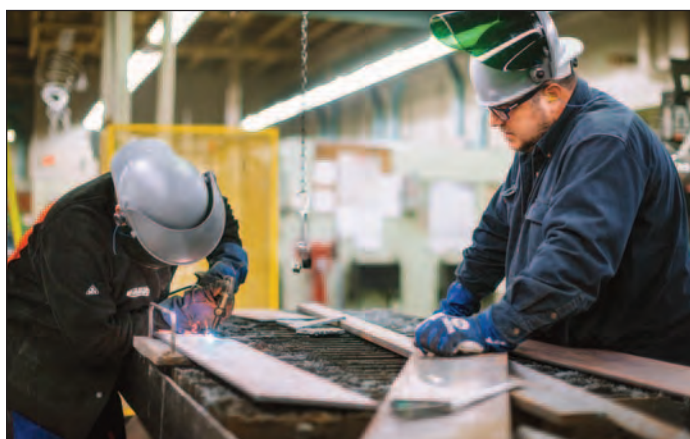
Photos: H. Smith



Chief Warrant Officer Harvey Flowers explains to attendees the significance of each medal he wears.



Crystal Element with the 2005 year of the veteran flag; Carissa Billingsley, Canadian flag; Emma Aspirot, Branch 64 legion flag; Brody Ward, Union Jack flag; Amanda Renouf, Ladies Auxiliary flag; Earl Gallon, Quebec flag; and Dean Flowers, Sergeant-at-Arms of the Legion.



WELDING AND FITTING

COURSE STARTS JANUARY 2025

Do you:

- Have good shape perception?
- Enjoy physical and manual tasks?
- Have good visual acuity, dexterity and good execution precision?
- Have excellent powers of observation?

If so, WELDING is for you!



SCAN ME

Register by January 2025

100% placement rate

FREE residence



Centre de formation DE LA CÔTE-DE-GASPÉ

THEGASPESPEC.COM

Shaina Hayes to perform at New Richmond concert hall

GILLES GAGNÉ

NEW RICHMOND – Shigawake's Shaina Hayes will be performing at the New Richmond concert hall on Wednesday, November 27, at 8 p.m. SPEC asked her a few questions about a year that has so far been very good to her, a year full of success.

Shaina, I first saw you at the New Carlisle Homecoming, in July 2009, as you were singing on the tennis court with your brother Nathan, who was playing the guitar and singing as well. You were already confident on a stage. How many years had you been singing at the time, before 2009? Wow - blast from the past! At that point I would have been one year into my Music DEC at Vanier, so, let's say one year.

What genre was your favourite one when you first started to sing publicly and where did you sing publicly for the first time? When I was that age, I was mostly into Indie rock and pop music - the likes of Fiona Apple, Regina Spektor, Kate Nash, Patrick Watson. I was studying jazz though, and that definitely made its way into my expression and, not long after CEGEP, I played in a country blues cover band.

You have added music genres to your repertoire over the years, as you sang with

Thanya Iyer, Patrick Watson, the Barr Brothers and many other people. Does it require a lot of work to adapt to other genres or does it come naturally, out of enthusiasm, or talent? As a singer, I feel like it is pretty easy for me to adapt. I tend to usually sing in a way that best suits my own voice and tone, rather than catering to the genre anyway. I think that the instrumentation and arrangements are usually what really contributes to the overall song taking on a seemingly different genre.

In Shigawake, your show was featured on the main stage, with a full band, on one of the two main nights, although it was far from your first appearance on the main stage on Friday or Saturday night. How did you feel about that first presence with the full band, about being associated with other "big names" (Patrick Watson, Martha Wainwright, Marie-Pierre Arthur and so many more)? It was very special to have the 8 p.m. slot on Saturday! And equally nice to see such a great turnout. I have so much respect for the "big names" you mentioned. Being able to watch them perform on the main stage year after year has definitely had a huge inspiration for me. I feel honoured and grateful to have had that opportunity!

You performed twice in the Gaspé Peninsula since the beginning of 2024, at Carleton's



Shaina Hayes performed earlier this year in the Gaspé Peninsula, like in June at BleuBleu in Carleton, but her set was much shorter.

Photo: G. Gagné

BleuBleu in June and, as usual, at the Shigawake Agricultural Fair and Music Festival in August. What can people expect in New Richmond on November 27th? Have you changed the lineup of your show, or some arrangements? Will you still perform with a full band? The show in New Richmond will actually be our full-length performance. The other two Gaspésie shows that we played this summer were only a small selection of the songs that we play during the full show and, yes, we will have the full band, which now includes pianist and singer Lysandre Ménard, so we will be 5 on stage! Having the extra keyboards and vocals adds so much to the performance. I am excited for folks to hear it.

You were nominated for an ADISQ award for the first time this year. How did/do you feel about it? It was such

an honour to be nominated as Anglophone Artist of the Year at l'ADISQ this year. As an anglophone Quebecer, it means a lot to have my work recognized and appreciated by the organization. It was surreal to share the category with Charlotte Cardin (who obviously won it), Half Moon Run and Elisapie (among others). It was only two years ago that I was opening for Half Moon Run and at the beginning of 2024 for Elisapie, so it was a big surprise to receive

the nomination alongside them.

A light one for the end: do you still produce and sell honey after your shows when you run out of CDs? Alas, we have run out of honey, but we will be bringing a brand new batch of hot sauce (made with ingredients from my farm)! This Gaspésie tour will be the first time that we make them available. We've also got some other fun new merch prepared especially for this tour...

Beau Dommage to headline Festival en chanson de Petite-Vallée

Nelson Sergerie

PETITE-VALLÉE - The members of the legendary Quebec band, Beau Dommage, will be the featured artists for the 42nd edition of the Festival en chanson de Petite-Vallée, which is returning to its usual dates, from June 25 to July 5.

"It's about nostalgia, drawing on the past to look to the future, because we'll be saying that the year we opened the new theatre, 'Hey, Beau Dommage was there!'" says General and Artistic Director Alan Côté.

The festival will take place in the new theatre after advancements and a series of pitfalls following the fire that ravaged the old building in August 2017.

Convincing the artists was surprisingly easy, according to Mr. Côté. "I was even surprised that all seven of them came through. It's magnificent," he stated.

Beau Dommage has not performed in 15 years. Officially, they are not supposed so far to perform in Petite-Vallée. The year 2025 will also be the 50th anniversary of the band's first album, marking the history of Quebec music.

"We're going to find a fun way to reinterpret or reunite Beau Dommage on stage with the Petite école," assures Mr. Côté.

A special tribute show is planned for June 29. The Festival will announce the first shows for its 2025 program in the coming weeks. Over ten days, nearly 20,000 festival-goers descend on this village of 140 residents for an incredible musical experience.



Beau Dommage band members.

Photo: Pierre Mignot

Unemployment rate increased in October

Nelson Sergerie

GASPÉ - According to Statistics Canada, in October there were 1,900 fewer jobs in the Gaspé Peninsula and Magdalen Islands, raising the unemployment rate by 1% to 5.3%.

The federal agency reported 38,000 jobs in the region in October, down from 39,900 in September.

The full-time workforce decreased from 33,900 to 32,300 people, and the part-time workforce dropped from 6,000 to 5,600. Meanwhile, the number of unemployed individuals rose by 300 to reach 2,100.

The unemployment rate increase also reflects the withdrawal of 1,700 people from the labour market between September and October.

Despite these decreases in October, the region is still performing better than it was last year. In October 2023, there were 34,300 employed residents, including 29,700 full-time, and 3,300 unemployed. The unemployment rate was 8.8%.

INTIMATE CONCERT **LOW TICKETS ALERT**

SHAINA 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

Organizations launch Christmas basket campaign

PENNY MACWHIRTER
LOCAL JOURNALISM INITIATIVE

NEW CARLISLE: - The 2024 Guignolée, known to many as the Christmas basket fundraising campaign is underway in the St. Simeon to Port Daniel area. The campaign organized by the Collectif Aliment-Terre, Centre d'Action Bénévole Saint-Siméon/Port-Daniel, and Family Ties provides IGA gift cards to individuals and families who struggle with food security. "These gift cards will assist them in purchasing food during the Christmas holidays and alleviate financial pressure during this time of year," says Melissa Mercier, Food Security Coordinator.

The three organizations involved in the campaign are working together to raise awareness of the campaign, as well as collecting the necessary funds to help as many people as possible within in the territory served. The organizations also help applicants fill out application forms and distribute the cards.

The Christmas basket campaign is supported by funds raised in both the private and public sectors. "The funds are raised by the local population, businesses, organizations and municipalities' generous donations. Letters are sent to all the local businesses, organizations and municipalities asking for donations to support their communities with this endeavor," says Ms. Mercier



Photos: Courtesy of Family Ties

The general public can donate by scanning the above QR code or writing a cheque payable to Collectif Aliment-Terre that can be dropped off at one of the three organizations involved. An in-person collection will also take place on December 7 from 7 a.m. to 1 p.m. at key locations: Petro-Canada in St-Simeon, Irving in Bonaventure, Petro-Canada in New Carlisle, IGA/Tim Hortons in Paspébiac, and Depanneur PM in Port-Daniel.

How to apply

Until December 9, anyone having financial difficulties and struggle to meet their food security needs can apply.

"They do not need documentation or proof to fill out a form. Each household who wants to apply must fill out a form," says Ms. Mercier. The forms can be filled out by scanning the QR code, by clicking the link of the Family



To fill out an application form, please scan the corresponding QR code.

Ties Facebook page, by phoning, or in-person at one of the participating organizations. "The forms ask questions such as revenues and expenses, number of people in the household, number of children, etc. We would like to stress that all information will remain confidential," explains Ms. Mercier.

"The committee of course wants to help as many people as possible, but please note that only successful applicants will be contacted around December 11 to receive an IGA gift card to help them with their food security needs dur-

ing the Christmas holidays," says Ms. Mercier.

The number of IGA gift cards, which are not redeemable for alcohol and tobacco products given to households depends entirely on donations collected during the campaign, "Please be generous and donate. Any amount will help!" says Ms. Mercier.

The other areas of the Gaspé Peninsula also have similar campaigns, if you want more information about campaigns in your area, contact your local Community Volunteer Centre (CAB) or community organization.

Giant pumpkin inspires community competition

FAY GALLON

NEW CARLISLE - A 71-pound pumpkin, grown by local gardeners Lynden Bechervaise and James Flowers, was on display at CASA's reception during the week leading up to Halloween. The impressive pumpkin, grown from an Atlantic Giant seed and pollinated on July 16 by Juliana Bechervaise, has become a point of pride for Mr. Bechervaise.

The huge pumpkin, impressive for its size and artistic flair, has been beautifully decorated by local artist Iesha Bernard, transforming it into a unique work of art. Mr. Bechervaise's efforts have not only captured attention in New Carlisle but have also led to an exciting new community project for the future.



Looking Toward the Future: A Vegetable Competition for 2025

Inspired by the success of this year's pumpkin, Mr. Bechervaise has partnered with the New Carlisle Legion to organize a larger event: a community vegetable-growing competition to be held in October 2025. The competition will not only feature pumpkins but also include a variety of other vegetables, allowing local gardeners a chance to show off their skills in growing everything from giant tomatoes to oversized zucchinis, carrots, and more.

Growing vegetables can be fun and rewarding, and the competition will provide an opportunity for everyone to get their hands dirty and join in the fun. It's not just about the biggest pumpkin—it's about celebrating all the hard work and creativity that goes into

growing these amazing vegetables.

The event will be open to all members of the community, with specific categories for different types of produce, along with different categories for the largest, most unique, and most creatively grown vegetables. The New Carlisle Legion has already signed on as a partner for the event, and both Mr. Bechervaise and the Legion are excited to work together to bring this community tradition to life.

How to Get Involved

Details about the competition, including a full list of eligible vegetables and the official rules, will be announced in the coming months. As 2025 approaches, more information will be shared through local channels, encouraging participants to prepare their gardens for the upcoming challenge.



Photos: Courtesy of Fay Gallon

The giant pumpkin was on display at the CASA office.

"This is definitely something different we are trying but it's hard to say 'no' to Mr. Bechervaise and It's a great reminder of what can be accomplished through local collaboration and creativity and a perfect introduction to what's

sure to be a fun and exciting event in the fall of 2025," says Fay Gallon, New Carlisle Legion Executive Member.

Join the fun, start growing, and be part of New Carlisle's very own vegetable-growing competition next year!

Announcements



Obituary



TAPP: James Lorenzo

It is with profound sadness that we announce the passing of our dear brother Lonzo on November 2, 2024. He was born James Lorenzo Tapp on July 11, 1934, in Barachois, Quebec. He was predeceased by his parents James Tapp and Beatrice Lemieux, his brother Romeo and sisters Marcella, Edwina and Madonna. Lonzo was also predeceased by his wife Jean Kimmins and partner Flora Asselin. Left to mourn are his brother Wilton, his sisters Mill, Emma, Norma and Carmen along with many nieces, nephews and friends.

Lonzo worked for Kimberly Clark in Longlac, Ontario for over 25 years. There, he and his wife Jean volunteered for many community organizations. His favourite was a fishing derby that he sponsored for many years while Jean baked goods for all occasions.

After retirement, Lonzo and Jean moved back to Barachois where they continued to give back to their community. They joined the Barachois Legion and the Mountain View Golden Age where he spent many

years as president. Lonzo remained an active member of the Golden Age, generously giving his time even as recently as the October Harvest Supper.

Lonzo had a great love of music, playing guitar and singing. He played music greatly with many musicians from around Gaspé coast. Whether it was at a festival, church choir or community event, Lonzo enjoyed every minute and his presence will be greatly missed by those around him.

A funeral service will be held next summer in Barachois. Donation may be made to the Gaspé Cancer Foundation.



In Memory



ALMOND: Emily

November 22, 1937 - March 10, 2023

*Sometimes, I just have to stop,
Close my eyes and hug you.
Even if it's only in my mind,
It still feels good.*

Miss you Mom. We celebrate you on this day.
Your Loving Family.

*Deadline for this page is
Wednesday at 4 p.m*

Obituary - 150 words - \$50
150-250 words - \$55
250+ words - quote will be provided
In memory: 150 words - \$35
150-250 words - \$45
**Funeral, Celebration of Life,
Card of Thanks, Engagement,
Birth, Prayer, Birthday** - \$35
Wedding - \$55
*To add a picture with any of
the above: \$10 extra.*



**Four Generations
of Monument Craftsmen**

HIGHEST QUALITY - BEST PRICES

MONUMENTS, MARKERS, CEMETERY LETTERING,
LASER DESIGNS AND PORTRAITS

SALES REP:

Steven Imhoff

**418-752-6041
581-233-2101**

Covering Port Daniel to New Richmond

COAST ROUND-UP

COAST ROUND-UP: \$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.

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:

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 28: Do you have any artifacts, memorabilia, or anything that can

be showcased at the November 30, church celebration? Please contact Kathleen at 418-392-4896.

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: Cascapedia-St-Jules Legion Br. 172

November 24: Royal Canadian Legion Br. 172 will be holding a Veterans

Brunch from 8 a.m. till 11:30 a.m. At the community Centre 55 Gallagher, Cascapedia St Jules. Adults 15\$ children \$10. Please come out to support our Legion.

CASCAPEDIA-ST-JULES: Book Room

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

CASCAPEDIA-ST-JULES: 50+ Club

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

**UNITED CHURCH
HOPE TOWN
November 24
2 p.m. Service**

UNITED CHURCH NEW RICHMOND

November 24
10 a.m. Service

ANGLICAN CHURCH OF CANADA

Sunday, November 24

New Carlisle
9 a.m. Holy Eucharist
Port Daniel
11 a.m. Holy Eucharist

PARISH OF GASPÉ

Sunday, November 24

St. Andrew's - York
10 a.m. Holy Eucharist

Worship Wednesday
10 a.m. St Paul's

a lot of money to re-evaluate this (Amiral) equipment. It's going to be part of the scenarios we're going to study this winter. We're lucky, it (the Amiral train) is in New Richmond. We have a company that's capable of doing that (repairing it, Rail GD). When we know more about what needs to be done on it and the direction we're going to take with the project, we'll be able to come back and explain it further," stresses Éric Dubé.

"We're giving ourselves time," he concludes.

AllEarth Rail equipment in good shape

The AllEarth Rail automotive cars were refurbished in Montreal at the beginning of the 2000s and have been kept inside a warehouse since that time.

Luc Lévesque, the SCFG's director general, saw the machines in 2023 and affirmed that the equipment is in a very good state. Their refurbishment at the beginning of the 2000s was thorough, as the wiring and the mechanics were upgraded.

The purchase option involves 12 Budd cars.

The Amiral train consists of four passenger cars and two power-generating cars. The locomotive of that train was returned to New Richmond seven years ago and assigned to the SCFG freight trains.

Having been vandalized on occasion, the five units, namely four passenger cars and one of the power generating cars, were transported from Gaspé to New Richmond at the end of May 2024. They had remained stranded in Gaspé since 2014, when the line was put in a dormant state in March 2015 by then Quebec Transport Minister Robert Poëti. A rockslide between Port Daniel and Gascos also contributed to leaving the cars in Gaspé.

Transports Québec, which acquired the Matapedia to Gaspé line between March and May 2015, waited until May 2017 before announcing that the whole line would be upgraded.

In March 2015, Minister Poëti offered the mayors of Rocher-Percé MRC the possibility of dismantling the line and turning it into a cycling trail, which was refused.

(With contribution from Gilles Gagné)

HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, put aside any errant musings and give important tasks your utmost attention this week. Energy is better spent on others, so keep this in mind when you get busy.

TAURUS – Apr 21/May 21

Taurus, your coworkers are all excited and fussing over a new development. Maintain an even keel as you assess the situation. You can be curious, but be guarded as well.

GEMINI – May 22/June 21

Gemini, your love life is in a really good place this week, which enables you to spend some quality time with your special someone. A romantic dinner sounds like a good plan.

CANCER – June 22/July 22

Your partner is the most important person in your life right now, Cancer. So much so that this week every bit of your attention will be focused his or her way.

LEO – July 23/Aug 23

Leo, money could be burning a hole in your pocket, so you might want to go on a spending spree. Keep in mind that there are a few big-ticket purchases waiting in the wings.

VIRGO – Aug 24/Sept 22

You don't always have to be decisive, Virgo. Sometimes you can kick back and let someone else make decisions for a change. This is a great way to rest and recharge.

LIBRA – Sept 23/Oct 23

A few jobs need to get done, Libra. But af-

terwards you should have plenty of time for some social interaction, whether that be attending a party or simply enjoying a night out.

SCORPIO – Oct 24/Nov 22

Scorpio, think about the things you want instead of what other people want. It's alright to be a little selfish once in a while and put yourself first for a change.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, you could have fun this week and so may all the other people around you simply for being in your presence. This situation will continue in the days ahead.

CAPRICORN – Dec 22/Jan 20

Capricorn, the next challenge on your list could be a big one. But if there is anyone who can handle the pressure, it is you. Don't be afraid to call on friends if you need them.

AQUARIUS – Jan 21/Feb 18

Aquarius, go out into the world and try a few new things. Your social energy and curiosity might peak this week, and you'll need new experiences to feel satisfied.

PISCES – Feb 19/Mar 20

Your finances might need an overhaul, Pisces. This could mean taking a new job or expanding what you're doing to earn more. Start putting out feelers to gain information.

FAMOUS BIRTHDAYS

- NOVEMBER 17 Danny Devito, Actor (80)
- NOVEMBER 18 Owen Wilson, Actor (56)
- NOVEMBER 19 Calvin Klein, Designer (82)
- NOVEMBER 20 Jeremy Jordan, Actor (40)
- NOVEMBER 21 Carly Rae Jepsen, Singer (39)
- NOVEMBER 22 Hailey Bieber, Model (28)
- NOVEMBER 23 Miley Cyrus, Singer (32)



Business & Professional DIRECTORY

Grenier, Grenier & Grenier
LAWYERS

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

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

To reach the anglophone population of the Gaspé Peninsula, advertise in

The Gaspé Spec!
418-752-5400
specs@globetrotter.net

GAËL TREMBLAY
Notary and legal counsel

TREMBLAY & BARRIAULT, NOTAIRES INC.
1198 Perron Blvd West
New Richmond, (Québec) G0C 2B0
Tel.: (418) 392-5282
Fax: (418) 392-6155
E-mail: gaeltremblay@notarius.net

Notaries and legal counsel

FULLY BILINGUAL SERVICE

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

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

foragemoreaumercier@gmail.com

OHMEGA
Going beyond and reliable since 1982

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

Electricity - Plumbing
Automation
Industrial computing
Counter sales

Dr. Pascal Cyr
Optometrist

Dr. Stacey Starrak
Optometrist

CLINIQUE D'OPTOMÉTRIE L'ÉMERILLON

LENSES CRAFTED ON THE PREMISES

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

BILINGUAL SERVICE

MEMBER OF

Canada's Largest Network of Optometrists

Living *With* Diabetes



PENNY MACWHIRTER-
LOCAL JOURNALISM INITIATIVE

HOPE TOWN - On March 4, 2021, when Emma Burton was only 8 years old she was diagnosed with Type 1 diabetes leaving the family in shock. Emma's mother, Pamela Ross says that although she was in shock she was relieved to finally have answers. Prior to her diagnosis Emma was quite sick and had lost a significant amount of weight.

Like many people with diabetes, the treatment Emma has received has evolved since being diagnosed. "I started out having to eat a specific number of carbs (60) at each meal. Then moved to ratios (that were different depending on the time of day). The first year I was MDI (multiple daily injections). After that I

was transferred to a diabetic clinic and was able to get my insulin pump. From about month 2, I was able to have a Dexcom (so that I didn't have to test my finger as much)," explains Emma.

Emma tells SPEC that the first year after being diagnosed with Type 1 diabetes was rough and adapting to the pump took time. "My specialist doctor is amazing," adds Emma.

As far as side effects and limitations Emma says that when her numbers are low, she has to sometimes not participate in activities with friends. She also can't have the same foods and treats as her friends. I always have to think and calculate before having a snack or meal. "I always have to verify my sugar before starting any activity,

even as simple as going for a walk," says Emma. In addition, she always has to think about and make calculations before having a snack or meal.

Emma says that although she has diabetes she doesn't find she's treated any differently at school or by friends.

When her levels are too high she feels thirsty, hungry and might have mood swings. Emma does a correction "By doing a correction with Insulin, drinking more water, taking a shower, or exercising (if it isn't too high - as that can make it go higher).

If her levels are too low, she might feel shaky, weak, experience changes in body temperature, headaches and "I think everything is funny," explains Emma. She treats low blood sugar by "Taking candy (3.5g of carbs) and sitting



Here is a sample of the supplies used to treat Emma's diabetes.

down to give my sugar time to come back up. If it is not back up in 15 minutes, I take another candy... I continue until my sugar is back up in the safe zone.

Although Emma is quite young she is able to do a pretty good job at keeping an eye on her numbers and doing what is necessary, with the help of her parents. "I am able to manage most tasks on my own but prefer to have help. My parents want me to be able to be a kid and not have to think about it 24/7," states Emma.

Pamela says it was important to the family to teaching Emma that she can live and thrive with an autoimmune disease and that she can still lead a normal life. It was im-

portant to Emma's parents to teach her how to manage and calculate her meals and snacks.

In fact the family has done such a great job at managing the condition they were able to get her pump fast tracked. "By showing them we knew what we were doing. When she had her first appointment with the specialist, they said it would be a year before we would be able to get an insulin pump for her. When we went to her second appointment only a few short weeks later we were able to fill out the paperwork and start the pump application process," says Pamela.

Emma also tells us that she has gotten much faster at carb counting and can estimate a meal, as well as being able to calculate the correct amount of insulin if she's not on her regular schedule, such as if she's slept in.

Pamela, says the biggest challenge of being the parent to a child with Type 1 diabetes is "Being alert 24/7 and always having to be ready to jump when her Dexcom or Pump alarms. Always watching her numbers so that we can text her when she isn't with us to do a correction or have something to eat if she is dropping to fast." She also says that there aren't many places Emma can go without a parent going as well. "Most people don't know what to do

Cont'd on page 16



Emma's supplies for pump site changes take up a lot of space. They are delivered once a year in a large shipment. Her mother then takes the supplies and makes up 150 bags that each include 2 wipes, 1 needle, 1 auto-soft 90, and 1 insulin cartridge, thus making changes faster and easier, and more transportable.

Pre-Diabetes: A Wake-Up Call

HOLLY SMITH

Being diagnosed with pre-diabetes is when blood sugar levels are higher than normal but not high enough for a diabetes diagnosis. It's your body's way of signalling that it's struggling to manage glucose effectively and that Type 2 diabetes could be in your future.

It is estimated that around 6.3% of Canadians have pre-diabetes, yet many people remain unaware of their condition. Without intervention, pre-diabetes can progress to Type 2 diabetes, but the good news is that it can be

reversed or managed. A balanced diet, regular physical activity, and maintaining a healthy weight are key steps to turning things around.

Pre-diabetes often comes without obvious symptoms, making routine check-ups important. Some indicators to watch for include increased thirst, frequent urination, and fatigue. If you're at higher risk due to factors such as age, weight, or have a family history of diabetes, talk to your doctor about getting tested.

A diagnosis of pre-diabetes isn't cause for panic, it's a call to action.



Ariane Arsenault,
Foot Care Auxiliary Nurse

Foot care service

- Pedicures
- Manicures
- Waxing

Foot care services include:
Treatment of ingrown toe nails, thinning of thick nails, calluses and corn treatment and polish application.

Phone or text: 418-751-3460



- Home services offered
- Bilingual service
- Income tax receipt

DIABETES:

▶ *Cont'd from page 15*

and are nervous that something may happen, even though at this point she can mostly take care of herself with us via text messaging," adds Pamela.

As far as complications go, while Pamela is aware of the possibilities she says the family focuses on the present. "All we can do is focus on today and try our best to keep our numbers in check. Complications come from uncontrolled blood sugars over a long period of time. We just need to focus on keeping our numbers good to reduce or chances of complications in the future," explains Pamela.

Pamela is a member of a support group on Facebook: Parents of Type 1 Diabetics – Canada. Pamela would like to have more local support and has reached out to several local organizations with little success. "I have messaged a local organization a few times about maybe starting a group for diabetics, however, even though I have messaged a few different people since her diagnosis

the most I have heard back is that they would speak to someone else and get back to me, unfortunately nobody has ever gotten back to me," states Pamela

Emma's advice to anyone who is newly diagnosed is to "Be patient, it will get easier as time goes on." While her mother's advice is "It gets better and easier to manage as time goes on. Take it day by day and don't stress about what happened yesterday or what could happen tomorrow. Reach out to those around you for help. Join a group."

Pamela adds that eating in moderation is key. They use MyFitnessPal app to enter receipts "It will tell you the carb count if you enter the number of servings the recipe is for. We also use CalorieKing for when eating out," explains Pamela.

Pamela tells us that stress does have a major influence on sugar levels, but it is difficult to manage. "It can cause your sugar levels to increase or decrease depending on the person. You need to be careful when correcting sugar levels that care caused by stress. As when the stress

goes away so does its impact on your levels. A good example of this is when my daughter has a big test or exam in school," explains Pamela.

Pamela would like the general public to know "Insulin is not always the answer like they seem to portray on TV. Type 1 can NOT, be prevented and is NOT caused by what the person ate or is eating. If a person is high, they need more insulin. If a person is low, they need sugar. If a person has passed out due to low blood sure they should be given glucagon. Emma carries a baqsimi nasal powder in her kit."

On a final note Pamela shares this thought: "They say the definition of insanity is doing the same thing over and over and expecting different results. However, with diabetes doing the same thing over and over and expecting the same results is known as insanity. You can eat the exact same thing every day and have completely different results, because so many other factors can impact one's sugar levels (food, stress, outside temperatures, etc.)."

Independent creatures

When the man entered the room, the cat, dozing on a chair, opened one eye, assessed. "Come here, Human," she said, "Come here and pet me." The man sat and gazed out the window. Finally, he noticed the cat, and patted his knee. "Come here, Kitty," he said, "Come here." An ear flap stirred. The cat's tail flicked once. "Cats are independent creatures," said the man.

— Constance Brochet



Local Businesses Guide

LOCAL BUSINESS

ADVERTISING SPECIALS

CONTACT US TODAY FOR DETAILS!

Sales Rep:
Meaghan Hottot



418-752-5400
sales.gaspespec@gmail.com

Flat rate available for annual business directory ad



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

Serving the English-speaking community of our beautiful region!

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

Email: diane.lebouthillier@parl.gc.ca



PROUD PARTNER IN YOUR CONSTRUCTION PROJECTS SINCE 1975!

constructionlfg.com

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

BÂTIMENT ÉNERGIE ET GÉNIE CIVIL MÉCANIQUE INDUSTRIELLE

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



ARPEUTEURS - GÉOMÈTRES

AXIO
arpenteurs-géomètres inc.
land surveyors

151B, Avenue de Grand-Pré, Bonaventure (Québec) G0C 1E0

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

Membre de l'Ordre des Arpenteurs-Géomètres du Québec

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



WHAT MAKES US DRIVEN TO BE DIFFERENT?



www.shipENERGY.com DISCOVER MORE

I have been diagnosed with **prostate cancer** or I am awaiting a diagnosis.

- 1** I'm **Calling OGPAC** your Gaspesian organization for people affected by cancer
- 2** I will be connected with a **peer support volunteer** who has gone through a cancer journey
- 3** I'm **getting support**, and together we're **breaking down taboos**



Organisme gaspésien des personnes atteintes de cancer


+

=

1 888 924-5050 | ogpac.ca