

Chef Norma Condo opens Montreal's first Indigenous restaurant

Diane Skinner

Norma Condo is the chef-owner of Montreal's first Indigenous restaurant. Born and raised in Gaspé, she started to learn traditional cooking from her Miqmak grandmother. Her grandmother had 13 children and Norma remembers her grandmother preparing food for large family get-togethers. Norma says, "I remember I would be so excited to stand beside her and watch her. I was so happy when she would show me how to prepare and cook. Her passion for cooking has become my passion today."

Her restaurant in Montreal opened in June 2019 but Norma has been catering out of that location since November 2018. Her restaurant is named Miqmak Catering Indigenous Kitchen. It is the only Indigenous-owned restaurant in Montreal. She serves traditional Indigenous foods and is proud that she does not use pepper or salt to season her food. Instead she uses cedar, which she boils and infuses and then grinds to make flavouring for meat and fish. When she is home visit-



Norma and her children who help their mom at her restaurant in Montreal.

ing, she will gather cedar from her parent's property. She seasons with dried sage which she grinds herself. Norma also uses seaweed from Selaweg, a Gaspé-based business.

Norma's menu serves Indigenous foods only, including luskinikn (bannock), a traditional Miqmak bread. This can be topped with butter, jam or even molasses. Another dish that is very popular is Three Sisters casserole,

which includes beans, corn and squash.

She is not permitted to serve moose because it is a wild meat. Norma regrets that she cannot use moose since it is an important traditional food. She makes a lot of her dishes with salmon, shrimp and trout.

Another specialty is Chippewa which is made using chicken breasts seasoned with sage and served

with wild rice and freshly dried cranberries.

Norma always wanted to be a chef and believes that being an Indigenous chef is important because her culture is such a crucial part of who she is. She graduated from Dawson College's Culinary Program and has learned so much. She has no regrets about her path in her choice of career. She reflects that it was not always easy, and she experienced many struggles

along the way. Norma never gave up and is proud that her five children were very encouraging. Some of her children work for her waitressing or bussing tables. Norma hires Indigenous and non-Indigenous staff.

Norma has been extremely busy catering various events. She catered for 500 people in March 2019 for the MMIWG event in Montreal. She says that it was an honour to do this and she donated her services for free. She recently was one of three chefs invited to represent Indigenous chefs at a Food Services Conference in Toronto. There was a huge crowd and Norma enjoyed the experience.

Norma sets a strong example of perseverance for her own children and others. She is proud of her culture and she represents it well. Her message to others, striving for an important goal is this, "Don't give up. Some days are harder than others. I struggled many days and I would wake up and think how it would turn out? I raised my children while attending college but don't ever give up. You will get where you want to."



Norma was chosen to represent Miqmak communities at the Chateau Frontenac Hotel in Quebec City.



Miqmak Catering Indigenous Kitchen located at 10409 Boul. Gouin O., Pierrefonds, QC H8Y 1W5

Federal government asked to increase support to airport improvements

Gilles Gagné

Work on residence should begin by May 2020

Nelson Sergerie

GASPÉ - The majority of students from the Gaspé Cegep have found a place to stay. The institution is functioning with less space since a fire destroyed a wing of the residence in May 2018.

Cégep spokeswoman Julie Lépine believes that people on the waiting list will find a place. "We have a small waiting list of some names, but we are hopeful that they will find a place in a few weeks, the time that seasonal workers and trainees leave the residence," said Ms. Lépine.

Those having difficulty can count on the organization's support with referrals to various organizations dedicated to housing in Gaspé.

"We did not have any comments to the effect that people had difficulty finding housing," says the spokesperson, in the context where Gaspé is experiencing a severe housing shortage. A tender was launched in June to find a firm of architects and engineers for the design of plans and specifications regarding the reconstruction of the destroyed wing. If all goes well, the call for submissions for the work will be launched next January.

"We would like to start work in May and we want to welcome the first students in the new pavilion in January 2021," says Lépine. The building will have the same footage as before.

"Are we going to make 30 rooms because originally we had 30 rooms? Are we going to make fewer rooms but bigger? All this will be decided with engineers and architects."

The renovation project for the residences as a whole is valued at \$13 million.

"We are focusing on rebuilding what we lost. We still made a plan to see what we could do with the rest of the residence, but the priority is really reconstruction," concludes Ms. Lépine.

Gaspé tourist information centres experience 40% increase

Nelson Sergerie

GASPÉ - Despite increased use of the Internet to plan their vacations, visitors stopped in large numbers at Gaspé tourist information centres.

Traffic has increased 40% to nearly 18,000 visitors so far this year. Most tourists stop at the main kiosk at the Intermodal station near downtown Gaspé. "This is a sign that traffic increased in all tourism sectors. If there are more people in the tourist offices, it is a sign that there are more people on the territory," says Gaspé Mayor Daniel Côté.

Of these, some 2,000 people stopped at the Rivière-au-Renard visitor centre. There was some controversy over the removal of signage regarding that tourist centre. Mayor Daniel Côté says that his biggest concern is that there will be signage visible on Route 132 and Highway 197 directing tourists to the visitor's centre.

Mayor Daniel Côté met with the Minister of Tourism's office this summer to discuss the issue. "I brought up this situation in the office of Minister (Caroline) Proulx who, just like us, has difficulty understanding such interference from the Tourisme Gaspésie in the display of tourist offices."

According to the mayor, the only thing left to do is to permit the municipality to allow the signage along the road network.

"What we need is a road sign so that tourists have access to an information bank with humans. Not just pamphlets as the ATR (*Association touristique régionale*) suggests," says Côté, who believes the message was well-received.



Rivière-au-Renard tourist information centre.

GASPÉ: - The *Union des municipalités du Québec*, the province's largest organization representing municipalities, is asking the federal government to improve a program currently funding airports and another program pertaining to night services.

The upcoming federal election is no stranger to those claims, points out the UMQ spokesperson for the aerial service file, the mayor of Gaspé, Daniel Côté

The first claim pertains to the Airport Capital Assistance Program, also called ACAP. The program is endowed with an envelope ranging between \$30 million and \$40 million yearly, which is not enough, argues Daniel Côté, who is UMQ's first vice-president.

"The program deals with airports that have a municipal or regional status, like Gaspé and Mont-Joli. The airports must not belong to the federal or provincial governments, which is correct because other programs are funding those airports. The problem lies with the norms of the program, because their scope is too limited," explains Mr. Côté.

"Some expenses are accepted, like redoing an existing runway but you cannot lengthen it. The program pays 100% of the work, which is fine but with an envelope of \$30 million or \$40 million annually, only three or four projects are accepted every year, in the whole country. So we are asking for a broader range of airports likely to get projects, and a better budget," explains Mr. Côté.

He hopes that the federal government will be inspired by the improvements applied to the Quebec government programs since the February 2018 summit on aerial services held in Lévis.

"In the Gaspé Peninsula, three airports can benefit from the federal program, the Rocher-Percé, Sainte-Annes-Monts and Gaspé airports. Bonaventure is out because it belongs to the Quebec government. Gaspé has been lucky to get some federal funding so far, however, the budgetary envelope has to be enlarged if other regional airports are to stand a chance to get something. Under current norms, parking



Photo: G. Gagné

The Union des municipalités du Québec wants the federal government to improve its Airports' Capital Assistance Program and protect the safety of Nav Canada's night services.

lots are not admissible for financial support, even if they are important parts of airports. They should be. It is another example of capital investment that has to be included in a better program," explains Daniel Côté.

The second claim by *Union des municipalités du Québec* pertains to Nav Canada, the privately run, not-for-profit corporation that owns and operates Canada's civil air navigation system.

"We are raising the flag here. Nav Canada notably manages meteorological services in Canada's airports. Nav Canada is conducting consultations right now that could result in night service changes. In certain airports, some services could be automated, like the meteorological assessment of the landing conditions. We think that due to the particularities of some airports, and Gaspé is one of them, there is nothing better than a human to determine if a plane can land or not at night. We want Nav Canada to keep a human in Gaspé at night," states Daniel Côté.

At the Gaspé airport, the last scheduled flight takes place at 9 p.m. and the first flight of the day occurs at 7 a.m. The night period there-

fore lasts 10 hours during the winter, in terms of the period Nav Canada could rely on machines instead of people in Gaspé.

"The fact is that we get chartered and business flights during that period and the ambulance aircraft must also be allowed to land any time during the night. We also have very particular weather conditions in Gaspé and only a human being can assess the situation properly," states Mr. Côté.

Officially, no decision has been made regarding Nav Canada's recommendations. The upcoming election will probably delay any governmental position on the matter, thinks the mayor of Gaspé.

"We are giving a political twist to the file. The next Minister of Transport will make a decision about night services, since we don't think any decision has been made yet. If the decision is made but not publicized, we have a stand on the decision. We (at UMQ) think that no change should be made on that important safety file at the present time," says Daniel Côté.

"A much broader consultation has to be conducted before changes are considered for night services in regional airports," he adds.

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Slight enrolment increase at Gaspé Cégep

Gilles Gagné

CARLETON: – The Gaspé Peninsula and Magdalen Islands Cégep is experiencing a slight enrolment increase of 2.54% for 2019, based on the pre-registration numbers. The total enrolment reaches 1,131 students this year, 28 more than a year ago.

Of the four campuses of the Cégep, the Gaspé one has the largest increase, number-wise, as 602 students were pre-registered, compared to 557 in 2018. That is an 8% hike, due to 45 additional students.

Proportion-wise though, the largest increase comes from the Magdalen Islands campus, since the enrolment climbed from 139 to 153 students, an increase of 14 students, a 10% jump.

The anglophone section of the Gaspé campus experienced a decrease of 14 students between 2018 and 2019, from 118 to 104. That is an 11.8% decrease.

“The numbers will only be official after September 21, the deadline for abandoning this semester studies,” points out Julie Lépine, spokesperson of the Gaspé and Magdalen Islands Cégep.

The Carleton campus experiences a slight drop of one student in 2019, as 187 students were pre-registered, compared to 188 a year ago.



The Grand River Fisheries School experiences a decrease of 11%, as 89 students were expected for the mid-August registration, 12 less than last year's 101.

The number of international students contributes to the overall enrolment increase this year, since their number increased from 79 students a year ago to 109 in August of this year. That represents 30 additional students, for a 38% jump.

The new director of the Gaspé Cégep, Jean Gagné, points out that this year's good enrolment performance notably stems from a hike in the

retention rate of the Gaspé Peninsula and Magdalen Islands high school students. That retention rate was 75% in 2018 and it increased to 83% in 2019.

“Since we are the only school offering post-high school studies in the region, we must assure an access to those studies over the whole territory and offer diversified and quality programs,” he says.

Mr. Gagné adds that because of decreasing demographics, the Cégep will maintain its recruitment efforts at the international level.

Police report

The body of a 75-year-old woman from Saint Omer, Eva Caissy, was found at Domaine des Lacs in Maria, at approximately 2:30 p.m. on September 5. The body was discovered by a passer-by, about 20 feet from the shore. Emergency services were called and reanimation measures were attempted in the ambulance but the victim was officially pronounced dead at the Maria hospital. “We don't rule out the possibility that the victim experienced health problems while fishing,” points out Sgt. Claude Doiron, spokesperson of the Sûreté du Québec. The investigation is ongoing. “No autopsy was required by the coroner though. He will draw his conclusions based on the elements available,” adds Mr. Doiron.

A violent blaze destroyed the house located at 195, Road 299, in Cascapedia-St-Jules, at about 10 p.m. on September 7. The house inhabited by two adults and four children was quickly evacuated and nobody was injured during the fire. “The Sûreté du Québec was called to assist the firefighters and they left at 11:41 p.m., when the fire was under control. The probable cause of the blaze is a cooking fire. It is unfortunately a total loss,” explains Sgt. Claude Doiron. The house belonged to the Harriman-Major family.

The effects of tropical storm Dorian were relatively limited in the Gaspé Peninsula on September 7-8, especially when they are compared to the damage inflicted in Nova Scotia and in the Magdalen Islands. In Chandler, 12 people living on De la Plage street were evacuated as a precautionary measure during the night but they were able to return to their homes a few hours later, in the morning. The Forillon National Park in Gaspé was closed for a period of about 24 hours but it reopened on September 8. A few trees were uprooted in or near the park.

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TIDE PREDICTIONS

Carleton	Paspébiac	Gaspé
Saturday, Sept. 14 03:47 a.m. - 1.77m 09:19 a.m. - 0.60m 03:23 p.m. - 1.89m 09:51 p.m. - 0.31m	Saturday, Sept. 14 03:16 a.m. - 1.76m 09:44 a.m. - 0.36m 03:29 p.m. - 1.45m 09:25 p.m. - 0.29m	Saturday, Sept. 14 02:54 a.m. - 1.51m 09:20 a.m. - 0.54m 03:12 p.m. - 1.24m 08:58 p.m. - 0.54m
Sunday, Sept. 15 04:13 a.m. - 1.80m 09:55 a.m. - 0.53m 04:06 p.m. - 1.89m 10:20 p.m. - 0.36m	Sunday, Sept. 15 03:53 a.m. - 1.72m 10:12 a.m. - 0.38m 04:05 p.m. - 1.52m 10:07 p.m. - 0.28m	Sunday, Sept. 15 03:21 a.m. - 1.49m 09:42 a.m. - 0.54m 03:35 p.m. - 1.30m 09:34 p.m. - 0.52m
Monday, Sept. 16 04:40 a.m. - 1.83m 10:30 a.m. - 0.46m 04:47 p.m. - 1.88m 10:50 p.m. - 0.41m	Monday, Sept. 16 04:27 a.m. - 1.66m 10:37 a.m. - 0.41m 04:38 p.m. - 1.58m 10:47 p.m. - 0.31m	Monday, Sept. 16 03:47 a.m. - 1.44m 10:03 a.m. - 0.54m 03:59 p.m. - 1.36m 10:10 p.m. - 0.52m
Tuesday, Sept. 17 05:08 a.m. - 1.85m 11:05 a.m. - 0.41m 05:28 p.m. - 1.84m 11:20 p.m. - 0.48m	Tuesday, Sept. 17 04:58 a.m. - 1.57m 10:59 a.m. - 0.43m 05:11 p.m. - 1.61m 11:26 p.m. - 0.35m	Tuesday, Sept. 17 04:13 a.m. - 1.38m 10:24 a.m. - 0.55m 04:24 p.m. - 1.41m 10:47 p.m. - 0.52m
Wednesday, Sept. 18 05:35 a.m. - 1.86m 11:41 a.m. - 0.38m 06:09 p.m. - 1.79m 11:51 p.m. - 0.55m	Wednesday, Sept. 18 05:29 a.m. - 1.48m 11:21 a.m. - 0.46m 05:43 p.m. - 1.63m	Wednesday, Sept. 18 04:39 a.m. - 1.32m 10:45 a.m. - 0.57m 04:53 p.m. - 1.46m 11:27 p.m. - 0.55m
Thursday, Sept. 19 06:03 a.m. - 1.86m 12:19 a.m. - 0.37m 06:52 p.m. - 1.74m	Thursday, Sept. 19 12:07 a.m. - 0.42m 06:01 a.m. - 1.39m 11:46 p.m. - 0.47m 06:18 p.m. - 1.64m	Thursday, Sept. 19 05:08 a.m. - 1.24m 11:07 a.m. - 0.58m 05:25 p.m. - 1.50m
Friday, Sept. 20 12:24 a.m. - 0.62m 06:32 a.m. - 1.85m 01:01 p.m. - 0.37m 07:39 p.m. - 1.67m	Friday, Sept. 20 12:51 a.m. - 0.48m 06:37 a.m. - 1.30m 12:17 p.m. - 0.49m 06:58 p.m. - 1.64m	Friday, Sept. 20 12:13 a.m. - 0.58m 05:39 a.m. - 1.16m 11:32 p.m. - 0.60m 06:04 p.m. - 1.52m

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Commentary Gilles Gagné

On the starting line, less than stellar performers

The federal electoral campaign has officially taken off in a context of doubt for the electorate. We have rarely seen such a high level of uncertainty at the outset of a campaign.

It is true that the degree of uncertainty was also high in August 2015, when then Prime Minister Stephen Harper launched an endless 78-day campaign. A lot of voters were tired of him and his party but the presence of two other potent contenders, the New Democratic Party and the Liberal Party, made it difficult to establish a final scenario.

In the end, the NDP's failure to offer a real difference, in other words, leader Thomas Mulcair's choice of presenting a platform too close to the Conservative Party, helped Justin Trudeau's Liberal Party incommensurably.

Now, the NDP is certainly not a contender, and Justin Trudeau's first term was way more difficult than expected. That term was not a total write-off but Canada's prime minister's performance was not marked by cleverness.

It would be fair to say that in October 2015, hardly anybody was predicting a victory by Donald Trump in November 2016. That loose cannon has undoubtedly complicated the task of the United States' largest business partner.

However, Justin Trudeau's good shots were neither numerous nor decisive. The economy is still healthy but the international context plays a big role here.

Otherwise, his government has been able to reduce infant poverty through the Canadian allocation for children, and it has greeted in excess of 25,000 Syrian refugees. Canada has also set up a decent infrastructure program and the controversial but necessary carbon tax.

Canada has been able to sign commerce agreements despite the presence of Donald Trump but the country's performance in international politics is

below average. It is better than under Stephen Harper but that is not saying much. Our relations with China and India have deteriorated and we are far from doing our best in United Nations' peace-keeping missions.

A fair part of the Justin Trudeau regime's record lies in broken commitments and promises. The government gave up after barely trying to reform the voting system.

The government was also supposed to do a cleanup in the judicial system in order to reduce the number of short prison terms. It failed. A better recognition of Native rights has also been neglected and we find that file barely more advanced now than it was four years ago.

The Liberal Party regime has also failed miserably in supporting the renewable forms of energy through buying the Kinder-Morgan pipeline and the constant support supplied to the oil industry through grants that were slated to be phased out. They were not.

The government that was supposed to act differently, that was supposed to be transparent, finishes the term with a prime minister that was blamed twice regarding ethical matters, including the SNC-Lavalin file which was managed with incompetence. That incompetence led to the departure of two ministers, Jane Philpott and Judy Wilson-Raybould, the first Native Justice Minister in the history of the country.

For all those reasons, doubts about the leadership and competence of Justin Trudeau are making the headlines.

However, the weaknesses of his main opponents, Conservative Party leader Andrew Sheer, are sufficient to give Justin Trudeau a fair shot at winning a second term, although it is permitted to believe that we are going to elect a minority government.

Through letting the abortion file resurface over the last months, Andrew Sheer sabotaged his chance of reaching an important part of the electorate, especially where he needs stronger support, in Ontario and above all in Quebec. He will win several seats in the Quebec City area, but it could end there in our province.

Mr. Sheer admits talking to Stephen Harper on an almost daily basis, which is far from reassuring for the voters looking for original solutions to solve the country's problems. Less than 40 days from voting day, the electorate still ignores most of the Con-

servative Party's program, essentially because that platform remains to be communicated.

If those communication lapses last in time, disgruntled voters will likely spread their ballots between the NDP, the Green Party and the Bloc Québécois (in the case of Quebec). This potential tendency would greatly help the Liberal Party.

NDP leader Jagmeet Singh has also experienced significant communication problems. By and large, most Canadians like him but he has failed to capitalize on that image with real substance.

Green Party leader Elizabeth May certainly lacks some lustre but her party is on the rise because the environment represents a growing source of public concern. That party might hurt the NDP considerably if the local candidates perform well.

The Bloc Québécois almost died during the last two terms, however, the other parties' failure to come up with solutions suiting Quebecers' important needs still provides enough oxygen to keep the Bloc alive.

If Maxime Bernier's People's Party of Canada is to play any role in the upcoming poll, it will be in eroding the extremist right wing side of the Conservative Party. Mr. Bernier has shown one noteworthy distinction lately, that of being the only leader more popular than his party. His potential influence in the final results of the October 21 vote remains to be seen though. He has said too many silly things over recent months.

The Gaspé Spec

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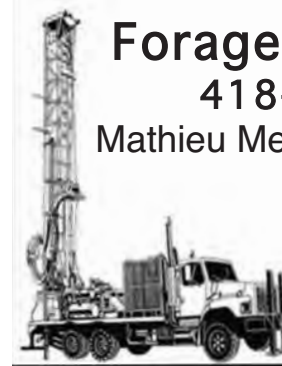
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Highway 132 work progresses in Newport-Pabos Mills area

Gilles Gagné

PABOS MILLS: – The major construction site located in the Newport-Pabos Mills area of Chandler has probably reached its peak period over the last weeks.

Waiting time for the drivers can go anywhere between five and 30 minutes during the day.

Traffic is reduced to one lane most of the time since the end of May and the busy summer months proved a test of patience for many vehicle users.

“The construction period will end in November with asphalt laying. There will remain a short construction period next spring due to the laying of the final coat of asphalt and some landscaping work,” points out Claire Pouliot, Transport Quebec’s spokesperson.

Preliminary work was carried out in 2018 in the Newport-Pabos Mills area. The goal was to get rid of two sharp and dangerous curves, where countless accidents occurred over the last decades, some of them fatal.



Photo: G. Gagné

Patience is still required in the Pabos Mills and Newport area.

The new stretch of road involves the construction of a new bridge over Anse aux Canards River. That bridge will likely be open to traffic before the end of September, like the new road will be, however, due to the necessary completion of some aspects of the work, contractor Groupe Michel Leclerc Inc. will have to slow down circu-

lation again at various periods between now and the end of November.

The value of the contract stands at \$29.5 million. Between 25 and 50 people work on the site daily. Considering the relevance of correcting that stretch of road goes back a long way, as talks were conducted at the beginning of the 1980s.



Photo: G. Gagné

Tie-replacement crew in Caplan

Tie-changing crew now working in Caplan

Gilles Gagné

CAPLAN – Transport Quebec, the owner of the Matapedia to Gaspé railroad since 2015, has been criticized heavily over the last years for its slowness in undertaking the refurbishment or replacement of the bridges along the line. There is one department that is evolving at a faster pace, the tie-changing job. That contract is carried out by PNR Railworks, a Canadian company based in Delson, Quebec and Guelph, Ontario. Up to 50,000 ties were replaced this year, including 40,000 between mileage points 58 and 80 of the Cascapedia subdivision, and mileage point zero and 20 of the Chandler subdivision. Another set of 10,000 ties will be changed between mileage points 80 and 90 of the Cascapedia subdivision which was supposed to be done in last year’s contract. Last year, that task was also conducted at a good pace, except that the contractor ran out of ties before the end of the season. It was a province-wide shortage. Mileage point 58 is located in Saint Jules, while mile 80 is situated at the limit of Caplan and Saint-Siméon. Mile 90 is located in Bonaventure while mile 0 of the Chandler subdivision is situated in New Carlisle, which is also the end of the Cascapedia subdivision. Mileage point 20 is located in Port-Daniel. In addition to changing ties, the contractor must also change 150,000 rail anchors this year between Matapedia and New Carlisle. As of September 6, the tie-changing crew was working at mileage point 77 in Caplan. Up to 12,000 tonnes of ballast are also supposed to be spread between Nouvelle and New Richmond.

Reflections

by

Diane Skinner Flowers



They walked among us

We are all too aware that death is inevitable, and the trick is to live a good and productive life while we are here. Attending a funeral reminds us of this and we may have found ourselves vowing to go forth and live that good life, however, it is human nature to become complacent.

As time goes on the memories of those who have passed may become a wee bit fainter. For some, those who have passed on move in with us to stay. Perhaps visiting the cemeteries of the Gaspé to humbly pay respects to our ancestors can provide a meaningful and moving experience and keep those memories strong.

For sure you can go to Ancestry.ca and research your family but walking in the cemetery while quietly honouring your Gaspesian ancestors is profound. Each stone represents a life, or in some cases, lives. It probably makes sense to start with the closest family members and work backwards in time. Looking at each stone and noting the dates, full given names and even the special inscriptions will bring you closer to your family.

People scatter during their lives, moving away to seek employment, education or training or to follow a love. This is especially true here on the Gaspé. We are a diaspora. A diaspora is a group of people who live outside the area where they have lived for a long time or in which their ancestors have lived. The readers who subscribe to this very newspaper demonstrate this. Gaspesians can be found all over Canada, the United States and, in fact, the world. Nevertheless, many do choose to make their final journey home to the Gaspé.

Your cemetery walk can lead to discoveries about long lost relatives and from there to a deepened curiosity about your ancestors. You would, in fact, be paying your respects. Some people choose to take photos of the family headstones going back as far as they can. From these photos a private family memorial book can be assembled. Take a notebook with you and jot down family history; include dates of birth and death and full names.

Did you ever consider creating a family tree? This can provide a start for that project. Do not forget to talk to the living to find out information about your ancestry. When people pass on so does their knowledge of the past. If you want to use Ancestry.ca it can be helpful in your quest for family history. You can sign up online for a free 14-day trial membership and decide if it would be helpful. After that the cost is \$69.99 for a six-month membership and it gives you access to all Canadian records.

Keeping in line with this week’s “Reflections” to quote my favourite writer Garrison Keillor, “Thank you, God, for this good life and forgive us if we do not love it enough.”



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Making a difference

Majorie LeGrand Doherty: Inspiring and helping others

Diane Skinner

NEW CARLISLE: - Marjorie LeGrand Doherty, 92 years of age, now lives at the CHSLD in New Carlisle but remains vibrant and interested in life and others. She reads, knits, watches television and works on her computer. She uses facebook, Googles and emails her friends and family with ease. She has plans to use her collection of seashells this coming winter to create some items, however, Mrs. Doherty is always ready to lend a helping hand to other residents by translating or being an advocate. The staff appreciates all that she does and often sings her praises.

Early Days

Marjorie was born in Saint Adelaide de Pabos on April 24, 1927. Her father was the manager of the Robin, Jones and Whitman store. In 1932, they moved to Paspébiac because Marjorie was about to start school and there were no English schools in Pabos. Marjorie recalls traveling to school by "horse and hack." This was like a small building on wheels (or runners in winter).

The first two years she attended school in Hope Town. The following year she attended the school in Paspébiac West, where the Pèpinière is now located. Then when Marjorie was in sixth grade, she attended New Carlisle High School. She can easily tell you the names of her teachers – Mrs. Ward, Miss Hamilton, Mrs. Alma Le Gallais and Mr. Eric King the principal.

Marjorie tells us that she had many good friends when she was young. She mentions by name Leo and Arthur Poirier, their sister Alma, Selwyn Delahaye, Therese Dubreuil, Ray Langevin and Gérard D.



Marjorie LeGrand Doherty

Levesque, who she kept in touch with until his death in November 1993.

Her memory is still vivid and accurate. She recalls swimming in the Bay of Chaleur in a small inlet. All the details of those days are recalled in full detail. Mrs. Doherty also enjoyed playing tennis.

After leaving school Marjorie worked as an operator for the Quebec Telephone Company and then at the Robin, Jones and Whitman store in Paspébiac. She was married at 20 years of age to David Doherty who you may remember wrote the Legion column in the Spec for many years.

Family

After getting married, she moved to New Carlisle and had eight children. They are Marjorie-Ann, Sharon, Mona, Steven, Billy, Susan, Karen and Maureen.

Marjorie says that those were busy but happy days, however, though busy she developed other interests. She started to decorate wedding and birthday cakes and did this for many years. She made cakes for many of the local couples married in the sixties and seventies. These were intricate cakes with high pillars, latticework and even one that featured bridges and a fountain in the centre. Her daughter Mona recalls, "Some hot, summer Saturdays could see three wedding cakes having their final touches." She also taught classes in cake decorating for several years through the Adult Education Centre of the Regional School Board.

Marjorie always enjoyed the beach and recalls taking her children and a few of

their friends there. Again, she can quickly recall some of their names – Margaret Cooke, Jimmy Hudson, Margaret Michel and Donna Shearer. She recalls those days as being wonderful and says that spending summer days on the beach with her children is a wonderful memory.

Later Years

Marjorie, after her children had all grown up, began to paint. She is modest about her paintings which are mainly of scenery, but she has talent, though she might disagree. That is who she is. Never boastful. Her children proudly display these paintings in their homes.

Through the following years her husband retired from his job working for VIA Rail and was very involved with the New Carlisle Royal Canadian Legion.

Marjorie was widowed in 1999 and remained in the family home by herself until 2013.

When Marjorie moved into the CHSLD (Centre d'Accueil) in New Carlisle, she did not become discour-

aged and has made this phase of her life a positive one for both herself and others. She is known to treat fellow residents with kindness and compassion. She calls her fellow residents her "new friends."

Marjorie is known for providing a comforting smile, a snack or a kind word. The nurses and other staff stop by to have a friendly chat with her, and she remembers her French and is speaking it once again.

"Mrs. Doherty was always kind and helpful to my father while he was living at the CHSLD. They ate their meals together and I believe she even buttered his bread for him!" says Joan Sawyer Imhoff.

Marjorie makes a difference by being an inspiring example of positivity and kindness. At the age of 92 she continues to be a compassionate and thoughtful person. She is a smart and lovely human being. Her daughter Mona says, "She is truly inspirational, and she sets an example for each of us to follow."



Marjorie LeGrand as a teenager.

During her teenage years, during the war, she was part of a volunteer group whose task it was to watch out for enemy aircraft. She was given a chart that designated enemy planes. If an enemy plane was sighted, they were told to record the markings on the plane, the direction of the flight and then report this information to an office in Gaspé. Her younger brother would patrol the beaches at night watching for enemy submarines.



One of Marjorie's beautiful paintings.



Marjorie went to school by hack.



BONAVENTURE:

A new building for the SAAQ and CLE

Gilles Gagné

BONAVENTURE: – Three business people from Bonaventure, Ninon Delarosbil, Benoit Pitre and Jacques Normand, are investing an undisclosed amount of money to construct a building that will house the License Bureau (SAAQ), and the Bonaventure MRC Local Employment Centre (CLE).

The building covers 11,800 square feet. Both governmental services should move in by December. In the case of the license bureau, the move is long-awaited, since the office is currently in a temporary location following a fire at its previous location in May 2015.

The Local Employment Centre case is different, because the lease in a nearby building had reached an end. The *Société Québécoise des infrastructures* was looking for a way to house both services under the same roof. The SQI is taking care of leases related to governmental organizations and departments.

Ninon Delarosbil, who already co-owned Bonaven-

ture's Hamster office store with Benoit Pitre and Jacques Normand, explains that her group sent the SQI photos of the property adjacent to that store.

"There were two years of waiting. Nobody was submitting bids to the SQI. We were sending pictures of our piece of land. It was easy to find. At one point, we started talks," explains Ms. Delarosbil.

The SQI and the group reached a 15-year lease agreement for the new building's space.

The value of the investment remains undisclosed but Ninon Delarosbil smiles a bit when she is told that the building's value must surpass \$1 million.

The contractor is Construction LFG of Saint-Omer. The town of Bonaventure will pay back 1% of the building's municipal value for each of the next five years.

As for the building vacated by the move made by the Local Employment Centre, Mayor Roch Audet specifies that "we are already working with the owner in order to find tenants."



The exterior of the new building is almost finished. The interior should be ready by December.

Photo: G. Gagné

A dry summer on the Coast

Nelson Sergerie

GASPÉ: - The meteorological summer that ended on August 31 was much drier than normal.

That is Environment Canada's observation for this quarter that does not take into account the astronomical aspect to make this assessment.

The lack of precipitation was once again observed. "It has been about four years that we've had less precipitation in the Gaspé Peninsula and the Lower Saint Lawrence. We know that there have been some levels of difficulty in agriculture. In some places, we are talking about less than 50% of the normal value that we should receive in summer," says Environment Canada's Simon Legault.

It should not be seen as a long-term trend. "Such a short sample does not allow conclusions to be drawn. Is this really a big trend? It will take a lot longer to see that," says Legault.

Warmer summer

June was cooler, but the heat was there in July and August. "There is a small difference in the heat. We had a summer a little warmer than normal. July and August were warmer than normal, interspersed with small moments of coolness."

Autumn is starting with cool weather until mid-September and after that, the mercury is expected to reach the seasonal average.

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Removing legal tender status from bank notes: *What it means for you*

You may have heard the term “legal tender” in the news recently.

That’s because the Government of Canada has announced that as of January 1, 2021, it will remove legal tender status from some bank notes, namely the \$1, \$2, \$25, \$500 and \$1,000 bills.

This step comes after legal changes following the 2018 federal budget gave the government power over the legal tender status of bank notes.

Wondering what this means for you?

Short answer: this will not affect most Canadians.

What “legal tender” means

First, let’s define the term “legal tender.”

Bank notes issued by the Bank of Canada, along with the coins issued by the Royal Canadian Mint, are what is known as “legal tender.” It’s a technical term, meaning our government has deemed them to be the official money we use in our country.

In legal terms, it means “the money approved in a country for paying debts.”

By removing legal tender status from the \$1, \$2, \$25, \$500 and \$1,000 bills, the government is essentially saying that you shouldn’t use them in cash transactions or to pay debts.

But rest assured, this does not mean these bank notes will lose their value. The Bank of Canada will honour their face value even after legal tender status is removed.

Have some of these notes? Here’s what to do

If you own any of these



Photo: courtesy of the Bank of Canada

Some examples of Canadian bills affected by the legal tender change.

older bank notes, you have a few options.

You can redeem them. The simplest way to do this is by going to your financial institution, where they will exchange them for new bills or deposit

the amount into your account. You can also send them to the Bank of Canada, which will continue to honour these bank notes at their face value. For details on how to redeem your notes at the Bank of Canada,

you can go to <https://www.bankofcanada.ca/banknotes/bank-note-redemption-service/>.

Finally, you can decide to simply keep your notes.

Check the value of your bills before you go to the bank

Some bank notes, such as the \$25 and \$500, may be worth significantly more than their face value. To find out if your bank notes have a different value to collectors, you can refer to a collector’s catalogue, or obtain an evaluation from two or three money dealers who cater to collectors.

Why remove legal tender status?

The bank notes targeted in this announcement haven’t been produced in decades. Some people might not recognize them anymore, which means they probably wouldn’t be accepted in transactions.

By removing legal tender status from the \$1, \$2, \$25, \$500 and \$1,000, the government is helping ensure that the Canadian bank notes in circulation are current and easy to use.

The Bank of Canada, which issues Canada’s bank notes, supports this initiative. Keeping notes current means they work more effectively for everyone because they have better security features that make them hard to counterfeit.

With all this, you may wonder whether the government intends to remove legal tender status from any other bank notes. There are no plans to remove legal tender status from any other notes at this time. If it does happen in the future, Canadians will be informed in plenty of time.

If you’d like to learn more about legal tender or Canada’s bank notes, visit our website: bankofcanada.ca/banknotes and follow us on Twitter: @bankofcanada. You can also follow the Bank of Canada Museum on facebook

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Announcements...



Obituaries



BOUCHER: Florence Mckoy

It is with great sadness that the family announces the passing of Florence on August 23, 2019, at the Ajax Pickering Hospital at the age of 92. Predeceased by her husband Wilfred Boucher and her companion Harold Lemieux. Cherished mother to Clifford (Eva), Ovelyn (Gilda), Irene (Vince), Linda 'deceased' (Alan), Elymer (Iris), Wayne (Phyllis), Viola (Kenny), Debbie (Joe) and Darlene (Edison).

She was a proud grandmother, great-grandmother and great-great-grandmother. She will also be missed and remembered by all her extended family and friends.

Visitation was held at the Salon Funéraire Valère Fortin in Barachois on Saturday, August 31. The funeral service was held at St-Peter's Church the same day.

In lieu of flowers, donations to the Canadian Cancer Society would be appreciated.



GAGNÉ: Elaine

October 1, 1943 – August 25, 2019 - 75 years old

It is with great sadness that we announce the passing of Mrs. Elaine Gagné at the age of 75.

Predeceased by Lionel Gagné and Daphne Weller. She leaves behind her two children: Marc Frenette (Jocelyne Frenette) and Lisa Frenette; three grandchildren: Matthew Frenette, Nadia Frenette, and Kayla Langlois Frenette; two great-grandchildren: Grayson Chapman and Celina Poirier Frenette; her companion: Roy Gagné; and many other family members and friends.

Visitation was held at the funeral home Valère Fortin on September 1, 2019, with the funeral service at 2 p.m. in the funeral parlour.

Donations can be made in memory of Elaine Gagné to the Gaspé Cancer Foundation and Multiple Sclerosis Foundation.

The Funeral Home Valère Fortin has been entrusted with organizing the above mentioned services.



JEAN: Brian

November 4, 1948 – September 1, 2019 - 70 years old

It is with great sadness that we announce the passing of Mr. Brian Jean at the age of 70 years.

Predeceased by his mother Ruby Mabel Jean, brother Gerald and two sisters Carolyn and Holly. He leaves behind his partner: Mrs. Suzanne Eden and her daughter Charlene; father: Mr. Sydney James Jean; brothers: Reed Jean (Wendy) and Dale (Myrna); sisters: Bonnie Jean (Austin), Donna (Isaac), Tracy, Brent, Paula, Drapper, Lindsay and Tiffany; many nephews, nieces and other family members and friends.

Visitation was held at the Valère Fortin Funeral Home on September 5, 2019, with funeral service at 2 p.m. in the funeral parlour.

Donations may be made in memory of Mr. Brian Jean to the Alzheimer (Dementia) Society.

The Funeral Home Valère Fortin has been entrusted with organizing the above mentioned services.



LEGGO: Olive

May 22, 1930 - August 24, 2019 - 89 years old

It is with great sadness that we announce the passing of Mrs. Olive Leggo at the age of 89.

Predeceased by her parents; her husband Emerson Leggo; sons Barry and Ronnie; and brothers and sisters: Rita, Doris, Janice, Joyce, Lee, Paul, Ross and James.

Loving mother of: Joy (Regis), Blair (Sybil), Dena (Bob), Glory (Rodney), Craig (Linda), Darren (Leona) and daughter in-law Barbara Leggo; her 19 grandchildren; 17 great-grandchildren; and many other family members and friends.

Visitation was held at the funeral home Valère Fortin on August 28, 2019, with funeral service at 11 a.m. in the funeral parlour.

Donations can be made in memory of Olive Leggo to the Gaspé Cancer Foundation.

The Funeral Home Valère Fortin has been entrusted with organizing the above mentioned services.



In Memory

ASSELS: Eileen - September 7, 1989
ASSELS: Gordon - July 4, 2003
ASSELS: Alan - November 18, 2010
ASSELS: Robert - December 26, 2013
ASSELS: Rodney - March 8, 2015

*Our lives go on without you,
 But nothing is the same.
 We have to hide our heartaches
 When someone speaks your names.
 Sad are the hearts that love you,
 Silent the tears that fall,
 Living our lives without you
 Is the hardest part of all.
 You did so many things for us,
 Your heart was kind and true,
 And when we needed someone,
 We could always count on you.
 The special years will not return
 Where we were all together,
 But with the love within our hearts,
 You will walk with us forever.*

Always loved and sadly missed by Shirley and Loring, Brian and Janet, Terry, grandchildren and great-grandchildren.

**A prayer to St. Jude
 to be said in cases despaired of**

St. Jude, Glorious Apostle, faithful servant and friend of Jesus the name of the traitor has caused you to be forgotten by many but the true church evokes you universally as the patron of the things despaired of. Pray for me who is so miserable, pray for me that finally I may receive the consolations and the succor of heaven in all my necessities, tribulations, sufferings, particularly (here make your request) and that I may bless God with the elect throughout eternity. Amen St. Jude, Apostle, Martyr and relative of our Lord Jesus Christ of Mary and of Joseph intercede for us.

A.W

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COAST ROUND-UP

GASPE:

Terry Fox Run

The Terry Fox Run for cancer research in the Gaspé district will be held on **Sunday, September 15**, at 1 p.m., on the bicycle path in Sandy Beach, Gaspé. We will have sweaters, stickers and refreshments. Come and support this worthy cause for cancer research. Your donations are very important. For information call: Nellis Rehel at 418-368-5901 or Clarence Lemieux at 418-645-2846.

HALDIMAND:

HUGE Yard Sale!

A huge yard sale will be held at 10 de la Plage on **Saturday, September 14**, in support of Gaspé Ecumenical Chaplaincy Foundation. Furniture, household items, small appliances, linens, books and knickknacks. There will be a bit of everything, perhaps even a few antiques. There's bound to be something you don't even know you want or need! 8 a.m. until everyone has had a chance to shop. Please come! Let's ensure Deacon Doug Johnson can continue to provide Pastoral Care to English folk in our seniors' residences, hospital and long-term care facilities.

YORK:

York River FADOQ

Please note that your FADOQ 2019-2020 membership card for the York River Seniors' Club is now available at a cost of \$25.00. You will be able to purchase your card on the following dates: Cassidy Photo from **September 5 to 28**. Your renewed membership will allow you to continue to obtain discounts at a number of local businesses and reduced rates for certain club events.

September 29: Meet 'n Greet at York Community Hall.

DOUGLASTOWN:

Community Centre

Tuesdays: Zumba from 7-8

p.m. \$10/class.

Wednesday: Yoga for women. Two groups: 5:15 p.m. to 6:45 p.m. and 7:15 p.m. to 8:45 p.m. \$17 class (drop in). Requires minimal experience in yoga. Bring your mat.

BARACHOIS:

Legion Branch 261

Every Monday: The Royal Canadian Legion, Branch 261, will be having a money bingo at 7 p.m. at the Legion. 18+ only. **Every Thursday:** Cards and Games from 7 p.m. to 9 p.m. Free. For more information, contact Lloyd Roussel at 418-645-3700 or 418-645-2786.

BARACHOIS:

Mountain View Golden Age

September 29: Harvest Supper at the Mountain View Golden Age building, 5 p.m.

BARACHOIS:

Recreation Centre 1062 Rte 132

Fitness Room: Monday through Saturday from 9 a.m. to 11:30 a.m., Monday and Wednesday 1 p.m. to 3 p.m. and Tuesday 6 p.m. - 8 p.m. **Allison Aubut Library:** Saturdays from 9:30 a.m. to 11:30 a.m. **September 27:** Money Bingo at 7 p.m.

PORT DANIEL:

Three Star Golden Age Club

Every Wednesday: Pétanque from 7 to 9 p.m. Cost \$3. Come and join the fun and learn a new game! **September 28:** Military Whist. **October 26:** Military Whist. **November 16:** Christmas Tea.

SHIGAWAKE:

Advance Notice

A dedication ceremony for the installation of a commemorative monument will take place at St. John's United Cemetery in Shigawake on **Sunday, September 15**, at 11 a.m. Luncheon and reception will follow at 244 Rte. 132, Shigawake. Everyone welcome!

HOPE TOWN:

Hope Baptist Church

Hope Baptist Church welcomes you. Sunday School for all ages at 9:45 a.m. and Corporate Worship at 11 a.m. on Sundays. Prayer Meeting and Bible Study at 7 p.m. on Wednesdays. Young Peoples for grades 7-11 at 7 p.m. on Fridays. 305 Route 132 West, Hope Town, 418-752-5838.

HOPE TOWN:

Community Centre

September 14: Military Whist beginning at 8 p.m. **September 15:** Terry Fox Walk registration from 12:30 p.m. to 1:30 p.m. at the Community Centre. Walk starts at 1:30 p.m. **September 21:** Gift bingo beginning at 7 p.m. **October 18:** Hayes Bursary gift bingo beginning at 7 p.m. All proceeds are for the Hayes Bursary Fund for continuing education. **November 23:** Christmas gift bingo beginning at 7 p.m.

NEW CARLISLE:

Bible Chapel Services

Sunday: Breaking of Bread for Believers - 9:30 a.m.; night service - 7 p.m.; **Wednesday:** Bible Study and Prayer - 7 p.m. "You Must Be Born Again."

NEW CARLISLE:

Dart Club

September 21: Gift bingo beginning at 7 p.m. at the New Carlisle Legion.

NEW CARLISLE:

Harvest Supper

The Anglican Church will be having its annual harvest supper on **Saturday, October 26**. More details to follow.

NEW CARLISLE:

Royal Canadian Legion

Saturdays: Legion opens at 1 p.m.

CASCAPEDIA-ST-JULES:

Fifty Plus

Every Tuesday: Bingo at 7 p.m. (Beginning September 3) **Every Thursday:** Dame de

Piques at 1 p.m. Everyone is welcome to attend. Thank you for your support.

September 21: Annual Harvest Bingo will take place at the Fifty Plus Club, beginning at 1 p.m. The entry fee for the bingo will be \$10 for three cards and \$1 for each additional card.

September 27: There will be a jam session open to all musicians and spectators at the club. Doors open at 7 p.m and entertainment begins at 7:30.

CASCAPEDIA-ST-JULES:

Royal Canadian Legion Br. 172

The Royal Canadian Legion, Branch 172, meets monthly every third **Saturday** at the Legion located at 55 Gallagher St.

CASCAPEDIA-ST-JULES:

Fall Fest

Registration for the Scarecrow Decorating will take place **September 27** at a cost of \$5. Participants are responsible to provide the necessary decorations. The scarecrows will be put in front of the Community Centre several days before the festival begins. Kids are welcome to join in on the fun. Once registered, you will be given the day you can decorate and the day when it needs to be completed.

October 5: Bake and Craft Sale. To reserve a table please contact Susan or Kelly at 418-392-4042 or on facebook. The cost is \$10 per table. There is a limit of 35 tables in the tent - first come, first served. ** No ticket sales please. **

CASCAPEDIA-ST-JULES:

Book Room

The book room is now closed, but if you call Kathleen at 418-392-4896, she can set up a time to go in.

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GESGAPEGIAG:

Important Meeting

This is to inform the community members of Gesgapegiag and the surrounding area that Gesgapegiag Healing Lodge (NNADAP) hosts AA meetings and is open to everyone. If you are interested in a lifestyle free of alcohol and substance abuse and have the desire to change, you are invited to attend meetings every **Monday** at 7 p.m.

GESGAPEGIAG:

N.A. Meetings

N.A. Meetings held every **Tuesday** at 7 p.m. at the Mawiomi Treatment Centre located at 85 School Street in Gesgapegiag. Everyone welcome! For more information, call 418-759-3522.

ROTARY CLUB WINNERS

The winners for the week of August 25 are: Lisa Cyr, Chantal Bolduc, Alain Leblanc, Louise Marcheterre, Charley Day, Bernard Landry and Annie Boudreau.

UNITED CHURCH

Sunday, September 15
2 p.m. Hope Town

ANGLICAN CHURCH OF CANADA

Sunday, September 15

New Carlisle

9 a.m. Holy Eucharist
Hope Town

10 a.m. Morning Prayer
Shigawake

Worship with United in
Hope Town at 2 p.m.

Port Daniel

Worship with United in
Hope Town at 2 p.m.

PARISH OF GASPÉ

Sunday, September 15

St. John's & St. Phillips - Sandy Beach

10 a.m. Holy Eucharist



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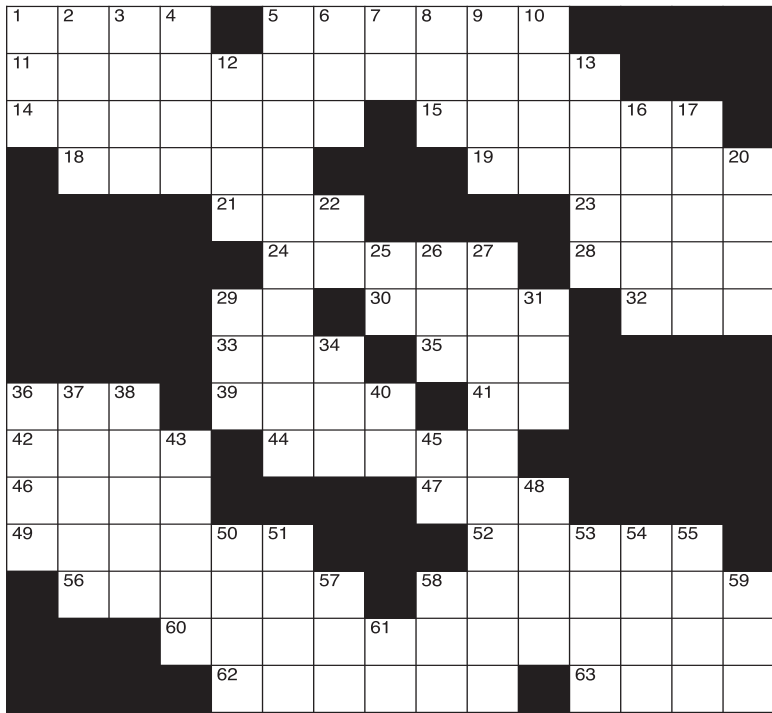
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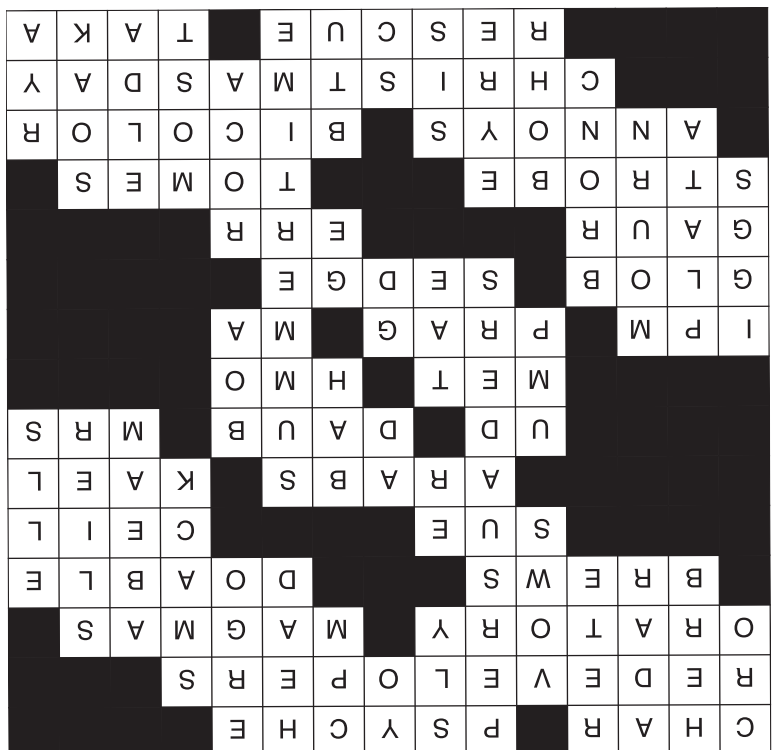
CLUES ACROSS

1. Partially burn
5. Mind
11. Those who build again
14. Small chapel
15. Hot fluids
18. Makes beer
19. It can be done
21. Take to court
23. Line the roof of
24. Middle Eastern peoples
28. Longtime film critic
29. University of Dayton
30. Coat with plaster
32. Wife
33. Famed NY opera house
35. Health insurance
36. Inches per minute (abbr.)
39. Longtime London Europe Society chairman
41. Pa's partner
42. Lump of semiliquid substance
44. Grasslike plant
46. Large, wild ox
47. Make a mistake
49. A type of light
52. Books
56. Bothers
58. Two-colored
60. December 25
62. Save
63. Bangladeshi money

4. Network of nerves
5. Those who convince
6. Slick
7. Hello (slang)
8. Cost per mile
9. A type of honcho
10. Consequently
12. Couples say them aloud
13. Sharp slap
16. On a line at right angles
17. More guileful
20. Chipotle founder
22. Trauma center
25. Commercial
26. "___ humbug!"
27. Relaxing period
29. Calls balls and strikes
31. Decorative scarf
34. Korean family name
36. Antagonizes
37. Buenos Aires capital La ___
38. Exhibit grief
40. Gadolinium
43. Half-tamed horse (slang)
45. American conglomerate
48. Cape near Lisbon
50. Quantum physics pioneer
51. Medieval England circuit court
53. To the highest degree
54. Spanish city
55. Saturate
57. Female sibling
58. British thermal unit
59. Scandinavian wool rug
61. Sports highlight show (abbr.)

CLUES DOWN

1. Research exec (abbr.)
2. Famed jazz musician Alpert
3. Sixth month of the Jewish calendar



Why do we say ...

by Gary Briand

I am appalled to find the greatest travesties in the English language appearing in the nation's leading newspapers. The Globe and Mail, no less! That brings me to consider a query sent to me by a friend of long date.

Why, she asks, do people say, "He and she had supper with she and I." while saying with ease, "He had supper with her." or "She had supper with me."? While the latter two sentences are correct, the first is in error. Why didn't the speaker of the first sentence simply combine the same objective pronoun and say, "He and she had supper with her and me."?

The simple answer is pedantry, the term used by Samuel Johnson to mock "the ostentatiously learned" men of England who liked to put on airs of grandeur to impress others. The preposition "with" demands the objective form of "she" and "I". Nothing more needs to be said.



WHICH PART OF THE EYES ENABLE PEOPLE TO SEE COLOR?

ANSWER: CONE CELLS

Driftwood treasures...

On the Gaspé we have an abundance of driftwood. Why not take something that has no use and make something artistic and beautiful for our homes...



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Italian foods. Each number corresponds to a letter. (Hint: 16 = a)

- A. 12 16 19 16 3 15 16**
Clue: Layered pasta
- B. 19 8 16 3 21 20 23 23 11**
Clue: Long noodles
- C. 25 16 15 15 6 12 11**
Clue: Cream-filled dessert
- D. 18 11 25 6 23 23 16**
Clue: Soft cheese

Answers: A. Lasagna B. spaghetti C. cannoli D. ricotta

ARIES – Mar 21/Apr 20

Aries, it is time to take charge. Do not allow obstacles to get in the way of your grand goals. Don't hold back at all, and attack every project with full force.

TAURUS – Apr 21/May 21

Taurus, concentrate on what you already have instead of trying to attain more. When you analyze the things around you, you'll discover you already have what you need.

GEMINI – May 22/June 21

The more you let your emotions show this week, the more prosperous you can become, Gemini. Try new things, even if they scare you a little.

CANCER – June 22/July 22

Cancer, if it seems as though people aren't taking you as seriously as you'd like, you may have to adjust your tactics a little bit. Perhaps the delivery is just wrong.

LEO – July 23/Aug 23

Do not turn down any opportunities that come your way, Leo. Even if they seem like they may not amount to anything, they can get you the kind of exposure that you need right now.



VIRGO – Aug 24/Sept 22

Virgo, put your plans in motion and get as many helping hands as you can muster while you're at it. This will only make the work go that much more quickly.

LIBRA – Sept 23/Oct 23

Always aim for the gold, Libra. You are in a position right now where you do not have to settle for anything less than the best. Use every tool at your disposal to get what you desire.

SCORPIO – Oct 24/Nov 22

Scorpio, take a decisive stance on a problem that has been lingering and be confident about the choices you make; otherwise, things will just stall out indefinitely.

SAGITTARIUS – Nov 23/Dec 21

Arguments can turn into bigger battles if someone doesn't concede their position, Sagittarius. Communication is a key thing for you right now.

CAPRICORN – Dec 22/Jan 20

Everything in your life seems to be

going in different directions, Capricorn. Seek Pisces's help as you figure out a way to get everything pointed in the same direction.

AQUARIUS – Jan 21/Feb 18

An idea can grow into something much bigger if you just give it a chance, Aquarius. With a little nurturing, you may see your idea grow into something much bigger.

PISCES – Feb 19/Mar 20

Take a step back from a problem that has been tough to solve, Pisces. There's nothing you can do right now, so a break makes sense.

FAMOUS BIRTHDAYS

SEPTEMBER 8

Pink, Singer (40)

SEPTEMBER 9

Michael Bubl , Singer (44)

SEPTEMBER 10

Misty Copeland, Dancer (37)

SEPTEMBER 11

Tyler Hoechlin, Actor (32)

SEPTEMBER 12

Emmy Rossum, Actress (33)

SEPTEMBER 13

Niall Horan, Singer (26)

SEPTEMBER 14

Andrew Lincoln, Actor (46)

Wisdom and advice from Gaspesian Grandparents

- Diane Skinner

In a column written a while back, I mentioned that my dear grandmother was a "Pastry Whisperer." Her pie pastry was a dream – flaky, flavourful and never burned along the top edge. Have we lost something over the years? Did our grandparents know things that did not get passed on to us? It could be that our elders tried to impart their wisdom to us, and we were just too busy to stop and listen. So, here is your opportunity to garner some wisdom passed down from grandparents... to those who listened!

Use bread to pick up pieces of broken glass. When setting a mousetrap, place it in a brown paper bag. Then when a mouse is caught just close the bag and throw it away.

-Linda Kosman

If a child had an earache, someone who smoked a pipe would be called upon to blow smoke into the child's aching ear to relieve the pain. If you had a headache, it was recommended to put slices of raw potato on your forehead and lie on your back in bed.

-Louise Morrison

What came to mind for me is superstitions. Never let an empty rocking chair rock. Don't open an umbrella in the house. If you spill salt throw it over your left shoulder. Never walk under a ladder. If you drop a knife, you will have a visitor.

Put onion and brown sugar in a glass jar until it makes a syrup. This is great for a cough. A piece of lemon on any bump on your skin would get rid of whatever. Of course, Wampoles taken every day all winter would keep everything away!

-Carol Beebe Gilker

The older people at first had no yeast so they would take the moss off maple trees and make hops. With this they would make a leaven overnight and, in the morning, they would make bread with it. Later, they got Royal Yeast Cakes which was much better. Someone else told me their mother would put eggs in salt to preserve them longer. Another lady said this reminded her of something. Her parents had a little cupboard under the kitchen stairs in which they kept a box of straw. They kept their eggs in that cool cupboard in the straw and covered them up. This makes sense because they would have been kept insulated and cooler and last longer."

-Linda Drody

Put camphor in a small bag made of cheesecloth or cotton. Hang around your neck and it will ward off colds and germs. To bring down a fever, put a salt herring on your soaked feet. Put a mustard plaster between two pieces of cloth and apply to your chest. This helps to relieve colds or pneumonia.

-Ethel Bradbury

The best thing a grandparent can do for their family is to have a berry patch, a cherry tree, and a tent! That's how my grandparents took care of all 16 of their grandkids and their 20+ great-grandkids who spend lots of time together.

-Bethany Fehr Paetkau

To remove the smell of onions on your hands, hold a stainless-steel spoon while running water and rub your hands as though the spoon were the soap. Toilets can be cleaned with old, flat Coke or Pepsi. Leave overnight and the hard water stains will dissolve. To keep new red clothing from bleeding over other laundry, soak in vinegar before the first wash. If you have silverfish, put whole cloves in the closets, drawers and near drains.

-Tanya Edwards

There it is dear readers, some wisdom of our ancestors passed on to us. They lived through hard times. They have much to teach us. We have much to learn.





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