

Curb Service at La Fourchette

Diane Skinner

SHIGAWAKE:- La Fourchette canteen located in Shigawake, is offering old-style curb service. Think back to the television show *Happy Days* and though the servers at La Fourchette do not wear roller skates, you can order by phone and they will bring your food right to your vehicle.

Colleen Dolbec was searching for a way to make her canteen safe for customers and staff and found an article on facebook about a restaurant owner in Drummondville who had solved the problem. That restaurant had a huge dining room and parking lot but could not open due to COVID-19. The owner decided to use his parking lot, with socially distant parking spaces, to serve his customers at their cars. Colleen tracked down the owner's phone number and called him to ask him a few questions. He was very helpful and gave Colleen the contact number of where she could find the special trays that clip on to the car's window. She called the manufacturer right away and ordered the trays for her canteen.

Think back to the old-fashioned car hop trays of the past. Some readers may recall the Curb Service located in New Carlisle which offered this service in the late fifties and sixties – their parking lot was full every summer evening and they made delicious burgers and fresh-cut fries!

After Colleen ordered the trays, she numbered eight poles to mark parking spaces that are designed to maintain the correct physical distance required. Once customers pull into a spot, they call in their order from their car. When the order is ready a server brings it to the car and will accept cash, debit or credit cards. A wireless Interac machine is available. There is no need for customers to leave their vehicles.

La Fourchette is located at 207 Highway 132 in Shigawake and is currently open for business from 11 a.m. to 7 p.m., seven days a week. They open in mid-May and close for the season at the end of September.

Colleen has worked in the restaurant business most of her life, that experience led to the idea of designing an original menu, offering all the most popular canteen foods and in addition some different items you might not usually find at a canteen. Her menu is extensive and it can be difficult to decide what to order when there are so many appealing choices. One of her most popular items is homemade style fish and chips which is made fresh every day. After that, some very popular items include Greek fries and lobster poutine, a tourist favourite.

Customers have expressed how much they appreciate this new service and that they love the whole concept. Business has been up so far this year compared with last year. La Fourchette is a popular spot and “has received 5-star ratings on multiple platforms and we are very proud of this,” says Colleen. She thanks her awesome customers and is proud of her staff.

Colleen Dolbec has made a smart business move. We live in different times and by offering a safer dining experience she has responded in a positive way. Businesses that want to survive should take note. Making some changes will help businesses to carry on in this new reality.

Colleen says, “It is a new world and we all have to learn to live in it.”



Server Dakota Hottot places a tray on a customer's vehicle.

Even during a pandemic,
**you can consult
a professional.**



If you need a medical consultation and have no symptoms of the flu, gastroenteritis or COVID-19, contact:

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- your medical clinic
- your family medicine group
- or Info-Santé 811 if you don't have a doctor

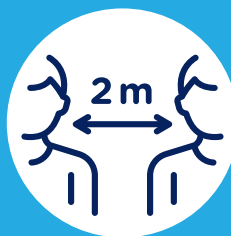
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Police report

A May 31 car theft in Chandler triggered a Sûreté du Québec operation that led to the arrest of two men who were charged the following day at the Percé courthouse. The Sûreté du Québec officers first received a phone call from a Chandler resident whose car had been stolen. The police officers of the Percé Rock detachment then relayed the information to neighbouring detachments. Less than an hour later, the police officers of the New Carlisle detachment intercepted the car in Hope Town, on Highway 132. Two men were inside the car. They were immediately arrested and taken to the police station, where they were questioned. They appeared in front of a judge through video-conference before appearing in court at the Percé courthouse. Éric Alain, aged 48, and Cédric Alain, aged 37, both residents of the Percé Rock MRC, were charged with car theft, other thefts totalling less than \$5,000, mischief and breach of probation. They were remanded in custody and the date of their bail hearing will soon be determined.

Sûreté du Québec experts in fire investigation were called to assist the Listuguj Police Department in the investigation of the cause of the blaze that destroyed the Busted House in Pointe-à-la-Croix on the night of May 31. Both police forces are refusing to comment on the file. Arson is suspected, considering that a first fire had been attempted ten days earlier.

A June 3 and June 4 search and rescue operation conducted in the York area of Gaspé by Sûreté du Québec officers and volunteers had a positive outcome. The missing man was found in fairly good condition around mid-morning on June 4. The man was in his sixties and he had been reported missing the previous day, in a wooded area. He was taken to the Hôtel-Dieu hospital where he was treated. The night he spent in the woods was rather chilly and he was also in a state of psychological distress, according to family members. The search and rescue operation was conducted by police officers driving all-terrain vehicles and the canine squad.

Things are chilly between Lebouthillier and Blanchet

Nelson Sergerie

GASPÉ - The leader of the Bloc Québécois, Yves-François Blanchet, is criticizing the work Member of Parliament, Diane Lebouthillier, is doing in defending the interests of the Gaspé Peninsula in the coronavirus crisis.

On May 29, Mr. Blanchet participated in a virtual meeting with elected officials from the Côte-de-Gaspé and Haute-Gaspésie. When called upon to comment on the work of the Minister of National Revenue in the riding of Gaspésie-Îles-de-la-Madeleine, the Bloc leader attacked Ms. Lebouthillier using the example of a program implemented during the pandemic. "The wage subsidy program does not work for businesses in the region. The Bloc Québécois has had more influence than the Minister of Revenue, and that is dangerously clear. Let her try harder," the Bloc leader bluntly said.

The reply was not long in coming

The Member of Parliament for the Gaspé Peninsula and Magdalen Islands did not like the comments made by the leader of the Bloc Québécois. Ms. Lebouthillier said that the Bloc supports the measures adopted by the Trudeau government. "Instead of trying to pull the rug out from under his feet, Mr. Blanchet would do well to put partisanship aside to help those who need our full attention in these particularly difficult times," she replied.

Tourist support

Support for the tourism industry has dominated virtual exchanges between the Bloc leader and regional elected officials. Yves-François Blanchet believes that federal programs are ill-suited to the revival of tourism activities on the Coast. "It's a very real problem because the programs don't ensure the survival of businesses. Every bankruptcy is one bankruptcy too many because no entrepreneur is responsible for COVID-19. Ottawa must ensure that businesses are in a position to recover once the crisis is over," says Blanchet. The Bloc wants to avoid duplication in tourism: Ottawa must support salaries and fixed costs, particularly by maintaining the Canada Emergency Response Benefit, and Quebec must develop programs as needed.

Louissette Langlois' hearing postponed to July

Nelson Sergerie

CHANDLER - The hearing of the Mayor of Chandler before the Quebec Municipal Commission (CMQ) is postponed to July. The CMQ is accusing Mayor Louissette Langlois of 21 breaches of the Code of Ethics and Professional Conduct which boiled down to the disclosure of confidential information, conflict of interest, and inciting a citizen to ask for legal fees. The citations are in connection with complaints of psychological harassment of CNESST executives.

Originally scheduled for June, the hearings will be held from July 6 to 10 in Gaspé. Preparing for those hearings has already cost the municipality \$27,000. Councillor Bruno-Pierre Godbout indicated at the last municipal council meeting in May that the bill could reach \$100,000.

Two previous suspensions

Ms. Langlois has already been suspended twice by the Municipal Commission. The first time was in May 2016 for 30 days for having asked the Town Treasurer to add \$135,000 to the 2014 budget without following the municipality's administrative procedures.

In September of the same year, a 45-day suspension was ordered by the Commission for participating in discussions and failing to disclose her personal interests in the file that led to the dismissal of the Town's Director of Urban Planning, Philippe Berger.

Soil test for the future Chandler garage

Nelson Sergerie

CHANDLER - Chandler is commissioning a \$20,000 soil study to determine if the future municipal garage could be developed downtown. The tests will determine if the site is more favourable than the one selected in Pabos. "We want to have both options to be able to make a better decision. If the test is conclusive in Chandler, we will have a very good savings for the taxpayers," says Councillor Bruno-Pierre Godbout.

Soil problems had been raised in the downtown area, but the Pabos site has particularities. "What we learned during the last call for tenders is that there were exorbitant costs for the land in Pabos, around \$700,000. We want to get an accurate picture of the two lots," he says. "The garage will be smaller and will meet the needs," says the councillor. Plans and specifications are being prepared for this project estimated at an expense of \$3.6 million. Tenders are expected in July. Mayor Louissette Langlois preferred not to comment.

This is another step that is being added to this file, but isn't really a surprise since Councillors Gaëtan Daraïche and Bruno-Pierre Godbout had voted against its location in the Pabos Industrial Park last December because they wanted a soil test for the downtown site.

The elected officials were satisfied on April 9, after the majority of the council rejected by a vote of four to two, the submission of the only interested contractor, LFG, which had reduced its bid from \$5.6 million to \$4.8 million, even though part of the work would have been done internally. At the last council meeting, Councillor Denis Pelchat made an exit in good standing following the rejection of the project.

No cruise ships on the Gaspé Peninsula this year

Nelson Sergerie

GASPÉ - Escalade Gaspésie's 2020 season is finished before it even started. On May 29, Ottawa extended the ban on sailing in Canadian waters for vessels with more than 100 passengers until the end of October. Escalade Gaspésie had thirteen calls scheduled for this fall, that is 12,000 passengers. Even though Escalade Gaspésie's director, Stéphane Sainte-Croix, is not surprised, the shock is hard to take after the losses caused by the right whale, which, so far, amount to approximately half a million dollars. This year alone, the loss from the complete cancellation of the season is estimated at \$300 000.

One full-time and 30 seasonal employees are losing their jobs temporarily. Mr. Sainte-Croix will try to save the organization. "How will the market behave for 2020-2021, 2021-2022. We'll see what approach we can put in place, but it's definitely an issue for the next few weeks," he says. Interest in Gaspé remains with cruise ship passengers, but with the last few difficult months for the industry in connection with COVID-19, the presence of the clientele is a mystery. "Everything is fragile, everything is unstable and we could still see changes in the coming weeks and months for the 2021 fiscal year." A total of 43 stopovers were planned in 2020 with 21,000 cruise passengers and crew members.

Hard blow for all of Quebec

The 2020 season was shaping up to be the most significant of the last 10 years in Quebec. Vessel reservations represented 560 days at berth and a total of 567,000 passenger days to be accommodated at the nine St. Lawrence ports of call. The direct, indirect and induced economic spinoffs were estimated at \$1 billion and 7,000 direct and indirect jobs. The industry is calling on the government to help them get through this crisis.

Another clash in Chandler

Nelson Sergerie

CHANDLER - Chandler Town Council is refusing to pay two invoices for equipment because the Director of Public Works acted without a resolution. Michel Couture sold old equipment for approximately \$50,000 and bought a loader and a snow blade to do snow removal in the Newport area. Even if Mr. Couture had discussed the file with the Director General, four councillors voted against the invoices totalling \$67,000 because the executive acted without the agreement of the council. "I'm not voting against the equipment. I'm voting against the procedure that was not followed. We can't afford to have one person buy \$67,000 one week and another person buy \$100,000 the other week and get into trouble," says one of the four opponents of the payment, Bruno-Pierre Godbout. "Discussions were held. We were told that these were zero-cost transactions. In my opinion, if he proceeded, it is because he thought he at least had the agreement of the director general to proceed," says councillor, Denis Pelchat, who voted in favour of the payment.

The director general fears a formal notice after the council's refusal. "We'll wait for the rest. The suppliers will want to recover this equipment. I don't want to presume, but they could file a formal notice or something like that, but we're not there yet. There is still a purchase order that has been issued," Roch Giroux, Executive Director, told the council.

Another relatively quiet COVID-19 week in the Gaspé Peninsula

Gilles Gagné

amounts to 185 cases.

City.

“The newly infected person from the Avignon MRC is being investigated by the New Brunswick Public Health Authority,” explains Clémence Beaulieu-Gendron, spokesperson for the Gaspé Peninsula and Magdalen Islands Public Health Board.

No new hospitalizations or deaths were reported during the week. Seven people recovered from the virus during that time. One person remains hospitalized in the intensive care unit at Rimouski hospital.

Since the beginning of the pandemic, the coronavirus

has affected 74 men and 111 women in the Gaspé Peninsula and the Magdalen Islands. So far, 168 people have recovered, for a treatment success rate of 90.8%. Eight people died of from COVID-19, for a death incidence of 4.3%. There were still nine active cases as of June 5.



Commentary

Gilles Gagné

Good intentions but going about it the wrong way

In order to weaken the effects of the recession affecting Quebec's economy since the end of March, Premier François Legault and his economic team tabled Bill 61 a few days ago, pertaining to the acceleration of public infrastructure projects.

The intention to avoid a prolonged recession through stimulating public infrastructure initiatives is an old recipe. President Franklin Delano Roosevelt used it in the 1930s to boost to the economy of the United States, much affected by the stock market crash of 1929, for example. Numerous governments have followed in those New Deal footsteps over the last 90 years.

The Coalition Avenir Québec has targeted 202 projects that could be carried out faster. Their intentions are good, however, the means that are currently deployed to actualize those projects is ill-advised. It looks like the mammoth bills adopted by Stephen Harper's Conservative Party government between 2011 and 2015 which sent the Canadian society back 40 years in environmental and democratic matters, if not more.

François Legault's government will suspend the enforcement of some parliamentary and environmental rules in order to ensure that Bill 61 is adopted by June 12. Treasury Board Minister Christian Dubé swears that the government will not use extra power to use Bill 61 once adopted. So why make provisions for the suspension of those rules?

Seven years after the Charbonneau Commission, which pertained to the abuse and derogations regarding the call for the tender process, among other things, the Quebec government puts itself in a position to bypass those calls for bids when it is judged necessary. Who will decide if it is necessary? The same government members will!

That government will not be bound by the rule of the lowest bid. Ministers and civil servants will be allowed to reach option agreement contracts without a call for tender process. This opens the doors to deals signed with good friends, regardless of the quality of the work done. This is exactly what needlessly cost billions of dollars to Quebec taxpayers during the Liberal Party tenure, especially during the Jean Charest years, between 2003 and 2012.

Do we really want to take that road again? Bill 61 will allow the Quebec government to bypass the quality of the environmental regulation. Government officials will be permitted to arbitrarily determine the amount of money that can be paid to destroy swamps and areas occupied by endangered species.

Numerous road initiatives appear on the list of 2020 projects. There again, we haven't learned that putting emphasis on the road network will only encourage people to rely more heavily on individual cars.

The pandemic makes it difficult to use commuter transportation but as soon as it will be over, Quebecers will have to seriously reconsider the way they move around, and the government's duty is to facilitate the use of public transportation, and improve what we have.

The pandemic stems in all likelihood from our material use. We constantly push the limits of natural resources exploitation, a characteristic that puts us in contact with animals in their ecosystems. From there, viruses are transmitted from animals to humans.

Currently in Quebec, we have another weak Minister of the Environment and Sustainable Development, Benoit Charette. When Bill 61 was tabled, Minister Charette stated that the role of his department's civil servants is now to assist promoters in their ventures. He added that the word development is now more important than the word environment.

Through saying something like that, he justifies the fears some citizens had in 2004-2005 when the Quebec government decided to add Sustainable Development to the name of the Ministry of the Environment. Those citizens thought that eventually, the word development would prevail over environment. In practice, it had been the case for years. Now, it is official on paper.

The CAQ government is supposed to adopt Bill 61 and drop it after two years, once the recovery is well assured. Governments rarely relinquish added powers though.

There were ways to target projects that would not have required some supplemental powers. The Quebec government obviously did not want to consult other stakeholders in that regard. It is really too bad.



Guest Commentary

Emma Buckley

A taste of spring

I looked out the window this morning, and there they were. Two colourful fishing boats, one light blue, one dark blue, circling close to shore. The workers on deck dropped heavy cages overboard as noisy gulls and gannets hovered. The local lobster season has started, despite the difficulties and many adjustments required due to COVID-19.

For me, the lobster season announces spring. There are various signs beforehand that point toward the season's (slow) arrival: the appearance of the Brant geese in our cove, or the aroma given off by the piles of fresh kelp that drift in the shallows but it is the lobster boats, and their catch that transport me from the long cold winter into spring.

Last season, the boats placed their cages very close to shore. Lying in bed in the early morning I'd hear the low rumble of the *Lady Elodie* arriving in the cove. She'd make several turns each morning, coming so close I could see the name painted on her pale yellow side and hear the radio playing onboard.

I'd never eaten lobster before coming to the Gaspésie. Southern rock lobster is fished in the south in Australia – far from where I grew up and is considered an absolute luxury. Most of the catch is exported to Asian markets, or graces the tables of high-end restaurants.

Lobster aside, we had access to fresh seafood as we grew up on the coast. Every Christmas, my family, like many, eat king prawns and oysters from our region. Dad's friend Tommy used to have an oyster lease on the river not far from our place. I remember one summer's day spent touring the creeks where he kept his oysters, zoom-

ing among the mangroves in his 'tinnie' (a small aluminium boat), him pushing buckets of oysters at me and me pushing money (unsuccessfully) at him. Tommy's rock oysters were marvellous.

A friend once told me she moved from Montreal to the Gaspésie for the seafood. Though I suspect there were more pressing reasons, I see her point. Gaspésie is a seafood lover's paradise, where much of the produce comes, literally, from one's own backyard.

Here on the Atlantic coast, lobster is still accessible, especially if just for special occasions. We buy live crab or lobster once or twice during the season for my partner to cook at home. It is a spring ritual. First, the outdoor cooker and the ancient lobster pot are dragged out of storage and dusted off. Next, my partner searches for the least windy spot and sets the water to boil. At this point, I linger inside as a lapsed vegetarian I'm always a bit conflicted - while outside, the ultimate sacrifice is made. Afterwards I head back out, glass of wine in hand, shivering

in the wind and giving silent thanks to my soon-to-be supper, bubbling away in the pot.

Other gastronomic discoveries I've made since moving here include Matane prawns, with their eggs still attached, and bourgot, eaten fresh with lemon. Mackerel, turbot, striped bass and bluefin tuna are some of my favourite fish, though anything fresh is wonderful.

The history of the Gaspé Peninsula revolves around the sea, and those who lived off it. From the original Mi'kmaq inhabitants to the seasonal Basque fisherman, from the Jersey merchants and the famed "Gaspé cure," to the collapse of cod stocks and the growth of crab and lobster fishing, each chapter reveals thousands of men and women whose fortunes shifted like the tides they watched.

Perhaps that's why I feel a sense of wonder watching lobster boats chugging by in the early morning, gannets and gulls trailing in their wake. As a regular event during an irregular time, the sight reassures me. But more so, it feels like witnessing history flowing on into the present.

The Gaspé Spec

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Wind energy industry optimistic about post-pandemic future

Gilles Gagné

NEW RICHMOND – Quebec’s wind energy industry is rather optimistic about its post-pandemic future, since several clues suggest that an eventual economic recovery will integrate a higher proportion of renewable sources of energy, like wind energy and solar energy.

Frédéric Côté, director general of Nergica, the applied energy research centre that used to be known as the Wind Energy Techno-centre, is well aware of what is going on in the renewable energy field and there is room for optimism.

“Right from mid-March, all the energy clusters were considered “essential services” by the Quebec government, including wind energy, and the production was maintained,” he says.

“We evidently know what is happening to the energy demand when there is an economic shutdown, as there are many impacts. The demand decreased but the summer could lead to increased consumption, given the heat waves in many American areas. We will have to keep an eye on that. The signal we receive from Hydro-Québec is that the situation remains within the parameters of normal management,” explains Mr. Côté.

Encouraging signs for wind energy were already vis-



Photo: G. Gagné

There is room for optimism in wind energy, even in a post-pandemic context, because renewable sources of electricity are efficient.

ible in the pre-pandemic context.

“It is going well in the United States and in North America in general. As far as installed capacity goes, the wind energy sector wins hands down and solar energy is going well too. US President, Donald Trump wanted to save coal but the facts are there. It doesn’t work. The investments in the installation of wind energy and solar energy farms are dominating. Eliminating coal in North America is a possibility,” he adds.

The Quebec wind energy industry was born just before 2000. It was formed mainly by companies that were installing wind farms and fabricating components such as windmill blades and windmill towers. The big push took place in 2004-2005 when Hydro-

Québec issued a 1,000 megawatt call for tenders. Many companies specialized in other wind energy related components, including sophisticated technologies, also developed following that call for tenders and the ensuing ones. The total capacity of Quebec’s installed wind farms currently amount to 3,900 megawatts. Considering that the wind is not always blowing, the output represents about one-third of that capacity.

Premier François Legault regularly criticized the way Quebec developed its wind energy cluster and the situation of electricity surpluses, while other societies see those surpluses as wealth and business opportunities.

Without expressing his expectations regarding the way Quebec will develop wind en-

ergy in the future, Frédéric Côté emphasizes that “the question is to determine if there is room in Quebec’s energy portfolio for competitive energy? The answer is yes. Wind energy has been competitive for years. Solar energy? It will become (competitive) eventually, not in ten years (but) in less than five.”

Secondly, one must analyze the needs here and outside Quebec. “Will we see a 1,000 megawatt call for tenders, or a strategy to go with 4,000 megawatts? We don’t see that currently. On the other hand, when we look at what the government is working on, transport electrification, the Energy Policy leading us to 2030, we will have to produce more renewable energy in Quebec.”

Frédéric Côté also points out that it will interesting to see how Hydro-Québec will manage its contracts. “Will it (the utility) sign long term deals with a fixed tariff or agreements adjusted on a daily basis. Electricity tariffs change by the minute in North America,” he says about what is called the spot market.

The first wind energy contract that will be renegotiated by Hydro-Québec is for the Baie-des-Sables wind farm, which was installed between 2004 and 2006 near Matane. That wind farm started delivering electricity to the grid in December of the latter year.

What if Hydro-Québec decides to refrain from renewing those 20-year contracts with the owners of the wind farms, which are private firms? Frédéric Côté is not too worried.

“I think we are going towards what is called repowering. The wind towers are still able to produce, sometimes through replacing some components but that is normal,” he explains.

He stresses the fact that since the summer of 2016, the Gaspé-based LM Wind Power plant has worked at full capacity on a huge export contract for customers based in Texas. The production was slowed down for a few weeks at the start of the pandemic but it has picked up since. The plant employs 485 people.

Recession and austerity might not affect renewable energies

Gilles Gagné

NEW RICHMOND – The director general of Nergica, Frédéric Côté is aware that the COVID-19 pandemic creates a sequence of three elements: a socio-sanitary crisis; which is followed by a recession; and then a public financial crisis, since a plan to pay back the accumulated debt will likely be imposed.

While he is not worried about Hydro-Québec respecting its electricity supply contracts coming from wind farms, he believes that the wind energy sector can get an edge, as a tool to get out of a recession.

“In 2008, the recession did not hit Quebec as hard, notably, because, at that time, there was a program to install wind farm infrastructures. The construction of wind farms supported the economy of Quebec,” he sums up.

He also reminds us that the

electricity coming from wind farms is not subsidized and comes from open calls for tenders.

In the United States, some of the largest wind farms deliver electricity to their customers at a price ranging between 3 and 4 cents per kilowatt, while the newest power dams constructed in Quebec deliver a more costly energy. The Romaine power dam’s electricity allegedly costs nears 9.5 cents per kilowatt, although the utility does not divulge those numbers. That dam is located on the North Shore.

The 4,000 megawatts installed in Quebec over 12 years generated investments worth about \$10 billion.

Will it be difficult to mobilize capital in the post-pandemic context for wind farms? “Every energy production venture is capital intensive. Those investments are characterized by a cash flow spread



Photo: G. Gagné

Frédéric Côté thinks that access to capital will not be a problem for wind farm developers in a post-pandemic context.

over many years. It should work out,” says Mr. Côté.

Most observers thinking about tomorrow’s society are of the view that green energy or renewable energy, will be adopted first and foremost so to attenuate the effect of a

much worse crisis, triggered by climate change. Frédéric Côté believes that Quebec’s wind energy is already getting prepared to fill some of the coming needs.

“The fundamentals are there. We should see some

green energy growth. The cluster is competitive in electricity production. We are getting interested in solar energy in Quebec because, otherwise, Hydro-Québec would not build a solar energy farm. The Quebec enterprises (wind mill component manufacturers) are already there (...) The main trend consists of adopting machines that are increasingly larger, which is a way to reduce costs. For example, LM Wind Power is strategically located in Gaspé, with the port and the railroad,” says Mr. Côté.

About 5,000 Quebecers work in the wind energy sector. Even if the Gaspé Peninsula and the east part of the Lower Saint Lawrence regions are considered since 2003 as the “designated area” for wind energy development, where the first wind farms were erected, more than half of those jobs are located elsewhere in Quebec.

How to continue protecting yourself and protecting others

While the activities of life have gradually begun to resume in Québec, abiding by health instructions remains essential to keeping the virus from spreading. This requires changes to everyone's daily habits.

HERE IS WHAT YOU HAVE TO DO:

- ✓ **Remain at home if you have symptoms of COVID-19.**
- ✓ **Remain at home whenever possible through telework and online ordering.**
- ✓ **Restrict the number of people with whom you have live contact** (no more than 10 people from a maximum of three different addresses for outdoor gatherings).
- ✓ **Always keep a distance of two metres from between yourself and other people, except those who live in your home.**
- ✓ **Always wear a mask or face covering when you are unable to meet the two-metre rule in public settings.**
- ✓ **Wash your hands often with soap or a sanitizer.**
- ✓ **Abide by the breathing etiquette by coughing into your mask or the crook of your elbow.**
- ✓ **Clean and disinfect all frequently touched surfaces.**
- ✓ **If possible, avoid unnecessarily touching surfaces and objects.**
- ✓ **Do not share objects such as balloons, papers, dishware, etc.**



Keep a distance of two metres between yourself and others, because:

- The virus spreads from one person to other by contact with infected droplets projected into the air when an infected person breathes, speaks, coughs or sneezes.
- The infected droplets **can be projected up to a distance of two metres** and therefore reach anyone who is close by.
- Some people with no symptoms or symptoms that have not yet developed can unknowingly transmit the virus to others.



Why is it so important to wear a mask or face covering?

- It can protect you when you are unable to follow the two-metre rule, and the virus can be transmitted between people by contact with droplets from an infected person that are projected into the air at up to that distance.



Why are only outdoor gatherings of no more than 10 people (ideally from at most three households) permitted?

- Because the probability that an individual will become infected depends on the number of people with whom they are in contact; the probability that any one of those people is already infected and contagious; the degree of their intimacy; the duration of contact and the protective measures taken to limit the transmission of the infection.
- For example, if a person meets five times with nine different people, they will have been in contact with 45 people in total. It is therefore important to limit our contacts, and ideally to favor gatherings with the same people.
- The fewer the number of people in the same location, the lower the risk of being in contact with an infected person, whether that person is symptomatic or not.
- The risk of transmission out of doors is considered low compared to an indoor environment.



Why is regular hand washing so important?

- Even if the principal mode of transmission is from infected droplets projected into the air through talking or coughing in proximity to others, the virus can also spread by touching contaminated surfaces or objects.
- The unwashed or non-sanitized hands of an infected person (whether or not that person is aware of their situation) can contaminate objects and surfaces nearby by touching them.
- Anyone can catch the virus by touching a contaminated surface then touching their eyes, mouth or nose.

Busteed House, regions's oldest residence, destroyed by fire

Gilles Gagné

POINTE-À-LA-CROIX — Family members and Gaspesian advocates for heritage protection are quite upset about the May 31 destruction of the Busteed House in Pointe-à-la-Croix. That house was one of the region's oldest houses, if not the oldest.

Built 220 years ago by Thomas Busteed, the “Bordeaux House,” its official name, was inhabited by six generations of Busteeds until William (Bill), sold it to the Canadian Ministry of Public Works in 2009. A few years after a court case opposed the family and some members of Listuguj.

Reached in the Lac Brome area, where he has been residing for 11 years; Bill Busteed did not want, at first, to react publicly in regard to the destruction of the family home but agreed after a short conversation with Spec.

“I was made aware of that this morning by my sister who lives in Campbellton. It is a very sad day in my family. It (the house) was being destroyed as years passed. I left in July 2009 and I have not gone back since. When I left, it was a beautiful house, but it was deteriorating with time. The house was built in 1800 and it stayed in the family for 209 years. There are not many houses where something like that can be said about,” said Mr. Busteed the day following the blaze.

The Pointe-à-la-Croix fire chief, Pascal Martel, believes that arson could be the cause of the fire. He said that an investigation is being conducted by the Listuguj Police Department.



“We did not see traces of that,” he said after being asked if traces of fuel were noticeable during the firefighters’ intervention. “The house was not hooked to the electricity grid. A fire doesn’t break out like that,” added Mr. Martel.

The alarm was given at 9:40 p.m. but upon their arrival, the Listuguj and Pointe-à-la-Croix firefighters could do nothing but control the fire and prevent it from reaching the surrounding fields. The investigation is also taking into account a first attempt to set the house on fire around May 21.

“We could see black traces on the wall when I went a week ago,” says Michel Goudreau, president of the *Société historique Machault*, which takes care of the heritage causes in the Pointe-à-la-Croix area. Mr. Goudreau affirms that the destruction of the Busteed House is “a huge loss for the Gaspé Peninsula.”

He was worried about the fate of the Busteed House way back in 2009 when it was acquired by the federal government as he saw a magnificent row of deciduous trees being cut. The Department of Aboriginal Affairs and the Canadian North argued in 2010 that the trees were rotten but Mr. Goudreau had observed that the trees were loaded with leaves the previous year. From there, he noticed a slow and steady deterioration of the house.

Pointe-à-la-Croix mayor, Pascal Bujold, reacted on Facebook the night of the blaze saying that “this is not possible... The oldest house in the Gaspé Peninsula is on fire! What sad news. But who could... Why do that? It hurts and it will hurt for a long time...”

In March 2009, Public Works Canada acquired the house and the 1.6 square kilometre property for about

\$800,000 with the plan of ceding the property to the Listuguj Mi’gmaq Government two years later. Before the property transfer, the house had started to deteriorate and vandalism was often perpetrated there.

The Mi’gmaq people of Listuguj were divided about the future of the Busteed House. A group wanted to turn it into a healing centre, while others were expecting it to become a tourist attraction. Others were indifferent to its fate, seeing in it a symbol of British colonialism.

Quebec’s Department of Culture, which had conferred to the residence a classified heritage status, was until recently assessing the relevance of funding a study to evaluate the work required to renovate the house. The band council took part in the discussion surrounding that initiative. In 2010, the cost of renovating the house was al-



ready valued at \$250,000, according to the band council at the time.

The president of *Patrimoine Gaspésie*, Jean-Marie Fallu, deplores “an act that was unfortunately expected,” referring to the loss of the house.

“Following the number of vandalism acts perpetrated on the house and the fire (...) one can only conclude that it comes down to a failure in conciliation and concertation between the Mi’gmaq community of Listuguj, and the federal and provincial authorities, heritage-wise,” says Mr. Fallu.

In January 2019, Mr. Fallu wrote to Chief Darcy Gray and asked him to “take advantage of the preservation and the betterment of the Busteed House through creating a Mi’gmaq space, a commemoration and interpretation place about history, where the painful past represented by that house could be explained, as a symbol of colonialism, but also presenting the empowerment regarding your history and your culture, and your development while maintained links with the Non-Natives,” added Mr. Fallu.

The presence of a cannon in the chimney represented one of the most original aspects of that residence. The *Société historique Machault* is planning to write to the band administration in hopes of obtaining the cannon.

Main photo: The chimney was the only part of the structure that had resisted the blaze. Photo: Michel Goudreau. Small photo: The Busteed House was already showing some signs of deterioration in June 2012.

Photo: Gilles Gagné.

Railway “acceleration” likely to yield modest results

Gilles Gagné

NEW RICHMOND — The June 3 announcement that five infrastructure projects will be accelerated in the Gaspé Peninsula and the Magdalen Islands will likely yield modest results, including the refection of the Gaspésie Railway Society line, one of the five regional initiatives targeted by the Quebec government in its acceleration commitment.

Two days after the announcement and three days after the first major mention of that Quebec-wide initiative by Premier François Legault, nobody at Transports Québec could specify how an “accel-

eration” of the refurbishment process will translate into time gained at the end of the operation.

“I was in a meeting with Transports Québec people earlier today and nobody could tell us how it will be done,” explained the president of the Gaspésie Railway Society, Éric Dubé on June 4.

In April 2019, Premier Legault announced that seven years would be required to complete the line upgrading. Given the disappointment that such a long delay created among the regional leaders and the ensuing pressure they put on the Quebec government Premier Legault announced at the end

of August 2019 that the work would be finished a year early, in 2025.

In December, Transport Minister François Bonnardel committed to trying to find ways to reduce the time needed to finalize the project but, six months later, there is still no new time frame set. Currently, trains can circulate between Matapédia and Caplan. Port Daniel will be reached at the end of 2021 or at the beginning of 2022.

Éric Dubé’s expectations are modest although he is really pushing to accelerate works.

“My understanding of the situation is that if we have to move the railway sideways,

for example, and if we have to expropriate some land to do so, the process will be accelerated. Instead of taking two years, it might take two months. The environmental assessment process, for the characterization of some areas, for example, could be carried out faster without driving down the norms. All that process will not make plans and specifications be produced faster and that is the main obstacle preventing us from going faster regarding the line repairs, especially the bridges,” explains Éric Dubé.

SPEC tried to obtain details about the acceleration process and it took hours before getting a message to the

effect that an answer would come later. The newspaper learned that there is a Transports Québec internal memo circulating asking to stop talking about a faster traffic resumption to Gaspé.

The line upgrading budget is currently endowed with an envelope of \$280 million, including \$45.6 million coming from the federal government.

The two other Gaspé Peninsula projects are the upgrading of Villa Pabos, the seniors’ residence located in Chandler, and the moving of Gaspé’s Transports Québec garage.

Two other projects are located on the Magdalen Islands.

Announcements...



In Memory

LANGLOIS : Leonard

In memory of a loving husband, father and grandfather who passed away March 10, 1998.
*We think of you always.
 We talk about you often.
 You have never been forgotten,
 And never will.
 You are in our hearts forever.*
 Love Iona and family.

ROBERTS: Earl and Beatrice

Dad - April 6, 2000
 Mum - February 16, 2003
 In loving memory of Mum and Dad.
*Two loving parents
 So gentle and kind
 What wonderful memories
 You both left behind.*
 Your daughter Iona and family.

SUBMISSIONS FOR THIS PAGE MUST BE IN BY THURSDAY AT 4 P.M.

STARNES: Ivan

In memory of a very good friend and Christian brother on the 1st anniversary of his passing on June 14, 2019.
*Resting in God's beautiful garden,
 Sheltered from sorrow and pain.
 Safe in God's wonderful keeping,
 Until we meet again.*
 You are a great miss, Darin and Joan.

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Classifieds and Coast Roundup

Wanted: a chalet or house to rent for three months in the Barachois/Percé area. Please call 418-760-8655.

Gaspé Cancer Foundation

Members and supporters of the Gaspé Cancer Foundation are asked to please note that our office at the Gaspé Hospital has been temporarily closed due to COVID-19. To renew or become a member of the Foundation, please send your twelve dollar (\$12) payment to the address indicated below. For members who have travelled outside the region for treatment while we are closed, please send your referral paper(s) with your address and phone number to The Gaspé Cancer Foundation, CP 6078, Gaspé, Qc G4X 2R6. Your request will be processed and a cheque will be mailed to you.

Please take note that all cheques for payment of subscriptions, want ads, memoriams, etc. should be made out to: The Gaspé Spec

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Reflections

by

Diane Skinner Flowers



Rhubarb: Fruit or Vegetable?

Rhubarb is an unusual plant. It is a vegetable, but we cook and serve it as if it were a fruit. Though rhubarb resembles celery the two are not related. Celery is part of the parsnip family and rhubarb belongs to the buckwheat family. The word rhubarb comes from the Latin word rhababarum which means "root of the barbarians". The Chinese have been growing rhubarb for over 5,000 years. As early as the mid 1500s, rhubarb was more expensive than cinnamon in France and by the mid 1600s, rhubarb was double the price of opium in England. In Italy, rhubarb wine is popular and you can buy locally made rhubarb wine on the Gaspé.

Most often rhubarb is baked into pies, muffins, crumbles and of course, jam. One pound of raw rhubarb gives about ¾ cup cooked. It is not necessary to completely peel rhubarb, just trim the ends and discard the leaves. A stick of rhubarb dipped in sugar can be eaten as a treat. People tend to fall clearly into one or the other group of those who love rhubarb and those who definitely do not.

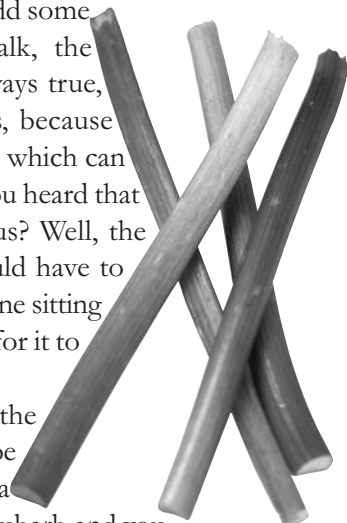
If you are in the group that loves the unique flavour of the lovely pink, red or green stalks, there are always friends and neighbours willing to give you some. That makes the experience all the sweeter, especially if you add sugar. Truth is, you will most likely have to add some sugar. "The redder the stalk, the sweeter the taste" is not always true, however, eat only the stalks, because the leaves contain oxalic acid which can upset your stomach. Have you heard that rhubarb leaves are poisonous? Well, the answer is yes. A person would have to consume over 10 pounds at one sitting of the extremely sour leaves for it to be toxic.

You can buy rhubarb in the grocery store, but it tends to be pricey. If you do not have a neighbour who brings you rhubarb and you love to cook with it, you can plant your own. Plant your rhubarb in full sun. Plants can grow more than 3 feet tall with a spread of four to five feet. So, do consider this when choosing where you will plant it. Dig a hole 1 to 2 feet deep. Fill with a mixture of soil and compost. Insert your plants. Fill in the hole and cover with another inch of good, rich soil. Keep well watered. Remove flowers when they appear. Beware: Do not pick stalks the first year and that will allow the roots to strengthen. Once it takes root you should have many years of rhubarb ahead of you. Don't forget to share with friends and neighbours.

Fabulous Rhubarb Cake

- 1 ½ cups of raw rhubarb, cut fine
- 1 cup brown sugar
- ½ cup white sugar
- 1 egg
- ½ cup butter
- 1 cup applesauce
- ½ tsp. salt
- 1 tsp. baking soda
- 1 tsp. vanilla
- 2 cups flour

Instructions: In a large mixing bowl, cream sugars and butter. Add egg and salt. Stir in applesauce, soda, vanilla and flour. Add rhubarb. Pour into prepared 9" by 13" by 2-inch baking pan and sprinkle with ¼ cup white sugar and 1 tsp cinnamon. Bake at 375°F degrees for 30 to 35 minutes. Easy and delicious.



World Kidney Cancer Day 2020

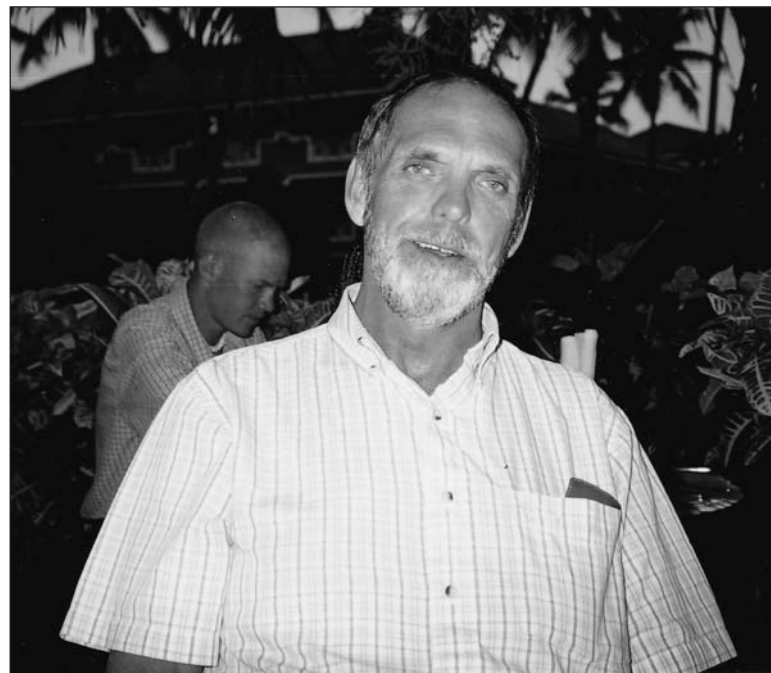
Submitted by Kay (Karen) Ross

The theme for this year's World Kidney Cancer Day on June 18 is "We need to talk about physical activity." We need to spread awareness of how even small amounts of gentle physical activity can help prevent kidney cancer and transform the lives of kidney cancer patients worldwide. Three out of four kidney cancer patients aren't doing enough physical activity.

Those of you who knew my husband David also knew that he loved to walk, run and bike. Throughout his kidney cancer journey he exercised every day that he was able. If the weather was inclement, he had a treadmill and later a recumbent bike as backup so he wouldn't have a reason to skip his exercise regimen. This helped to keep up his general health mentally, physically and emotionally. Regular activity along with diet helped him to manage his sugar levels as well so he no longer needed any medication to control his diabetes.

Studies show being physically active can reduce your risk of kidney cancer by up to 22%. If you already have kidney cancer, even moderate physical activity can improve treatment outcomes by up to 15%, as well as reduce cancer-related fatigue, anxiety, depression and improve overall quality of life.

Whatever your age, whatever your stage, being as physically active as your condition allows and your body will tolerate can bring far-reaching benefits. Even just a few min-



David Ross exercised every day he could.

utes here and there will make a difference. If your clinician has not suggested a physical activity plan to you, suggest it to him/her on your next physical or virtual visit.

Dr. Linda Trinh is an Assistant Professor of Exercise and Cancer Survivorship at the University of Toronto and a world expert on the physical and psychological benefits of physical activity for cancer survivors. In a four minute video, Dr. Trinh explains not only the benefits of physical activity but also the best ways to prepare, start and stick to a physical activity plan. Starting a physical activity plan is never easy and having cancer doesn't make it any easier. This FREE guide can help put you on the road to a better quality of life. You can download the video at www.kidneycancer-canada.ca.

As a general rule, you should do as much physical ac-

tivity as your condition allows and your body will tolerate. If you are moving your joints, stretching your muscles and raising your heart rate, it is doing you good. Talk to your health care professional about what is best for you at your stage of treatment.

You can also access a FREE virtual copy of Dr. Trinh's "Get Active, Sit Less! Exercise Guidebook for Kidney Cancer Survivors" at www.kidneycancer-canada.ca.

Kidney Cancer Canada/Cancer du Rein Canada is a bilingual, health charity organization for kidney cancer patients, their caregivers and their families. We are always here to help even during the COVID19 pandemic. If you feel you need help or have questions, please do not hesitate to contact us at 1-866-598-7166 or email us at info@kidneycancer-canada.ca

Homesick for the Gaspé?

Find out what's happening on the Coast. Turn to the pages of The Gaspé Spec

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Spend an evening with Tammy Adams

Diane Skinner

If you tune in on Friday evenings to singer Tammy Adams' "Friday Night Facebook Live" you will be able to watch and hear this upbeat, charismatic performer for three hours! She tries to keep the experience relaxed and entertaining and what better way to spend a Friday evening while at home? Tammy performs from 8:30 – 11:30 p.m., Atlantic Time, as she now lives in Halifax, N.S. In Quebec, watch and listen from 7:30 – 10:30 p.m.

Tammy Adams is from St. Majorique, a small French community 10 kilometres from the town of Gaspé. She attended school in Gaspé. She did not take music lessons but music was a "family thing." Her dad played guitar and sang. Tammy's favourite memories are of her dad saying after supper to her mom, "Ruth, get out the song book!" Tammy recalls, "Dad would get the guitar and we'd go over the whole book with supper dishes still on the table. We sang together as a family." They always sang country music.

Years ago, there were amateur nights at the Carrefour Gaspé and Tammy's dad would often put her name in to perform, even though he knew she might be reluctant. When Tammy would protest that she had not practiced, her dad would reply, "You did all this week after supper. Just sing one of those songs we played every night!" He never forced Tammy to perform. He encouraged her.

Tammy credits her dad as her biggest musical influence who did everything he could for her. He passed away when Tammy was just 17 years old, 35 years ago. Her grandmother, Hilda Adams will often say, "Your father would be so proud of you." Tammy has two sisters, Tanya and Trina, brother-in-law Steve and two amazing nephews, Jordan and Riley who all still live in the town of Gaspé. Tammy moved to Halifax ten years ago to be with her partner Michael.

Tammy's favourite group is



Adams, originally from Gaspé, entertains for three hours every Friday evening on her facebook page. Listen in and enjoy her music in the safety of your own home.

Alabama and her favourite female artists are Lorrie Morgan, Martina McBride, Lisa McHugh, Pam Tillis, Tammy Wynette and Loretta Lynn. Her favourite male artists include Vince Gill, Merle Haggard, Ricky Skaggs, Randy Travis and Mel Tillis. Her most requested song in 35 years of performing is *Bobby McGee*. She says other top requests include *The French Song* and a Hank Williams Medley.

She has performed in many communities on the Gaspé, plus venues in Longueuil, Quebec; New Brunswick; Newfoundland; and Aklavik, NWT. Tammy says though, there is no better feeling than playing back home on the Gaspé. Travelling to shows from Halifax to the Gaspé involves her and Michael driving 10 hours, setting up gear, playing, taking down the gear and then driving 10 hours back to Halifax. Tammy sleeps and returns to work on Monday.

She recalls a scary incident with a moose when driving through New Brunswick last September. She says that one was "too close for comfort."

Tammy says every show is special to her but she mentions heading for a show at Fall Fest in Cascapedia-Saint-Jules and it was a very stormy night. The rain and snow were coming down sideways! On the way, Tammy thought she was going to arrive and find that the show was cancelled. When she arrived, she found the tent was

jam-packed and the people were ready to dance and have fun. She laughs when she says, "They must have gotten there before the bad weather started."

Tammy comments on the pandemic, "I think the world needed a break!"

I think that life will be different when this pandemic is over. Music is a universal language that speaks volumes. On a couple of occasions, I asked people to send me videos of them dancing with my facebook live show in the background to let me see them enjoying what I am doing. I have received some of the coolest videos of families dancing and singing together and I wonder did they do this before the pandemic? I have had messages from folks all over the world who tell me stories, personal stories about how they look forward to the show on Friday night because of how it makes them feel not alone."

Tammy thanks everyone who tunes in on Friday evenings to watch "from the bottom of my heart. We may be miles apart, but to me when I see you sign in on Friday Night Facebook Live, it's like you are all right here in the living room each week." She has had up to 1,900 people watch her shows from their living rooms and invites you to watch every Friday evening during the pandemic. Tammy Adams tells us, "I want people to sing, dance and have fun!"

Gaspé will prohibit camping on all public property

Nelson Sergerie

GASPÉ - A by-law is being prepared and should be adopted on June 15 to prohibit camping in public spaces. Campers will not be allowed to camp on Haldimand and Douglastown beaches, in shopping centre parking lots or near the Town Hall.

The Town began looking at the issue a year ago after seeing Carleton-sur-Mer make such a move. "We've seen a lot of people stay on the beaches, leave their junk lying around and poop in the sand. It became a public nuisance. The campsites are complaining because they're not even full. If we want to support the economic recovery, since we know we won't have a big tourist summer, the campgrounds will need to have customers," argues Gaspé mayor, Daniel Côté. The minimum fine will be \$200 and the Sûreté du Québec will enforce the regulation.

Gaspé: Street modifications and parking for SOPFIM

Nelson Sergerie

GASPÉ: - Gaspé is studying the possibility of making rue de la Reine, in the downtown, pedestrian-friendly. Various organizations such as the *Festival musique du bout du monde* and the Gaspé Chamber of Commerce and Tourism have ideas for livening up the street, and a committee has been formed. This gesture could facilitate the expansion of restaurant terraces to respect the two-metre distance in the context of the current pandemic.

A parking lot for the SOPFIM

Gaspé will take advantage of the expansion and resurfacing work on the Michel-Pouliot Airport runway to pave the parking lot used by the SOPFIM (Society for the protection of forests against insects and disease) aircraft. The \$180,000 bill will be paid by the organization. Gaspé will finance the paving over 10 years and SOPFIM will reimburse the Town for the capital and interest. When the planes are not present, the Town will be able to use the space for other purposes.

Relocation of MEI regional management to Rimouski

Nelson Sergerie

CHANDLER - The Gaspé is on the verge of losing another regional directorate.

The Ministry of Economy and Innovation (MEI) will see its activities transferred from Chandler to Rimouski in the wake of the reform of *Investissement Québec* that will be announced on June 18.

What's more is that this new regional branch will encompass not only the Gaspé Peninsula and Magdalen Islands, but also the Lower Saint Lawrence and Chaudière-Appalaches regions from Thetford Mines to the Islands.

Management of the Regional Initiatives Fund and its \$6 million exclusive to the Gaspé Peninsula and Magdalen Islands will be handled in Rimouski.

The mayors of the Rocher-Percé area are concerned about this new loss of a regional asset. "If we didn't always have to fight for what we have, we could have real development. For us, it is essential that this department maintain a regional directorate in the Gaspé," says Prefect Nadia Minassian.

The MEI has three offices in the region: New Carlisle, Gaspé and Chandler, where the regional directorate is located. Under the reform, these three offices will become those of *Investissement Québec* and the department says that Chandler will be the main office.

Marie-Eve Proulx, the Minister responsible for Regional Development and the regions of Chaudière-Appalaches, Lower Saint Lawrence and the Gaspé Peninsula Magdalen Islands, is saying this is a plus for the region. The minister believes that there is a lack of understanding about the reform. "We are bringing support services closer together. No office

will be closed. The offices of the department will be those of *Investissement Québec*. It cannot be compared to a management closure. On the contrary, services have been improved."

The former Minister of Regions under the Marois government, Gaétan Lelièvre, deplores this new loss for the Gaspé Peninsula. He is now a consultant in regional development, and he considers the move a major setback. "There will inevitably be a decrease in efficiency and quality of service. It's too big an area. It is clear that there will be losses for the region." Mr. Lelièvre can only note the loss of regional bodies over the years. "Not only are we going back to a situation similar to that of the 1980s with the Bas-Saint-Laurent-Gaspésie region, but we've also added the Chaudière-Appalaches region, which is truly incredible."

The Member of the National Assembly for Bonaventure is also criticizing the relocation of MEI. Sylvain Roy is inviting the Minister of Economy and Innovation, Pierre Fitzbiggon, to visit the region. "To help him understand the socio-economic specifics of our region versus the Lower Saint Lawrence and Chaudière-Appalaches. It's not the same thing at all. We are losing the ability to vitalize our economy. This is unacceptable in the context of the decentralization of the public services."

The mayor of Gaspé has his hackles up following this transfer. Daniel Côté fears that the decisions will be out of step with the region's issues.

"We need to have the power of direction in the region. As mayor of Gaspé and prefect of the Côte-de-Gaspé, I am against this kind of centralization," he says.

The Greatest Thing Since Sliced Bread: NO YEAST BREADS

-Diane Skinner

Not much in the world of baking can compare to the satisfaction of making your own bread. Using your hands to knead the dough, then watching the dough rise and smelling the delicious aroma as it bakes. Eating a still warm slice of bread right out of the oven smothered in real butter – what can compare?

Many people are discovering that not all bread comes from the store and are making their own. This renewal comes from necessity as we can not always find bread or yeast in the store when we need it. Here are some less traditional bread or bread-like recipes to try that do NOT require yeast. Bread makers only started to use baker's yeast about 150 years ago!

Irish Soda Bread

This bread takes its name from the fact that it does not use yeast, but baking soda instead. Makes a very dense, hearty bread. Good for dipping in stews or soups.

- 2 cups all-purpose flour
- 1 ¾ cups whole wheat flour
- 1 ½ tsp. baking soda
- 1 ½ tsp. salt
- 2 cups cold buttermilk
- 2 - 3 tbsp. flour for dusting the counter.

Preheat oven to 425°F degrees.
Place parchment paper on baking sheet.
Place flour (both kinds), salt and baking soda in a bowl and mix together.
Add the buttermilk and stir well.
Sprinkle flour for dusting onto the counter and gently knead the dough, about 10 times. Form it into a ball.
Cut a cross (letter t) into the top of dough.
Bake for 20 minutes at 425°F. Then turn down oven to 390°F degrees and bake for another 20 minutes.
Place on a rack to cool for about 20 minutes.
Thanks to Campbell Family Cookbook (Caplan)

Traditional Cornbread

Cornbread is a different texture than ordinary bread – a mixture of moist and crunchy and slightly pebbly. Takes some getting used to but is perfect served with roast chicken and gravy. Also, can be enjoyed with old-time molasses for a sweet treat.

- | | |
|-------------------------------|----------------------|
| 1 cup cornmeal | 1 cup buttermilk |
| 1 cup all-purpose flour | 1 tsp. baking powder |
| ½ cup unsalted butter, melted | ½ tsp. baking soda |
| 1/3 cup brown sugar | 1/3 tsp. salt |
| 1 large egg | 2 tbsp. honey |

Preheat oven to 400°F degrees. Grease and lightly flour a 9-inch square baking pan.

Mix the cornmeal, flour, baking powder, baking soda and salt together in a large bowl. In a medium bowl, whisk the melted butter, brown sugar, and honey until completely smooth. Then, whisk in the egg until fully combined. Whisk in the buttermilk. Pour the wet ingredients into the dry ingredients and whisk until all are combined. Do NOT overmix.

Pour batter into prepared pan. Bake for 20 minutes or until golden brown on top and the centre is cooked through. Test with a toothpick. Edges should be crispy. Allow to cool slightly before slicing.

Tortillas

Tortillas are delicious served warm, and leftovers, if there are any, are great for making wraps the next day.

- 2 cups flour
- ¾ cup water
- ½ tsp. salt
- 3 tbsp. oil

Mix dry ingredients, then add wet. Mix. Add more water if needed. Should be soft, not slimy. Knead 10 times in a bowl. Turn onto a lightly floured board and let rest for 10 minutes under the overturned bowl. Divide into 10 equal pieces and roll out to thin circle. Fry one at a time in an oiled pan, best is cast iron, over medium heat. Makes 10 tortillas.
Thanks to Laura LeGresley



Photo: Laura LeGresley

Beer Bread

This is the easiest bread to make ever. No need for yeast or kneading and you don't let it rise. You pop it right in the oven once it is all mixed together.

- 3 cups sifted all-purpose flour
- 3 tsp. baking powder
- 1 tsp. salt
- ¼ cup sugar
- 1 (12 ounce) can of beer
- ¼ cup soft butter

Preheat oven to 375°F degrees. Mix dry ingredients with beer and butter. Pour into a greased loaf pan. Bake 1 hour. Remove from pan and cool for at least 15 minutes. You can lightly coat the top with butter to make a nice soft crust.

Thanks to Joan Imhoff for this recipe



Photo: Jonathan Imhoff

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