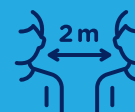




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Food security, a priority during pandemic

Diane Skinner

NEW CARLISLE: - Kathy Hayes is the Collective Cooking Animator with Family Ties. Her role is to provide food security within the community. Kathy's job had to be modified due to COVID-19. Normally she would be in the Community Kitchen cooking with groups but instead she is in the kitchen by herself. She prepares boxes with ingredients for pickup or delivery to community members. In addition, Kathy will be organizing some foraging and pick your own excursions, supporting local markets and vegetable farms, teaching about healthy eating choices while meeting new people and getting to know the area better.

Kathy prepares her boxes or totes, by including whatever is on hand. In each tote there will be enough ingredients for a complete family meal. Sometimes, Family Ties receives large amounts of items such as eggs, milk and yogurt and these are shared with local families.

Kathy hopes gardeners will share their "overflow" as they start to harvest their gardens. She will make sure any donations are distributed.

Kathy tells us that families are grateful for the meals and to see a visitor. Since Kathy is new to the area, people want to chat and get to know her a bit. This project isn't just about food. It is also about human connections.

Some of the families Kathy works with are seniors and others are young families. Kathy says she "feels a sense of pride about working for such a wonderful organization." She adds, "We all would like to know that no matter what the situation or circumstance that there is always someone there to step



Kathy Hayes has been working at Family Ties since the beginning of July in the Collective Kitchen. portion in Gaspé.



The gardens are growing well under the watchful eye of Jazmine Gifford and Kathy Hayes at Family Ties Community Garden.

Photos: Family Ties

in and help when we need it. It doesn't matter if it is a friendly voice on the other end of a phone with a listening ear, a new recipe with a yummy sample, a meal on a day when we just can't seem to put it together or a bit of encouragement and empowerment. We all need to be there for one another everyday but especially in these times."

Family Ties has a community garden and some fruit trees. Earlier this month Kathy used the rhubarb from the garden and baked 26

loaves of Rhubread. This week the cherries are ready and with the help of Jazmine Gifford, the garden assistant they picked enough cherries to make 16 batches of Cherry Clafoutis and to provide fresh cherries so that people could try the recipe themselves.

Kathy comments that she is not a chef but has always loved cooking and especially baking and sharing. She has been employed in the non-profit sector all her life and has worked with many people from all different backgrounds. She looks forward

to her next journey and meeting new people and getting familiar with the community here. She comes from a small town outside of Niagara Falls, Ontario, where she was raised on a hobby farm by two loving parents that have moved here with her. She adds, "If you see me, stop me and introduce yourself and say hello."

Kathy concludes, "Like everyone else, I am tired of this virus, but I know that we all have to do what we can to make sure everyone is safe. We have all experienced the

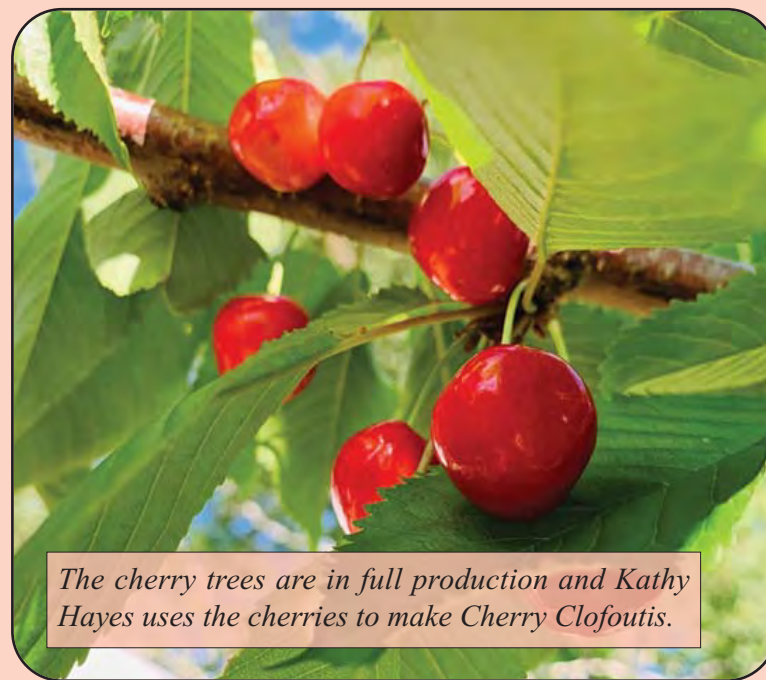
isolation and the problems with supply and demand. For many, work has stopped, and finances have become less secure. It seems everything takes longer now, longer lines, longer delivery times, and in some cases higher prices. We need to make sure everyone's needs are being met and that people are aware of the resources available."

This Family Ties project is helping to make sure that local citizens have increased food security during these sometimes difficult times.

Cherry Clafoutis

(Thanks to Kathy Hayes)

Softened butter to grease the pan
1 ½ cups tart or sweet pitted and halved cherries
4 large eggs
½ cup sugar
1 cup milk
1 tbsp. vanilla
¾ cup flour
½ tsp. salt
Icing sugar to sprinkle on top
Preheat oven to 350°F and grease 9" round pan
Spread cherries in an even layer in pan.
In a blender mix eggs, and sugar and blend until frothy.
Add milk, vanilla, flour and salt and blend until combined.
Pour batter over cherries.
Bake for about 35 minutes until golden brown.
Insert toothpick. If it comes out clean, it is done.
Dust with icing sugar. Serve warm with ice cream.



The cherry trees are in full production and Kathy Hayes uses the cherries to make Cherry Clafoutis.

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Federal elections: campaign may be very similar

Nelson **Sergerie**

GASPÉ – In the Gaspé Peninsula and Magdalen Islands the next federal election campaign could resemble that of October 2019. The three main candidates are ready for a campaign that could be triggered at any time while the Trudeau government has a minority in the Canadian Parliament.



Jean-Pierre Pigeon

If Peter MacKay becomes leader of the Conservative Party in August, Jean-Pierre

Pigeon will be there. "It looks good. Maybe the third time will be the one." The president of the Conservative Association of Gaspésie-Îles-de-la-Madeleine was able to count on the visit of aspiring leader Peter MacKay to Sainte-Anne-des-Monts on July 11.



Guy Bernatchez

The same goes for Bloc candidate Guy Bernatchez, who has the support of his leader. "It came close the last time. The leader, Yves-François Blanchet, reiterated his confidence in me. I'll be



Diane Lebouthillier

Photos: G. Gagné

back for sure."

Outgoing Member of Parliament Diane Lebouthillier defers to the Liberal Party.

"My interest would be to run again. It is the party that will choose the most suitable candidate," says the elected official.

Diane Lebouthillier won with 637 majority votes over Guy Bernatchez in the October 2019 election.

The Liberals returned to power with 157 seats in the Commons when it takes 170 to win a majority.

Information Update - Certain hand sanitizers may pose health risks

Health Canada is advising Canadians that several hand sanitizers, containing technical-grade ethanol, may pose health risks. The detailed list of those recalled products can be found at: <https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/73421a-eng.php>.

Canadians are also advised to refer to the list of hand sanitizers that contain ethanol or denaturants that are not acceptable in hand sanitizers and are being recalled from the market because they may pose a risk to health.

Health Canada maintains these lists, so that Canadians can easily identify products they may have purchased and take appropriate action. You are encouraged to check both lists regularly for updates.

Watch for pandemic cyber scammers targeting Canadians

(NC) Many of us are spending a lot more time online as we adopt new ways of tackling everyday tasks – be it working, staying connected, shopping or banking. Amid a general rise in fraud and cybercrimes associated with the COVID-19 pandemic, RBC Direct Investing offers a few simple guidelines to help you stay safe.

Be aware of unsolicited calls, emails and texts

Emails or texts can sometimes appear to be from a legitimate source, but contain infected attachments or malicious links. Some red flags are threatening or urgent tones, spelling errors, unknown senders or callers.

Tip: Keep your computer anti-virus and anti-malware programs up to date to help keep files from being corrupted or lost due to a virus.

Watch out for fake websites

Fake websites can spread misinformation or attempt to scam individuals. Red flags to be on the lookout for include spelling errors in web addresses or a missing security symbol in the address bar.

Tips: Look for a lock symbol or an "s" at the end of the "http" in the address bar, which can confirm a site's security. Don't enter login information or credit card details unless you are certain a site is legitimate.

Use strong, unique passwords

Strong passwords can help ensure you're protecting your devices and information. Avoid using the same password for multiple applications or services, and don't opt for obvious passwords like family or pet names, birthdays and street names.

Tips: Use a combination of letters, numbers and special characters with a minimum of eight characters, change passwords regularly and create a new password for every application or service you use.

Keep software and browsers up to date

The operating systems on your devices have built-in security features, but they need to be kept up to date to help avoid breaches of your personal information. The browser you use to search the internet also has its own security settings and requires updating. Though they may be bothersome, don't ignore prompts to update your operating system or browser.

Tip: Consider enabling automatic updates or try setting a reminder to update your device when you won't be using it.

Anniemalerie gives generous donation

Diane **Skinner**

NEW RICHMOND: - Recently Annie Côté, owner of Anniemalerie, gave a generous donation of \$5,000 to Réseau de Protection Animale de la Baie-des-Chaleurs. Annie Côté is on the board of directors of the animal rescue organization. The organization is currently raising money to build an animal shelter.

Annie is hoping to set an example and encourage other businesses and organizations to contribute to the fundraising. The Réseau de Protection Animale de la Baie-des-Chaleurs believes that the area should have a proper shelter. The hope is to have a place that can offer sanctuary for stray and abandoned animals.

This animal protection group is a non-profit organization created to help animals in the MRC of Bonaventure and Avignon. It is run by volunteers and the organization's stated mission is addressed by Prevention: Spreading information and awareness to promote the importance of sterilization. Intervention: Going out into the community to rescue animals in need. Participation: Volunteers are a critical part of the organization.



Annie Côté, owner/operator of Anniemalerie in New Richmond recently donated \$5,000 to Animal Rescue of Chaleur Bay.

Photo: D. Skinner

Anniemalerie, which has been in business since 2004, offers specialized products and services for pets. They have a grooming and claw trimming service and are located at 255 boulevard Perron Est, New Richmond. They also offer pet food, collars, cushions, toys, treats and more.

If you would like to make a much-appreciated donation

to Réseau de Protection Animale de la Baie-des-Chaleurs project, go to www.Rpabdc.com/donnez. Both Anniemalerie and Réseau de Protection Animale de la Baie-des-Chaleurs have websites, available in French and English, and facebook accounts.

"We can't help everyone, but everyone can help someone," Ronald Regan.

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Canada's hidden shame

Constance Brochet

As Canadians, we are justly proud of our country, of the many and varied ways it cares for its people with its health care system, employment insurance, social welfare, and old-age security; but there's one area where Canada has failed miserably. The problem is hidden away, out of our sight and mind, until it affects us personally. If it doesn't, we remain oblivious to our society's sanction on planned human suffering: incarceration.

In her 2017 book, *Incarceration—Safety and True Criminal Justice**, criminal lawyer Paula Mallea describes the hellish conditions inside modern-day Canadian prisons. Prisoners may be stripped naked, shackled, and placed in solitary confinement without a time limit. Assault, rape, self-harm, and suicide are common. Guards suffer from PTSD. Life is brutal, and inmates are hopeless and desperate, knowing that this is their life for months, years, even a lifetime.

All this deliberately created misery, and incarceration doesn't work. According to Mallea, it fails in every way to meet the goals set out for it by the Criminal Code. It doesn't deter crime, make society safer, help victims, or reform prisoners; instead, Canada's justice system supports the very behavior it purports to correct. Consider: A person behaves irresponsibly and commits a crime, in response the justice system takes away his freedom to act. Without choices, how can a person learn to act responsibly? Surrounded by other lawbreakers, rather than mentors or role-models, how is an offender to learn to respect the law? Prisons are brutal and violent places, not conducive to being peaceable, much less reforming, growing, or becoming a better person.

But prisons are necessary because they house violent offenders, right? It's true that there are a few, a very few, violent and dangerous individuals (who we must lock up until such time as a better alternative presents itself). Sadly, these are the people we think about when we think about criminals in the same way that for many of us Margaret Atwood represents writers, and Brat Pitt, actors. It's not the norm we think about, but the sensational exception. So it is with criminals.

Mallea asserts that violent offenders only make up 12% of the prison population—leaving a whopping 88% of people imprisoned for non-violent and victimless crimes. Think about it: that's 88%. The vast majority of inmates are in jail for non-violent crimes—they've hurt nobody. They're people who are incarcerated for drug-related crimes, property offences, failing to show up for legal proceedings, and remand (being held without charge). They've gone to jail for unpaid fines, shoplifting, and joyriding. Worse, inmates are often people who need society's help, the physically and mentally ill, the addicted, those who've

suffered physical and sexual abuse.

In Canada, as well as in many other countries, successful alternatives to incarceration have been tried. Our justice system knows what works. It remains to do it. Alternatives to incarceration have nothing to do with punishment, but everything to do with rehabilitation, restitution, and reintegration. Rehabilitation means health care including mental health services, addiction treatment, education and training, work programs, and therapeutic communities where ex-cons help offenders. Perhaps best of all is restorative justice, which focuses on the needs of victims. Restorative justice is an entirely voluntary healing process whereby offenders face their victims, acknowledge their wrong-doing, and make amends for losses. Finally, reintegration for an offender should mean re-entering a society where the crime is paid for and done with, and the individual is helped to create a new life.

Change must come, both from the justice system and from society as a whole. We need to rethink our attitudes towards those who break the law. Former Ontario Chief Justice Patrick LeSage cautioned against judging someone by his worst act. Who would think it fair to be judged in such a way? Yet this is what we, as a society, do to lawbreakers. The worst thing we've ever done isn't who we are—one act is not the person. Not all actions are typical, and people can surprise themselves by what they'll do. Most of us aren't good, nor are we evil, but somewhere in between. We have capacity and potential to do and to be. It's true of us, and it's also true of others, even those we label, "criminal."

According to the former Chief Justice, "If a person breaks a law, it doesn't make them a criminal." Le Sage compares this to a person who draws something not necessarily being an artist. In all other fields, this is so. We don't become something after one attempt; instead, years of daily devotion make us what we are. By this metric, only "career criminals" are truly criminals—and even they can, and do, change. A human being is complicated, affected by circumstances, and prone to change.

Empathy demands that we put ourselves in the shoes of another and try to imagine what it feels like to be him and why he does what he does, but we're not him and so can't truly answer these questions. What we can know is that life isn't fair. The playing field isn't level. We aren't all born into equal circumstances. Some are born into wealth and health with happy, loving parents to nurture and guide them, while others have to deal with horrible circumstances that most of us thankfully know nothing about—physical and mental disabilities and illnesses, alcoholism and addiction issues, violence such as physical and sexual abuse.

In sum, it's unfair to judge someone by his worst act, most lawbreakers aren't career criminals, and background circumstances and opportunities matter a great deal. Compassion is needed, a sense of our shared humanity, and a will to create a better society for everyone.

When enough people want change, it happens. Think of the Berlin Wall. In the late 1950s, the world had become increasingly polarized between East and West. At this time, vast numbers of East Berliners defected to the West. In 1961, the East German government put a stop to it by erecting the Berlin Wall: a twelve-foot high, twenty-nine mile, fortified concrete and wire barrier that divided the city of Berlin. East Berliners were confined behind that Wall. They could no longer go to jobs in West Berlin. Thousands of families were separated. But the people endured it. Then one day in 1989, they didn't. East Berliners massed at the border. They surged forward with pickaxes, sledgehammers, shovels, and fists, and took down the Wall—that fortified concrete and wire barrier that had

stood for twenty-eight years came down in hours. This is what people can do.

Incarceration is Canada's hidden shame—an out-of-sight, out-of-mind, ineffectual and medieval system still operating in the 21st century. The justice system is at fault, but our country's identity is ours, too, each of us. We are Canada. What we do when we have the power defines us, particularly as that power relates to our most vulnerable citizens.

Years ago, Canadians voted for a Conservative government that spouted "tough on crime" propaganda (at a time when the crime rate was lower than ever). The end result was the elimination of successful alternative programs for offenders. Now, despite talk about alternative programs and restorative justice, the Liberal government is continuing prison expansion. Why? Who is benefiting by human misery? And what do we, as citizens, have to say about it?

In the past, we failed to pay attention to vulnerable offenders who needed us to stand up for them by denouncing harsh punitive measures. Assuming it was just, we allowed the perpetuation of this failed and cruel system, paying for incarceration with our tax dollars (between \$50-\$100,000./year per person). Will we continue to support this planned and useless human suffering, or will we act with common sense and compassion? It's time to demand true justice and help for those who need it.

To solve the problem of crime, the justice system incarcerated thousands of people, but its solution didn't work—incarceration only creates misery and more crime. In failing to address this, the justice system itself has committed a grave injustice and continues to do so. It's guilty of wrong-doing and needs to make amends. To begin, it should right this wrong by immediately releasing non-violent, victimless offenders, those who pose no risk to society. "This is being done elsewhere," says Mallea, "without negative consequences, and Canada should be following suit."

Why not? Offenders have been confined to no good end, and their sojourn in hell has more than paid for their crimes. If it's able, the justice system should help these people through alternative programs; but if not, it should simply give them a second chance—who among us doesn't need one?

Finally, the coronavirus pandemic changes everything. Jails are overcrowded. Aged inmates and those with pre-existing medical conditions are especially vulnerable to infection and death. Canada has no death penalty—by what right does our justice system endanger peoples' lives? The solution, once again, is mass releases.

It's time for Canada to become the nation it imagines itself—enlightened and caring. Others nations have stepped up. We can, too, it only takes will. Remember the Berlin Wall.

** Details of present-day life in Canadian prisons will shock you, but what will astound you even more are the successful alternatives to prison, the catalogue of inspiring tales of human adaptability, healing, and triumph.*

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Nelson Sergerie
Diane Skinner
CONTRIBUTORS:
Cynthia Dow,
Jeanie LeLacheur

208-B Gérard D. Levesque
New Carlisle, Que.
G0C 1Z0
Tel: 418-752-5400
specs@globetrotter.net
thegaspespec.com

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CORRECTIONS

Please note the following corrections for the June 8 edition, page 12: Carol is from Port Daniel and Isabelle Degenais is from Ste Anne des Plaines.

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Gaspé Cure: Historical salting of cod

Diane Skinner

There is evidence that Europeans fished cod off the Gaspé Coast over 400 years ago. Early ships came in search of cod and furs to take back home, at first primarily to Spain and France. Documents from the time mention both towns (areas) of Percé and Gaspé. The process called green curing was developed in order to transport the cod safely across the Atlantic. France had a large supply of salt, which had been dried by the sun. The fish would be salted right onboard the ship which would then set sail for home without ever needing to land.

A method of salting fish was later developed on the Gaspé termed Gaspé Cure. It is a more lightly salted product. Though it is not known for certain who developed it, it is most likely that it originated with fish trading companies such as Robin, Jones and Whitman. The lightly salted method still preserved the cod so that it could be transported to France, Italy, Spain and Portugal.

After the cod is landed it is essential to get it out of the water quickly so that the fish muscle does not absorb too much water. This makes the tissue soft, more difficult to split and more likely to crack when drying. After the fish is headed and gutted it is laid on a cement floor and cleaned off with water. It is split immediately, washed in a salty water solution and stacked to allow to drip for about 10 minutes. Immediately after, it was salted. The ideal amount of salt was 100 pounds of cod to about 8 pounds of salt. This is the Gaspé Cure method. If more salt is added, such as 10 pounds then the cod will be extremely salty.

The cod was salted in tubs measuring about 30 inches in diameter and 30 inches high. The cod was stacked in tiers with the flesh side up and salt was added. As each cod is added to the pile more salt is sprinkled. After 24 hours or so flat stones were added to keep the cod submerged in the brine mixture. About 48 hours after that the cod was removed from the tub and washed in the same



Racks using the historical Gaspé Cure method of drying cod.

Photo: Fisheries Research Board of Canada, 1957

brine.

The next step, the traditional method of outdoor drying goes back hundreds of years and is simple to do, if weather conditions are just right. The cod is placed on wooden frames with wire netting stretched across it. They are suspended about 30 inches above the ground. Ideal weather is the cool and dry days of spring and autumn.

Temperatures above 75 de-

grees cause the fish to “cook” before it dries and then it becomes soft and mushy. The fish is dried when the moisture has evaporated. The windy coasts of the Gaspé helped to cure the fish. In fact, cool and dry weather is ideal. Once the cod is salted and sun and wind-dried it is quite hard.

The cod from the waters surrounding the Gaspé Peninsula fed many Europeans for hundreds of years, as well as

people living here. The salted cod provided the traditional salt cod supper and the leftovers used to make delicious cod fishcakes. This was a traditional food for Gaspésians. It is tragic that the cod were over-fished.

(Note: Gaspé Cured is also the name of a company established in 1974 based in Grande-Rivière which processes and salts fish and distributes it internationally.)

Gaspé Cured: An authentic taste

Diane Skinner

Gaspé Cured is an international trading and brokerage company dealing with fish and shellfish products and has four regional processing plants in the Gaspé Peninsula. Beverley Jacques is the manager of the office in Rivière au Renard as Director of Export Sales. She is fluently bilingual which is an asset to doing business in various international markets. She tells Spec that she thoroughly enjoys her job and meeting new people by phone and e-mail.

The four plants which employ up to 600 people, are: *Les Pêcheries Gaspésiennes* in *Rivière au Renard*; *Lelièvre, Lelièvre et Lemoignan* in *Ste. Thérèse*; *Fumoirs Gaspé Cured* in *Cap Espoir*; *Poissons Salée Gaspésiens* in *Grande Rivière*.

Gaspé Cured Inc. was established in 1983 with offices in both Quebec City and Montreal. The Quebec office administers the domestic market and distributes to wholesalers, supermarkets, and food processing plants. The Montreal office was moved to Rivière

au Renard in July of 2019.

There is an extensive list of products sold which can be found in detail on their web site, including fresh and frozen turbot, herring, halibut, lobster and, of course, lightly salted cod. Lightly salted cod is a historical method of salting cod developed in the Gaspé since 1755. The Gaspé provides the perfect weather conditions to salt and dry cod.

The company's fishing area is in the Gulf of St. Lawrence but for some species, they depend on imports from Norway, Russia and Alaska. Beverly

says, “The waters around us are not replete with sufficient fish to meet the needs of the market.”

The consortium exports to China, Italy, France, United States, Puerto Rico, Hong Kong, Taiwan and there are always new customers from other parts of the world. The 2020 pandemic has put a damper on the business, but they are hopeful for the end of the year.

The genuine Gaspé Cured Cod, also known as *Gadus Macrocephalus* and *Gadus Morhua*, is prepared in the traditional manner. Each piece of

codfish is cut by hand, mildly salted, drained of water and stretched out on giant flakes (wire mesh tables) outside to soak up the sun. Then the cod is piled up for an aging period, and then returned outdoors to complete the drying phase. The cod, dried by the northwesterly winds off the Gaspé Coast, give the cod a transparent look, a savoury taste and gives a product of the highest quality.

Beverly concludes, “The world of the fishing industry is complex, infinite, and extremely interesting, from start to finish.”

Gaspé Cured Cod Cakes

4 servings (8 patties)

Ingredients

1 lb. salt cod (Gaspé cure)
4 medium potatoes
1 medium onion, finely chopped
1 egg, lightly beaten
35% cream (optional)
1 teaspoon savory (or 1/4 tsp. nutmeg)
Salt and pepper to taste
All-purpose flour
Butter and vegetable oil

Preparation

Soak the cod overnight in enough cold water to cover it completely. Drain, then place in a pan by covering it with fresh water. Cook over medium heat. From the first boil, drain the water and return to the heat with fresh water. Simmer 10 minutes or until cod flakes easily with a fork. Discard the water and let cool.

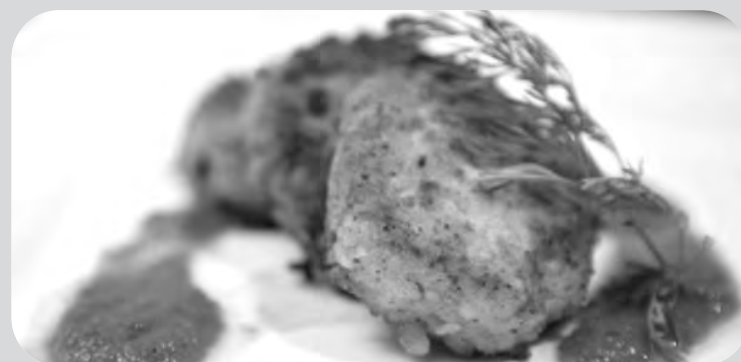
Peel, slice and boil potatoes over medium heat about

20 minutes. Puree and set aside. Sauté onions in butter over medium heat.

Add beaten egg and potato. Mix well. A little cream may be added to improve the taste and consistency.

Strip cod of its bones and skin.

Stir in crumbled and boneless cod, savory (or nutmeg), pepper and salt (taste to make sure not to put too much, because the preparation is already salty). Mix well and let



Recipe/photo credit: Gaspé Cured

cool.

Shape patties, dredge with flour and brown on both sides over medium heat in a frying

pan, in a mixture of butter and oil.

Serve with green peas or white sauce.

Despite challenges Gaspé's first public market of the season went well

Nelson **Sergerie**

GASPÉ: - Saturday, July 25, was the launch of the 2020 season of the Gaspé Public Market. Instead of a ribbon for the traditional ribbon cutting ceremony, edible seaweed was used, maintaining the theme of local produce.

Approximately 350 people from 150 families attended the market honouring the producers showcasing their products at the intermodal station. During the season, the market is expecting between 15 and 20 local and regional exhibitors.

Between changes and challenges

Now in a new location, with new dates and a new

schedule, the Gaspé Public Market, has taken on more of a farmers' market role and is experimenting with several changes. In addition, the COVID-19 pandemic, complicated things for the organizers and requiring patience and understanding from the customers, who came in large numbers as soon as the market opened.

The customers, mostly from the Greater-Gaspé community, as well as many tourists, have largely understood and accepted the security measures related to COVID-19. Listening to customers, the Market team is well aware of the need to enhance the experience, without compromising everyone's safety.



Photo: Valérie Legault, Côte-de-Gaspé MRC

A season for stocking up

The market season will continue throughout the sum-

mer and fall until October 10 and will be punctuated by the appearance of different products: seasonal vegetables,

strawberries, raspberries, blueberries, processed products, breads, honey and maple products.

A shortage is an opportunity

Diane **Skinner**

We know that there must be people in our communities who bought way too much toilet paper in March and still have a year's supply in the basement. When many people do that it means they are over stockpiling, and the impact is that there can be little to no products available for other shoppers. What about the elderly and others who have limited space to store items? What about people on a reduced income who cannot afford to buy a lot of items at one time? Hoarding way too much is not practicing community mindedness.

People are still finding that things they need to buy are not always available. Shortages continue and we have learned new ways to find what we need, make do without or rely on substitutions. There are a lot of new chicken coops on the Gaspé! People are looking back to the old ways.

A recent post on the Gaspé Spec facebook page revealed that readers are still finding certain items in short supply. It can be very frustrating to go to the store with a list and come home with only some of what you need.

Readers of Spec mentioned:

"Toilet paper, paper towels,



This recent photo from a grocery store in the Pointe a la Croix area shows empty shelves that would normally have fresh chicken for sale.

Photo: Sherri Morrison

cans of soda, Lysol Wipes, most disinfecting cleaning supplies, eggs, meat. Fruits and vegetables are available, but they are not in the greatest condition. Eat today, tomorrow, or throw them out."

Shelly Martel-Condo

"I'm having trouble finding small mason jars."

Penny MacWhirter

"It is difficult to operate a business this year. So much is out of stock or on back order."

Freddie Boudreau

"Gloves! Especially being a home care nurse."

Megan Ross Dobson

"Vegetable seeds and garden

soil." *Sandra Meanwell*
 "Large cuts of meat like roasts, ham and a shortage of lean ground beef! We need to eat so I am not too concerned about pools! Eggs and chicken seem to be scarce as well. Some days there are zero eggs. Last I checked we live in a place that shouldn't run out of eggs. The construction holiday will not help with shortages." *Sherri Morrison*
 "Paper towels!" *Sheila Lemieux Rooney*
 "Lysol wipes are impossible to find." *Janet Howatson*
 "Yeast, gloves and wipes." *Connie Starnes*

"This week it is potatoes."

Lynda MacWhirter

"Face shields."

Mary Elizabeth

Ann Saint Denis

"Air conditioners and swimming pools are impossible to find" *Holly Smith-Couture*

There are ways that we can practice being community minded right now. This is an opportunity. If you have way too much of something, share. If you have a garden, give some fresh vegetables to others. If you find that a store has a good stock of a normally hard to find item – tell people! If your hens are laying and you have an abun-

dance of eggs – you know what you can do. Barter – others may have what you are searching for and vice versa. That way everyone benefits. If you are the person who bought a year's supply of toilet paper, when you hear someone has none that is your chance to share. We can all be helpers in some way.

Marc Fortin, president of the Retail Council of Canada in Quebec says, "Warehouses are getting their goods delivered, orders are coming in. So, the question is getting the products back into the store." He adds that the number of products that would have been sold in a week now sell out in a matter of hours. Galen Weston, executive chairman of Loblaws (which includes Maxi) says Canadians should not worry. "Our supply chain and store teams are responding to the spikes in volume and quickly getting the most important items back on the shelf. Volumes are already normalizing somewhat, and we are catching up."

The suppliers are assuring us that we do not have to panic about massive food shortages during COVID-19. Until the stores are fully and consistently stocked again, we can make do, look for substitutes, help each other and look back to the old ways.

THEGASPESPEC.COM

Cool *summer* Drinks

Diane **Skinner**

On a hot summer's afternoon there is nothing so quenching as a cool and icy summer drink.

From our childhoods, we may recall sweet and flavourful Kool Aid made from packets of powder with an entire cup of sugar added. Placed in a big jar and wrapped in old newspapers to keep it cool, it was the perfect beverage for a picnic at the beach.

Cool, clean fresh water is the best choice to keep you hydrated, but you can jazz up plain water by adding slices of lemon or cucumber. There are many other special beverages that we can enjoy on these hot days that will quench our thirst. Go the extra mile and treat yourself to one of these drinks.

Watermelon Float

Watermelon – use a melon baller to make balls and place in freezer for a few hours.

Sherbet

Fresh mint leaves

Soda water

Put a scoop of sherbet in bottom of glass.

Place in 3-5 frozen watermelon

balls.

Fill glass with club soda.

Add a few mint leaves.

Iced Coffee

Make a cup of coffee and let it cool. Use any coffee including French press, instant, brewed, Keurig pods and decaffeinated. Add cream and sugar to taste.

Add a tiny bit of vanilla and lots of ice cubes.

Experiment to get just the flavour you like.

Iced Tea

Brew hot tea but make it strong because the ice cubes will dilute the flavour.

Use any tea, including loose-leaf or bags. Try an herbal tea for a different flavour.

Allow to cool and add lots of ice cubes, a squeeze of lemon and sugar to taste.

Raspberry Vanilla Soda

1/4 cup water

1/4 cup sugar

1 cup fresh raspberries

1 tbsp. lemon juice

1 tsp. vanilla extract

Soda water

Ice

In a small saucepan, over

medium heat, combine the water, sugar, and raspberries.

Cook for about 5 minutes until the mixture is bubbling and the sugar is dissolved.

Stir and cook this mixture for another 5 minutes, until the raspberries have cooked down. Use a fine mesh strainer over a measuring cup or bowl and strain the saucepan mixture, pressing down on the raspberry pulp to squeeze out all the juice.

Add the lemon juice and vanilla extract and let this chill in the refrigerator for an hour or so.

Fill a glass with ice and add 2-3 tbsp of the raspberry syrup. Add about a cup of cold soda water.

Strawberry Limeade

This strawberry limeade is a combination of sweet and tart.

1/2 cup lime juice

1/3 cup sugar

1/3 cup water

1 cup sliced strawberries

mint leaves

2 cups very cold water

Combine sugar and water in a saucepan and cook over medium high heat for 5-10



When making iced coffee you may use any kind of coffee, including Keurig pods.

Photo: V. Czerwinski

minutes until the sugar is dissolved and the liquid looks clear. This is called a simple syrup.

In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint leaves and water.

Let sit in the refrigerator for 2-3 hours. Add ice cubes.

(Simpler method: Use a can of frozen limeade, add water, strawberries, ice and mint leaves.)

For adults:

Boozy Lemonade Slushies
(Makes 2 large drinks)

4 cups of lemonade - enough to fill 2 ice cube trays

4 ounces of lemon or ordinary vodka

Sugar, maraschino cherries and lemon wedges

Fill two ice cube trays with lemonade and freeze until solid.

Place the ice cubes into a blender with 4 ounces of lemon vodka. Blend until smooth.

Rub a lemon wedge along the rim of the large glasses and dip the lemony glass rim into sugar.

Fill glass with slushy mixture. Garnish with a slice of lemon and a maraschino cherry.



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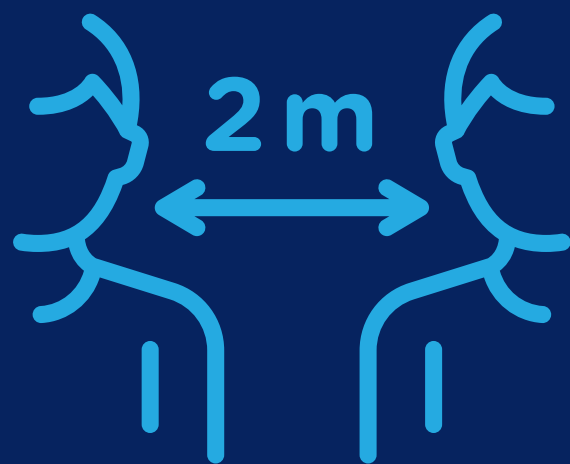
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**Wash
your hands**



**Keep your
distance**



The virus is primarily transmitted from person to person by contact with contaminated droplets released into the air when an infected person talks, coughs or sneezes. These contaminated droplets can travel up to two metres and reach people nearby.



The virus can also be spread by contact with contaminated surfaces or objects. Droplets expelled by an infected person can land on surfaces, and the virus can survive there anywhere from several hours to several days. An infected person can also contaminate their hands by touching their face, thereby increasing the risk of contaminating surfaces they touch. Other people who touch these surfaces or objects can contaminate their hands. And if they then bring them to their face, they can infect themselves.

By staying two metres away from others at all times, washing your hands often and wearing a mask, we can reduce the risk of contamination.

Let's continue to protect ourselves.

Québec.ca/coronavirus

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Wild Raspberries

Diane Skinner

Wild raspberries are ready to pick and what a delicious treat they are. Raspberries, known as a midsummer fruit, are related to the rose family and originally came to North America from Turkey. Today, the world's leading producer of raspberries is Russia. They grow best in well-drained soil and in areas with mild winters and coolish summers.

A wide variety of berries grow in Quebec. These include the best-known strawberries, raspberries, blueberries, currants, cranberries and blackberries. Some of the lesser known are elderberries, cloudberry, and honeyberries.

Raspberries typically grow in fields or in forest clearings. A raspberry is called an "aggregate" fruit – meaning it has many parts that are joined. In fact, most berries consist of about 100 tiny fruits which are called drupelets. They form into the shape of a helmet around the stem. When the raspberry is picked the stem remains on the plant and the hole in the middle of the raspberry is revealed.

Raspberries can be eaten fresh or used as an ingredient



Photo: D. Skinner

Wild raspberries, known as a midsummer fruit, typically grow in field and forest clearings.

in muffins, pies or cakes, cereal, juice, and jam. After picking wild raspberries, it is best to use them quickly as they do not preserve well. Raspberries are an excellent source of fibre, vitamins C, E and B9, which is also called folic acid. In addition, they contain healthy minerals such as magnesium and manganese. The phytonutrients in raspberries can be effective in treating high blood pressure and inflammation of the joints. There is some scientific evidence that they can benefit the function of your liver.

The leaves are compound

and are usually made up of five to seven leaflets. They have a toothed edge and are green on the upper side and silverish underneath. Raspberry leaves can be used fresh or dried to make herbal tea. Some people claim that raspberry tea can be used for health benefits, but no study yet confirms this. Drink raspberry tea if you enjoy the flavour!

Raspberries can also be used to derive ketone which is used for making shampoo, creams, lotions and perfumes. Studies have shown

benefits for preventing kidney stones by using the root of young raspberry plants. The raspberry, like many other plants, has numerous uses.

Berry producers have developed some lovely raspberry-infused alcoholic beverages. Raspberry Mistelle is produced in Quebec by Bilodeau. This wine is made with the juice of apples and raspberries with 20% alcohol. It is classified as a rosé and is served as an aperitif. Other serving suggestions are as a pairing with foie-de-gras or on ice cream. You can buy this wine on the Gaspé at Alexina, Grande-Rivière. To find other locations throughout Quebec check their web-

site at Bilodeau.

The SAAQ sells Smirnoff Raspberry Vodka and Chambord's Black Raspberry Liqueur.

For the do-it-yourself types, there are numerous easy recipes online for making your own Raspberry Liqueur with fresh raspberries, at sites such as Creative Culinary.

Raspberries are tiny, delicious bundles of flavour. Our ancestors knew that they could use more than just the berry for food and medicine. This is true for so many plants that can be foraged here on the Gaspé. It may serve us well to learn the many uses for wild plants for the future.

Easy Raspberry Crumble

- 4 cups fresh wild Gaspesian, fresh or frozen raspberries
- 1/3 cup sugar
- 1/3 cup plus 3 tablespoons all-purpose flour, divided
- 3/4 cup quick-cooking oats
- 1/3 cup packed brown sugar
- 1/4 cup cold butter, cubed

In a large bowl, gently toss raspberries with sugar and 3 tablespoons flour. Place into a greased 9 inch square baking dish. In another large bowl, combine oats, brown sugar and remaining flour.

Cut in butter until the mixture resembles coarse crumbs. Sprinkle this mixture over the berries.

Bake at 350°F for 30 minutes or until golden brown.

Serve with vanilla ice cream.

A murder of crows

Diane Skinner

No other member of the animal kingdom can pass a written math test or write a romance novel, however, that does not mean other species are not highly intelligent. There is scientific evidence that chimpanzees have photographic memories, goats can problem solve, elephants really do remember, and dolphins can recognize themselves in a reflection. Octopuses can identify individual people and recall which ones have been good to them. Bees can be taught to choose a tasty treat using human designed visual cues.

Then there are crows. Sci-

entists have done studies that prove that they are exceedingly clever at solving problems. In one study by the San Diego Zoo, "researchers gave crows and humans the same puzzle: A toy floats on top of water inside a tall glass, too narrow for a bird to get its beak down or for a small child to place their hands into. Children younger than eight years old are completely stumped, and generally can't figure out a way to get the toy. The crow drops stones into the glass and eventually the stones displace enough water that the toy rises to the top, and the birds can quickly snatch it."

Another example of the birds' intelligence was filmed by BBC Earth. A group of

crows found some nuts in shells and could not peck them open. They picked them up and dropped them on a nearby road and waited for a car to run over them and break them open. Then they feasted. The crow is very clever at obtaining food.

Crows make that traditional and distinctive sound that we term "caw." Most often there is one loud caw followed by a few shorter caws. The crow call is usually high pitched and loud; a sound that can best be termed harsh. Crows weigh over 1 pound (just over half a kilogram) and their wingspan varies – the average crow wingspan is 30 inches (75 cm) and their tail is fan-like.

Crows prefer to be part of

a larger group. They live to be about 8 years old. Crows eat fruit, nuts, eggs, birds, frogs, mice, "dead things" and will eat human garbage.

In general, crows like to stay around where humans are. They can bond with them. They can identify human faces and can easily tell humans apart, particularly ones that feed them or conversely, one that has killed a crow from their group.

Crows have been observed having funeral type behaviour for a bird that has died or been killed by a human. Locally, a crow was shot, and several crows returned daily for weeks to caw noisily at the home where the "murder" oc-

curred. Speaking of murder, a group of crows is technically termed a "murder of crows."

When I was a young child my Gaspesian grandmother would recite this version of the nursery rhyme for me to chime in and to this day I never like to see one solitary crow:

*One crow sorrow,
Two crow joy,
Three for a girl,
Four for a boy,
Five for silver,
Six for gold,
Seven for a secret,
Never to be told.
Eight for a wish,
Nine for a kiss,
Ten for a bird,
You must not miss.*

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Favourite Summer Memories...

Diane Skinner

You likely do not need a reminder, but summer goes quickly. We plan to enjoy the weather, go to the beach, have some barbecues and take a dip in the water. Some of the sweetest memories many of us have are recollections of summers that have already passed. Whether you think back to childhood, teenage years or more recent summers, the memories we have of summer are often sweet and precious. Get out and smell the wild roses of summer! Summer should not be wasted. Time to make some new memories.

Spec readers share these special memories of summers past:

"My favorite summer memory is from years ago when we would go trout fishing in the brook behind home on my grandparent's property. I would love to see how many I could catch. I keep telling my husband Peter we should go one day and see how many I would catch!"

Carol Almond

"I would have to say hay-making is one of my favourite summer memories. There were always lots of hands to help, cousins visiting, friends. We worked hard but it was fun working together then riding on top of the hay wagon to take the hay to the barn. Mom always had a meal prepared for all who helped. Good memories."

Carol Beebe Gilker

"As a touring musician, although I'm enjoying a summer at home for the first time in over 15 years, I miss playing at festivals, teaching music camps and visiting with friends all over the world. Every year, we usually find ourselves in Port Townsend, Washington, to teach at the prestigious Festival of American Fiddle Tunes, a camp welcoming masters of all fiddle traditions since 1977. Apart from teaching workshops, playing dances, dancing and socializing with some of our



"Favourite summer memories are walking along the shoreline with a friend," says Elaine Clouter.

favourite people, magic moments always happen. One of those most memorable is swimming in the Pacific Ocean in the middle of the night surrounded by bioluminescent organisms, sparkling stars lighting the dark waters. A moment impossible to capture on camera but etched in my memory forever."

Nadine Landry

"Some of the best memories I have from my childhood summers took place when my cousins would come back to Douglstown on vacation. One event that happened every year was a supper/party that my aunt and uncle would host. They would invite so many friends and relatives that the cottage on Haldimand Beach would be overflowing. The kids played for hours on the beach or sat around a campfire while the teenagers walked over to the canteen to spend time with friends. All our uncles and aunts took turns playing fiddle, guitar and accordion. Every now and again someone would step dance, tell a joke or sing a song. The sound of certain fiddle tunes never fails to trigger that sweet memory of those summer evenings with family."

Linda Drody

"I remember picking berries, going to the woods, hauling hay, playing kick the can, going to Dobson's beach and having a fire!"

Darlene Gallon-Chang

"I remember spending hours at the beach in Fauvel

with friends and only going home when the sun was going down. I remember Pappy (Kenny) setting up our Banana Slide on a hill behind his house for a much faster (and more fun) slide. I remember biking around the whole town looking for our friends. We had no cell phones back then, but we had a blast anyways!"

Tracy-Lee Pelletier

"Favourite summer memories are walking along the shoreline with a friend. A place for connection and freedom."

Elaine Clouter

"My favourite childhood memory was going fishing back at the lake every Sunday with my dad and uncle. We would bring our lunch and have a picnic at the same time. I would get my line tangled more than I fished, but they were always there to help. On Sundays when it rained the whole family would go visiting our aunts and uncles. Those were the good old days."

Roxanne Major Denis

"This morning I was remembering my summer visits at my grandmother's - a breeze was blowing the curtains. That's summertime! Cleaning and cooking trout that my uncle caught; walking to the creek with my cousins; learning how to swim; jumping off the train trestle into the river; biking to Vacation Bible School; ice

cream cones for 5 cents; picking wild strawberries. The simple pleasures."

Rose Roussy

"It's the little acts of kindness that bring a much-needed smile and warms my heart, like a tomato plant that appeared on my back step. Also, dear friends who have delivered a wonderfully diverse supply of reading material to my back porch."

Elaine Almond, always positive, reflects on this summer, 2020.

"When I was younger, summer meant trips with my parents and two brothers. This was way back when we would travel in a Ford Wagon and seat belts were not used. We would play in the back of the wagon and enjoy the wind coming from the windows because air conditioning was optional! We would reach the Ontario/Quebec border and I would be amazed at the service centres where you could get gas and eat a meal! It seemed so exotic. The best part was spending time with my family.

Guess the lesson is don't worry about planning fancy activities; just enjoy the wind in your hair and the time with your family."

Darlene Dimock

"One of my favourite childhood memories of summer was picking wild strawberries in the fields with my mother. Although we were a big family, it seemed that I must have enjoyed sitting in the berry patch more than the others because we often went alone. Sometimes she would tell me stories and other times we enjoyed the silence of filling up our cups with the "berrzies" as she used to call them. Once our big bowl was full, I would walk home with her, feeling quite proud of myself, knowing that soon I would get some warm, fresh strawberry jam on the thick slices of buttered homemade bread that she had made."

Mary Robertson

"I grew up in Granby. This is one of my best summertime memories. Occasionally after much pleading from the kids, my mom would pack a picnic lunch - Paris Pate devilled ham with mayonnaise and green KoolAid. When my dad got home from work we'd pack up the car and head to Lac des sources for a picnic and swimming. This was a real treat for us because you had to pay and we couldn't afford to go often. My dad worked hard in a hot factory and going on a picnic was probably the last thing he wanted to do. So when we got to go it was special. This memory remains so vivid even today I can picture the jug of KoolAid."

Lynda MacWhirter

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Reflections

by

Diane Skinner Flowers



Breathe in the beauty of the Gaspé summer

Many specific Gaspesian memories can be triggered by smell. You likely can think back through your memories of smells and invoke the feelings of summers past. Just close your eyes and think back and it will come to you.

The smell of juniper wood, lilacs in full bloom, damp ground after a rain, fresh bread baking in a wood stove, the smell of salt water breezes, fresh summer savory hung up to dry; these are all smells that can evoke strong feelings and memories.

Nothing triggers memory more than smell. It might be from your childhood, a first summer love or your own mother. Whatever it may come from, those memories are linked to the smells that accompanied them. Smells can bring those memories flooding back to you. Infants can smell at birth, most likely so that they can identify their mothers. Of course, they will not remember this, and they do not yet distinguish between pleasant and unpleasant smells. That is something humans learn as they mature.

Some people do not have a sense of smell, a condition called anosmia. Poor them, because it also means that they have no sense of taste. (It is also one of the earliest and most common signs of COVID-19. In fact, it is a better predictor of the virus than a cough or fever.) There is a whole branch of scientific study and application based on smell called aromatherapy. Never underestimate the power of smell.



- Fresh cut wood
- Orange Kool-Aid
- Newly mown grass
- Spicy gingersnap cookies
- Seaweed
- New flip flops
- Fresh cucumbers, tomatoes and lettuce
- Horses on a hot day
- Beach bonfire
- Home-made bread
- Salt water
- Wild strawberries
- Freshly cut hay
- The chicken shed
- The outhouse
- The marsh
- Bologna frying on a wood stove
- Peppermints
- Dark, crispy toast made over a fire
- Wet dogs
- Cedar
- Calamine lotion on sunburned skin
- A damp cellar
- Roast chicken
- Wild roses
- Cream soda
- Pipe tobacco
- Salt cod with frying pork and onions
- Lilacs in full bloom

Smell helps us to gather information about the world. It can alert us to danger such as something burning or food that has gone bad. Smell also helps us to recognize others. We all have our own unique smell and reportedly identical twins smell the same! This means our unique smell is at least partly genetic. Smells of the Gaspé are plentiful and memorable. So, get out there, throw your head back and breathe in some memories.

Kathy Kennedy: Musician and Creator

Diane Skinner

Kathy Kennedy was born in Douglastown and so were both sides of her family going back to the founding of Douglastown. Kathy comments that ironically everyone from her parents' generation, but one, has left the Coast.

There were no music lessons to be had when she was a young child, but there was always traditional music and step dancing around. People would visit and suddenly a fiddle and guitar would appear, and traditional Irish songs were sung by all.

Kathy started singing in the annual St. Patrick's Day concert (the biggest event of the year in Douglastown at the time) when she was 6. As a teen she took classical guitar lessons and began to sing and play folk music in public. Music held an important place in her life, but she was also very into painting and drawing in her own private world.

In terms of musical influences Kathy recounts that she has many. She states, "I've always been interested in music from all around the world. I'm deeply influenced by "soul" music from many different cultures. I hear similar forms of human expression in South Indian Carnatic singing as in púirt à beul (Irish mouth music). I listen to a lot of blues and gospel singers, and am fascinated by the melismatic, (when several notes are sung to one syllable) flowing arrays of notes, however, I don't feel compelled to copy them exactly."

Kathy completed her first bachelors' degree at Concordia in visual art, specializing in printmaking. During that time, she regularly found jobs singing in a folk group. At the same time, her church choir director left and remarkably they asked her to lead the SATB choir with an excellent organist. So, at 19, she had a regular job as a choir director. She had no previous ambition for doing this, but it seemed to come naturally and in no time was conducting some challenging classical pieces.

It was then that a drawing teacher took her aside and suggested she might be more suited for a music career since it came so easily to her. So right after obtaining her BFA (Bachelor of Fine Arts) she went back to Concordia to do another bachelors in classical singing. Then she completed a master's degree in classical voice from the University of Western Ontario. Kathy says



Photo: courtesy Kathy Kennedy

Kathy Kennedy, originally from Douglastown, has had a varied and eclectic artistic and musical career.

that it has been quite a journey for her, because after all that intensive study, she realized that she did not fit into the "hierarchical and classist structure of the classical music world."

She started composing her own music that better represented her path through visual arts and mixing of media. This was at the beginning of personal computers in the 80s, and suddenly she was regarded as a female electronic composer, and part of a burgeoning international community.

When the World Wide Web was beginning, Kathy was very aware of the difficulties of access to technology for women. So, she spent a few years building Studioxx.org, an important resource centre for women in technology which is still going strong.

Kathy was at the forefront of online musical collaboration at that time (mid-nineties) and was offered a dream job in San Francisco coordinating virtual recording studios with musicians around the globe. Those were exciting times! Kathy comments, "To make a long story short, I decided to return to Canada after 9/11, and I've been teaching in the music department of Concordia University along with performing, composing and teaching private vocal coaching. I still make technology driven music with some cutting-edge technologies, but I am far less am-

bitious. I'm equally happy singing and accompanying myself on guitar or piano."

She has been using something called "low-watt radio" as a device throughout her career, and there is a fair bit of literature on this out there. Go to this link to read about it. https://econtact.ca/20_3/index.html

Basically, Kathy has her own portable radio station, and this summer is using it in a project called Radio Drive-In. Kathy explains, "It allows me to broadcast approximately one kilometre in distance, so that anyone with an FM radio can pick me up. I wanted to give people a sense of connection to their own neighbourhood while staying safe at home, and I am thrilled with how well it's been working. Hopefully, you'll hear more news about that soon."

"I love to make music myself, but I am really committed to helping others find an outlet or a context for making music. This is something that absolutely everyone can do because there are so many ways to make music. We have become far too judgmental about what is "good" musically, and before this century literally everyone sang without fear of being "not good enough." I know that it is important and healing to make music, especially during these bizarre times we're living in."



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Announcements...



Obituaries



GARRETT: Brian

It is with broken hearts and great sadness that we say goodbye to our beloved husband, father, grandfather, brother and uncle, Brian Garrett, who passed away surrounded by loved ones on June 18 at the age of 66.

Brian will be deeply missed by his wife of 46 years, Cathy (Aitkens); and children Linda (Trent), Andy (Holly), and Steven - all of whom made him beam with pride. He loved being Grandpa to six granddaughters - Florie, Emma, Amy, Lilia, Jolene and Adele and one grandson, Parker - all of whom were the light and joy of his life.

Brian was a skilled mechanic for over 30 years until he retired to his dream job as a fishing guide at Tracadie Camp on the Grand Caspédia River.

He loved being outdoors - hunting and fishing; he loved a good feast of lobster and salmon; he loved tying fishing flies; and he loved growing big beef tomatoes, cucumbers and begonias but most of all he loved spending time with his family.

He was known to be a prankster who had a great sense of humour and always made people smile. It is no wonder that people instantly loved Brian upon meeting him. He was always there for his family, friends and neighbours. He was always more than willing to lend a hand to help others. He will always be remembered for his kindness and contagious smile.

Brian also leaves behind his brothers: Edward (Jean) and Michael (Sheila); and sisters, Gloria (Bill), Dorothy (Denys), Betty (Robert), Bonnie and Greta (Renaud); and many nieces, nephews, cousins and friends. He was predeceased by his parents, Carl and Lilia and sister Annie.

Goodbyes are not forever. Goodbyes are not the end. They simply mean we will miss you, until we meet again.

Card of Thanks

To everyone who has supported us following the death of Brian Garrett, we would like to express our sincere thanks and appreciation. Your support, your phone calls, your many acts of kindness and your messages of sympathy continue to be a great comfort to us.

Thank you to everyone who made a donation in Brian's memory to the Linda Lemore Brown Foundation. We hope we are able to help another family dealing with cancer in some small way.

A special thank-you to all the staff from the CLSC and Maria Hospital who helped make Brian's last few days as comfortable as possible.



ROBERTS: Vera (Simon)

Our dear mom passed away June 26, 2020, at the CSSS Côte de Gaspé Pavillon MGR Ross at the age of 91 years.

She was born in Little Gaspé, the daughter of Walter Roberts and Lillian Johnson.

She is predeceased by her husband Courtney Simon and daughter Marilyn. She leaves behind her children: Eleanor (Clayton), Garfield (Sandra), Carolyn (John deceased) and Donald (Frank); six grandchildren; nine great-grandchildren; two sisters-in-law, one brother-in-law; nephews; nieces; and many other family members and friends.

Visitation was held on Thursday, July 2, at the Valère Fortin Funeral Home.

The funeral service was held at the Gaspé United Cemetery. Thanks to Dennis Drainville and Sharon Howell for the service and prayers and Bonnie Bourgaize for the eulogy.

The family would like to thank the doctors and staff in Dept. 200 and Chester Cotton for the wonderful care and kindness shown to our mother.

Sincere thanks and appreciation to relatives and friends for their many acts of kindness, floral tributes, donations and expressions of sympathy

She will be dearly missed by her family.



HARRISON: Joey

In loving memory of a beloved son, brother and uncle who left us on August 7, 2019.

Those we love don't go away.

They walk beside us every day.

Unseen, unheard, but always near,

So loved, so missed, so very dear.

You are forever in our hearts. Mom, Dad, Kim, Glenn and Derek.

St. Jude's Novena

May the Sacred Heart of Jesus be adored, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us and forever. Sacred Heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. St. Jude, worker of miracles, pray for us.

Say this prayer nine times a day for nine days, on the eighth day your prayer will be answered.

M.G.



In Memory



BEAULIEU: Richard

January 29, 1954 - August 2, 2011

Ninth year anniversary

In fond memory of my beautiful son, Richie.

Always remembered and loved for

his wonderful smile and winning personality.

Rest now, God speed.

Mommy and family, xxx.



STARNES: Judy

In loving memory of Judy Starnes who passed away August 11, 2019, loving wife, mother, step-mother and grandmother.

If Roses Grow in Heaven

If roses grow in heaven Lord,

Please pick a bunch for me.

Place them in my wife's arms,

And tell her they're from me.

Tell her I love her and miss her,

And when she turns to smile,

Place a kiss upon her cheek,

And hold her for a while.

Because remembering her is easy,

I do it every day,

But there is an ache within my heart,

That will never go away.

Love always, your husband Alfred and family.



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FOR SALE: Ball of baler twine; Husqvarna gas weedeater, 122 cc like new; 50 feet of 4" drain-pipe; Formula 1 toolbox; 4 summer tires 20560R16; 7 1/4" circular saw; a set of winter chains and drift cutters for large snowblower; rural mail box; four car chains for 16"; two pulp hooks; one pv for rolling logs; two electric weed eaters; four handicap bars; one scythe; one small scoop; one animal trap; small inflation pump; garden tools; three bucksaws; 12.5 digital heat gun; two bumper stands; one animal spray; stand for tractor cab; bandsaw blade slicer and much more. Call 418-392-4001. (A5)

WANTED: I am looking for a copy of the Black Whale Cookbook. Please contact me at msdianeskinner@gmail.com

752-3372.

COAST ROUNDUP

BARACHOIS:

Used Clothing Sale!

Tuesdays from 9 a.m. to 12 p.m. and Fridays from 1:30 p.m. to 4:30 p.m. at Mountain View Golden Age (857 Route 132 East, Barachois). Appointments can be made by phone at (418) 355-8612. Masks are required. (A26)

NEW CARLISLE:

Open for the Season

The Kempffer Cultural and Interpretation Centre is open for the season! Hours: 9 a.m. to 5 p.m. Tuesday through Saturday, until August 29. Heritage New Carlisle has everything in place to ensure the health and safety of its employees and visitors.

NEW CARLISLE:

Drive-In Gospel Meetings at Fair Haven Bible Campgrounds, Sundays at 2:00 p.m. COVID-19 considerations/social distancing. Rain or shine. All are welcome - invite a friend! Sponsored by the New Carlisle Bible Chapel. For more information, please call 418-

GASPE:

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.

Rotary Calendar Winners:

Winners for the week of July 22 are: Léon Arsenault, Lisa Galbraith, Alma Bourdages, Arthur and Bertha Harrison, Marlyne Cyr, Sylvain Bergeron and Betty Casey.

Winners for the week of July 26 are: Jean-Michel Allard, Velda Snow, Valérie Bourdages, Peggy Brimsacle, Sylvain Verreault, Ann Marsh and Maison de la famille, Bonaventure.



ARIES – Mar 21/Apr 20

It is time to relax in regard to your professional life, Aries. If you're out of a job, your luck could turn any day now. If you're employed, a promotion may be on the horizon.

TAURUS – Apr 21/May 21

It is time to reorganize your priorities if you have not been having any fun. Spend some time with a significant other or engage in a hobby rather than doing chores.

GEMINI – May 22/June 21

Family matters could be a cause for concern this week, Gemini. A relative needs your assistance immediately and you will have to push other things aside to make the time.

CANCER – June 22/July 22

Cancer, focus your attention on the things you are grateful for. Shifting thoughts to the positive can really improve your mood and upcoming outcomes.

LEO – July 23/Aug 23

Working together is a roadmap for success. Embrace the spirit of cooperation and others will soon follow suit. Your goals will be within reach in no time.

VIRGO – Aug 24/Sept 22

Do not fixate on your shortcomings, Virgo. Instead, think about all of the qualities you love about yourself this week. This will boost your confidence and improve your mood.

LIBRA – Sept 23/Oct 23

Libra, you are used to being the centre of your social circle but take a step back and allow others to share the spotlight with you. You

will be glad you did.

SCORPIO – Oct 24/Nov 22

Scorpio, you perform great under pressure, but too much intense focus can cause you to burn out at a rapid pace. Try dialing it back this week.

SAGITTARIUS – Nov 23/Dec 21

These next few weeks are an opportunity to develop personal relationships and get in touch with your emotions, Sagittarius. Think about taking a break.

CAPRICORN – Dec 22/Jan 20

If others are opposed to your beliefs or ideas you may need to reconsider your presentation. Accept others' perspectives, but forge ahead with what is important to you.

AQUARIUS – Jan 21/Feb 18

Aquarius, there's nothing you can do right now to stop change, so you're better off embracing things as they come. Do not swim against the tide right now. Save your energy.

PISCES – Feb 19/Mar 20

Trouble may be developing with a partnership that is important to your career, Pisces. Do not give up and walk away. Find a resolution pronto.

FAMOUS BIRTHDAYS

AUGUST 2

Charlie XCX, Singer (28)

AUGUST 3

Karlie Kloss, Model (28)

AUGUST 4

Meghan Markle, Dutchess (39)

AUGUST 5

Yungblud, Singer (23)

AUGUST 6

Soleil Moon Frye, Actress (44)

AUGUST 7

Charlize Theron, Actress (45)

AUGUST 8

Roger Federer, Athlete (39)

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Gaël Tremblay, notary
Serge Barriault, notary

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-Diane Skinner

Come to the beach
Where the sea is blue
And little white waves
Come running at you.
A wave come splashing
Over your toes.
You just stand still
and away it goes.
We'll build a castle
Down by the sea
And look for shells
If you'll come with me.
J. Lopez

Beach Crafts

Driftwood Family

Driftwood
Wood glue
Google eyes
Black marker
Paint or marker

Gather driftwood family – one for each member of your family.
Find flat driftwood piece for sign.
Glue people onto back of sign.
When completely dry, add smiles, noses or other details and glue on google eyes.
Write *Family* or *Welcome* on sign.
Can be hung on wall.



Photo: D. Skinner

Driftwood Family

Sand Bowls

Beach sand (clean)
Mod podge
Plastic wrap
Disposable bowl or container and a stick to mix sand/mod podge.
Disposable spoon
Small bowl (or any shape or size you desire)
Garbage bag

Set up your craft area with a large garbage bag underneath as sand and glue will pour onto the counter.
Mix sand and mod podge together until it is fully saturated and pourable but thick. Stir with a disposable stick.
Place plastic wrap over your upside-down small bowl so it's easier to remove sand after it has hardened
Pour sand over the plastic wrap on the upside down bowl until it is evenly covered but don't make the edges perfect because character makes these sand bowls beautiful.
Let it dry for 24 hours (or more!) until it is as hard as porcelain.
Remove by pulling the plastic wrap from the original bowl, and then from the sand bowl.
Place beach items such as sea glass into your new beach sand bowl.



Photo: V. Czerwinski

Sand Bowls

Shell Trinket Bowls

Shells (scallop, mussel, clam or oyster works best)
Tissue paper OR printed napkins
Mod Podge (glossy)
Metallic acrylic paint to finish edge
paintbrush

Brush the inside of shell with a generous layer of Mod Podge.
Cut a piece of tissue paper or napkin and press it smoothly inside the "Podged" shell.
Use your paintbrush to push into the cracks and corners to make sure tissue is well adhered.
Let it dry. Apply a thin layer of Mod Podge on top of tissue and allow to dry.
Trim off any excess tissue. Use metallic paint along edges of shell.
Use the shell to store rings, paper clips, pins or coins in your trinket dish.
NOTE: Mod Podge is a step above craft glue. It contains glue and a sealer. Younger children can watch this process, but Mod Podge should be handled by an adult.



Photo: D. Levine

Shell Trinket Bowls

NEXT WEEK: Make your own musical instrument.



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