

The Gaspé **SPEC**

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Recent flooding causes similar damage as 2010 floods

Gilles Gagné

Many people may still remember the damage caused by the December 15, 2010, flood. It will take a couple of weeks before officials know the total cost of damages caused by the floods that occurred between December 2 and 4, 2020. During that period the Grand Cascapedia, Little Cascapedia and Bonaventure Rivers' waterflow increased by 30%. (See page 5 for more information on the flooding)



In the summer, this location between the two spans of the Gérard-D.-Levesque bridges in Cascapedia-St-Jules is a place to relax, with a view on the river. On the afternoon of December 3, the main current of the Grand Cascapedia River was flowing rapidly, and about 10 feet higher than its normal level.



Photo: Rachel Robertson

The flood caused extensive damage along the 299.



At times, up to three cranes were working to clear the log jam between the railway bridge and the Gérard-D.-Levesque bridge. As the SPEC was reaching its deadline, the debris was a couple of days away from being fully removed.

Photos: G. Gagné



From the morning of December 3, and for almost 20 hours, the intersection of Highway 132 and Saint Edgar Road was closed. The water rose high at the intersection, despite preventive work carried out a few years ago to increase the capacity of the bridges allowing the Little Cascapedia River to reach the Bay of Chaleur. The rising tide, unfortunately, reduced the river water's capacity to exit and reach the bay.



Over the last 30 years, the place of business of Denturologist Gilles Babin, has been flooded repeatedly. When this spot floods, people know that more places are also in trouble along Saint Edgar Road.

The Gaspé receives record amount of rainfall

Nelson Sergerie

GASPÉ - The low-pressure system that caused flooding in the Bay of Chaleur area has left between 110 and 160 millimetres of rain in Parc de la Gaspésie.

Precipitation and heat records were broken on December 1 in the Gaspé. Some 75 millimetres of rain was measured at the Michel-Pouliot Airport, breaking the old mark of 66.8 millimetres recorded in 1987.

Environment Canada measured 87 millimetres of rain for the entire event. New Richmond received 63 millimetres and New Carlisle 51 millimetres.

In addition, it was 14.6 degrees in Gaspé, shattering the previous record of 10.3 set in 1998. New Carlisle also recorded a heat record of 11.7 degrees, surpassing the 8.9 degrees in 1975. Another heat record was broken on December 2 in Gaspé. The mercury climbed to 12.2 degrees at Michel-Pouliot Airport, erasing the 9-degree mark established in 1985.



Take self-isolation seriously

**In the fight against the spread
of COVID-19, we must self-isolate:**

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Harrassment on the internet: Sylvain Roy appeals to the SQ

Nelson **Sergerie**

QUEBEC - The member of the National Assembly for Bonaventure made an appeal to the Sûreté du Québec after receiving hate messages by email and on social media networks.

On his facebook page, Sylvain Roy relaunched an idea developed in 2014 by the former Minister of the Environment for the Parti Québécois Yves-François Blanchet involving the sale of wild meat in restaurants, in limited quantities. He felt that this gesture would have helped.

This proposal was criticized by the Federation of hunters and fishermen of Quebec saw it as an open door to poaching and the black market of wild meat.

After his suggestion, the elected official claims to have received some 300 emails and messages on social media where he was called names.

"In some cases, we have been forced to report individuals. It didn't make sense. As a politician, I'm used to it, but of this magnitude! It has taken on an inconceivable scale," says the elected official.

Mr. Roy underlines that debate is no longer possible in Quebec: "cyberspace and social networks have become extremely toxic places and it is a shame because it is in persuasion that we build ideas and not in attacks and threats. It is no longer possible to argue because there will always be a troll who will attack us," Mr. Roy, who is also a sociologist.

Recently, Premier François Legault was attacked on social media after suggesting literature at the request of the *Association des libraires du Québec* in the #lireenchoeur campaign. Mr. Legault had attributed this

mentorship to "a handful of radical militants."

"Psychological harassment is criminal. Simple harassment is criminal. We may have to think of sanctions for those who do not think so," says Mr. Roy. He thinks that elementary school aged children should receive information on ethics in social media to thwart the phenomenon.



The deputy for Bonaventure, Sylvain Roy.

Photo: N. Sergerie

Wind power regains its popularity Energy sources need to be diversified

Nelson **Sergerie**

SAINTE-ANNE-DESMONTS - The Régie intermunicipale de l'énergie Gaspésie-Îles-de-la-Madeleine welcomes Hydro-Québec's decision to turn to wind power, in particular, to meet its needs at the end of the decade.

The government-owned company sees that its surplus energy will be gone by 2027 and must plan to add energy to its portfolio. The disclosure of the CAQ government's Green Plan would be no stranger to this new direction.

The president, Simon Deschênes, recalls the fight waged for two years with his colleague from the Lower Saint Lawrence to promote the wind industry. "I salute the government and Hydro-Québec for having finally done their homework and for concluding that it is the most profitable source of energy, the most attractive for Hydro-Québec," replied Mr. Deschênes.

It is early to comment on the future of the 1,200-megawatt Eastern Alliance project, but the Régie will take an active roll in ensuring discussions regarding the project continue. This project is a

public-private partnership between the Régie de l'énergie de la Gaspésie-Îles-de-la-Madeleine, the Lower Saint Lawrence and the MRCs of L'Islet and Montmagny which responded last summer to a request from Quebec to prioritize three structuring projects per region for economic recovery. The partnership would involve the construction of six 200 megawatt parks and could inject \$6.4 billion into the economy.

With needs starting in 2027, Mr. Deschênes says calls for tenders must be launched quickly.

"That brings us to 2021-2022 to have new tenders. 2021 is tomorrow. We are enthusiastic and there is still work to be done in order to have our 1200-megawatt project."

Add solar to the catalogue

The production of solar energy is always in the sights of the Régie. Hydro-Québec intends to use wind power at the end of the decade by increasing its production capacity by 25%, but is also interested in photovoltaic energy.

Simon Deschênes stresses that the steps are continuing to obtain solar competence. "It's going well. We should receive

the news shortly, which would allow us to invest in solar projects."

This new potential represents interesting possibilities for the management. "The Government of Quebec's green electrification plan will stimulate energy consumption. To expand our energy portfolio, it is imperative to be able to acquire this area of expertise," says the president.

The Régie's energy will be put in solar, putting aside for the moment projects such as biogas mentioned in the past.

Lower surpluses in 2020

The board will not be able to reach the \$6 million in royalties to municipalities for 2020. Although the organization had paid \$3.5 million for the first half of the year to municipalities, the president is adamant.

"There is some, I can assure you. But is it as significant as in 2019? The answer is no. At the board of directors (meeting) in mid-December, we will take note of the surpluses and we will surely decide to redo a distribution," says Mr. Deschênes.

Municipalities shared \$6 million for the 2019 fiscal year.

Police report

Michaël Athot, 24, from Val d'Espoir, now faces additional charges with regards to the May 20 hit and run causing bodily harm for which he was arrested on October 13. Already facing four charges of driving with a suspended license and one charge of hit and run causing bodily harm, two charges of breach of probation were added when he last appeared in court on November 30 at the Percé courthouse. He is remanded in custody and Quebec Court Judge Denis Paradis set his next court appearance for his bail hearing to January 25. Michael Athot also faces one count of aggravated assault, one count of assault with a weapon, one count of obstructing the work of police officers and one charge of mischief causing damage below \$5,000 on a Sûreté du Québec car, when he was arrested on October 13. His mother, Rachel Poulin, also appeared in court on November 30, is scheduled to appear in court on January 25 as well. She is charged with obstruction in the work of a police officer, as she allegedly attempted to provide police officers with false clues when they were looking for Athot before his arrest.

The girlfriend of Michaël Athot, Julie Laurencelle, 28, from Val d'Espoir who is facing a charge of complicity in a hit and run causing bodily harm and three counts of driving without a license, will also return to court on January 25 for the next procedure step in that case. She was released on November 19, five weeks after her arrest. "Since they are all charged in the same case, we have decided to re-group the court appearances," explains crown prosecutor Annie Cyr.

The hit and run occurred on May 20 in Sainte-Thérèse-de-Gaspé and a woman in her sixties was seriously injured after being run over by a side-by-side all-terrain vehicle. The side-by-side was allegedly driven by Michael Athot. A communication ban was imposed on October 13 so that the three accused could not talk to each other until further court instructions. Julie Laurencelle was involved in a hit and run in August 2017. She was driving a car that struck and killed a 62-year-old woman from Sainte-Thérèse-de-Gaspé, Luce Hautcoeur. She entered a plea of guilty after having first opted for a plea of not-guilty and she was sentenced to six-months less three days of prison.

Sûreté du Québec officers are investigating the discovery of a body floating near the Penouille Beach at about 10:45 a.m. on November 27. The Town of Gaspé firefighters and the Sûreté du Québec officers took part in the recovery procedure. The body was first seen by a citizen walking along the beach. The body had likely been in the water for a long period, as it was not possible to determine if it was the body of a woman or a man. The Sûreté du Québec does not have any reports of a missing man or woman in the region over the last few months. The body was sent to Montreal's forensic laboratory, where experts will attempt to identify it, through an autopsy. The investigation is also ongoing in the region.

David Isaac, 27, from Listuguj who is facing charges of aggravated assault, assault with a weapon and breach of probation, will return to the New Carlisle courthouse on December 14 for his bail hearing. The date was set by Quebec Court Judge Janick Poirier. David Isaac is suspected of having committed assault on a man on November 19 in a Listuguj house. A man was found in that house, suffering from life-threatening injuries, in the middle of the afternoon. He was hospitalized in critical condition at the Campbellton Hospital and the Listuguj Police Department immediately launched an investigation, with the assistance of the Sûreté du Québec, which happens in similar matters.

David Isaac was arrested on November 23 and was remanded in custody following the initial laying of charges. He was already charged with breach of probation in another case of violent crime for which he had served prison time. Crown prosecutor Maxime Rocheville-Paradis explains that "for the moment, it (the bail hearing) should proceed. We will also have additional evidence to communicate to Mr. Isaac's lawyer soon. For the moment, he is the only person to have appeared in court in that case." The Listuguj Police Department is still looking for witnesses in that case.

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Head of Public Health says vaccines could be available before the end of the winter

Gilles Gagné

CARLETON — The first COVID vaccines could be available before the end of the winter in the region and possibly before the end of January, according to the Gaspé Peninsula and Magdalen Islands Public Health Board director, Dr. Yv Bonnier-Viger, who warns that many conditions must be filled before that.

The two types of vaccines must first be approved by Health Canada, a process that will likely start at the beginning of January. Secondly, if that approval is granted, the distribution pattern must be determined and some vulnerable clientele will benefit from the first vaccines.

“It would be difficult to believe that we will not have it before the end of the winter, barring a major approval bug,” says Dr. Bonnier-Viger.

As for the clientele that will be asked first to get the

vaccine, he points out that the breakdown is not final yet but discussions are underway to set up the order.

“The residents of seniors’ homes (CHSLDs, either publicly or privately owned) would get it first, and their staff and then the other seniors’ homes’ residents. We have here the residences where numerous people are living, their care-givers and the staff. After that, the hospital employees would get the vaccine. Then, people aged 80, 70 and 60 would get their shot before the population in general,” explains Dr. Bonnier-Viger.

Meanwhile, he is glad that the number of active COVID cases is going down in the Gaspé Peninsula and Magdalen Islands.

“We could see the improvement coming over recent weeks. The major outbreaks are all under control. The community workers of Bonaventure made a good job and that

model was then applied to the Gaspé area. It yielded good results,” he stresses.

Yv Bonnier-Viger still fears a false impression of relief in the population before and during the Christmas break.

“The virus remains here. We don’t see it but it remains present. We have received many warnings since the start of the pandemic to the effect that the virus can be ferocious. We keep recommending simple measures, like distancing, however, despite being simple, those measures are not natural,” he points out.

The statistics for the week spanning between November 27 and December 4 are again improving the regional record for the third consecutive week.

As of December 4, there were 74 active cases left. The downward trend went from 240 active cases on November 13, to 210 a week later, to 103 on November 27 and now to 74. Only 42 new cases were

recorded for the week that ended on December 4, compared to 152 for the week that ended on November 13.

There were less than 5 active cases in Avignon on December 4, 20 in Bonaventure, 21 in Percé Rock, 24 in Gaspé and less than five for each of the Avignon MRCs and the Magdalen Islands.

In the seniors’ residences, only the Manoir Saint-Augustin and part of the seniors’ residence of Mgr. Ross centre, both in Gaspé, were still dealing with active outbreaks but no change in the number of infected people were recorded in a week. No death due to the coronavirus occurred in the region during the same period.

The New Carlisle prison outbreak was stable with four people still infected while the situation at the Percé prison worsened a bit during the week with eight people infected, five more than a week prior to that.

Meanwhile, the Ministry of Health has suspended the electoral process in the nine English school boards of the province due to the COVID-19 situation’s evolution of late. At the Eastern Shores School Board, two wards were up for election. The elections were supposed to take place in January.

“The date for the resumption of the polls will be specified shortly, but given the highly unpredictable nature of the pandemic, the government is considering postponing the elections for several months, when the health situation will allow them to be held safely for both electors and all election staff,” explains Hugh Wood, director general of the Eastern Shores School Board.

As of December 4, “there were no COVID-19 cases in any of ESSB’s schools or centres,” also pointed out Mr. Wood.

Editorial section

Gilles Gagné
Commentary



Federal deficit and debt: no room for panic... yet!

Through releasing the details of its economic update on November 30, Canada’s Finance Minister Chrystia Freeland revealed a deficit figure, a humungous \$381 billion amount, that had already leaked days before, a well-known manoeuvre to alleviate the shock of the announcement.

When a number is making the news for almost a week as a rumour, its release almost becomes secondary, and the shock is reduced. Many analysts have already commented on it and people have already expressed their astonishment. From the political point of view, that spin was well planted.

Now, are our Canadian finances as soundly managed as Ottawa’s communication strategy?

Since May 2020, the country’s projected deficit for the 2020-2021 fiscal year has ballooned from \$260 billion, to 343 billion in July and now to \$381 billion. It all started with a pre-pandemic projected deficit of \$25 billion.

Most open-minded experts affirm that there is no reason for panicking. They are right if the Liberal Party government of Justin Trudeau comes up in March with a plan to curtail federal expenses. That plan doesn’t have to be applied in 2021, and it will not be because the effects of the COVID-19 pandemic will be felt for a few more years, although they are expected to start ebbing away gradually in 2022.

In all likelihood, the size of the Canadian government’s long-term debt will pass slightly over the \$1,000 billion mark in 2021, due to the \$381 billion deficit. The use of “likelihood” here stems from the fact that many governments have a tendency to exaggerate the size of projected deficits in order to show how well their stimulus plan worked out and finally yielded better results a year later. On the other hand, the federal government is already promising additional stimulus measures ranging between \$70 billion and \$100 bil-

lion, because the pandemic effects are far from over, despite the occurrence of vaccines. Those upcoming stimulus means will almost certainly send the accumulated debt well over \$1,000 billion.

However, even at that level, numerous experts state that the country’s debt will be under control for a while. With the expenses already announced, the Government of Canada’s total debt as a percentage of the gross domestic product will reach 50%. It was 30% last year and it was the lowest of the world’s G7, the seven most-industrialized countries in the world. So there was room for deficits in a crisis context.

At the beginning of the 1990s, and during the Second World War, the country’s debt-gross domestic product ratio (debt-GDP) was also in the 50% range, even higher at times.

In the early 1990s, people were borrowing at an interest rate around 15%. It was a tad lower for the governments but it was still way over the current interest rates of 1%, 2% or 3%, depending on who you are.

The federal government’s accumulated debt of the early 1990s was such that 20 to 25 years ago, the debt service reached 38% of Canada’s total budget. Until recently, it was slightly less than 10%.

It will rise over the next years but the Bank of Canada, the country’s central bank controlling interest rates, will keep those rates low for at least five years. The United States’ central bank will do the same, we can be sure of that, since the effects of the pandemic and our neighbours’ debt situation are significantly worse than in Canada.

Now, even if Ottawa spends another chunk of \$70 billion to \$100 billion to counter the pandemic blows to the economy, the debt-GDP ratio will increase to 58.5% by 2024. With low interest rates, it will be manageable, as Canada will probably still be in the best position of all the world’s most industrialized countries.

On November, as Minister Chrystia Freeland was preparing to release her economic update, former Quebec’s Economy and Innovation Minister Clément Gignac, now a senior economist for *Industrial Alliance*, a major insurance company, remarked in a radio interview that Canadians have saved money since the beginning of the pandemic.

That is rather odd during a recession. He added that Canadians have also increased their disposable income. He also said that since March, Canadians have made more durable spending than before.

Of course, those numbers are compounded statistics not taking into account the hardship of the people living with low revenues.

Mr. Gignac’s statement, nevertheless, spells a bit of relief regarding the recovery. By and large, the taxpayers will be in a position to relaunch the economy over the next months.

Patience will be required though before we see some light at the end of the budgetary tunnel. It took Canada six or seven years before returning to a balanced budget following World War II. Also, despite promises observed in Great Britain and the United States, the vaccines are not approved yet in Canada, and the distribution process will likely take a year, maybe a bit more, before reaching every Canadian.

We must also keep in mind the political side of the pandemic issue. The minority government context plays a huge role in the current strategy deployed by the Trudeau regime. Without diminishing the prime minister’s knack for empathy, he has spared the Canadian population from most negative budgetary sides of the COVID-19 crisis for political reasons, because he wants to be re-elected. Barring a couple of exceptions, he stayed away for the Grinch part.

His main opponent, Conservative Party leader Erin O’Toole wants a return to a more stable budgetary situation, however, he does it carefully too. He recently admitted that he would have done the same all-out spending strategy as Mr. Trudeau, however, we can certainly count on him to remind the prime minister of the necessity to establish a balanced budget strategy, but he will also avoid assuming the Grinch part.

The Gaspé Spec

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Major flood causes extensive damage in the Gaspé Peninsula, mostly in Bay of Chaleur area

Gilles Gagné

CASCAPEDIA-ST-JULES – A major flood struck the south side of the Gaspé Peninsula on December 2 and 3, mainly the Bay of Chaleur area. Dozens of roads were closed temporarily, while as many as 280 houses were isolated during the worst part of the flood. A total of 28 people were evacuated by different authorities, sometimes municipal employees and sometimes police officers of the Sûreté du Québec.

Heavy rainfalls brought as much as 160 millimetres to certain areas in less than 24 hours. The mountains of the back country were the most affected areas and the water level kept rising 12 hours after the rain had stopped.

Up to 13 roads were still closed on the morning of December 4 and six evacuated people still had not returned to their homes. It will take a couple of weeks, maybe more, before calculating the total sum of the damage but a lot of people had already started cleaning the mess on the afternoon of December 3, despite the fact that in some spots, the water level had not started to go down.

As the SPEC was reaching its December 4 deadline, the two main spots of concern remained the damaged structure of White Brook's bridge on Road 299 near the kilometre 12.5 point, and the state of the two old railway bridges also situated in Cascapedia-St-Jules.

Although it will likely take a few weeks before traffic can resume on Road 299's kilometre 12.5 point, Transports Québec is permitting pedestrians to walk on the damaged bridge, says Darlene Sexton, Director general of the Cascapedia River Society, which is extending a hand to the residents stuck between the White Brook bridge and the last house located near kilometre 16.

"One of the people who is stuck up there is Ken Labrecque, our assistant manager, and he spoke with the

road department and it is safe for them to walk across the bridge that has been damaged at White Brook. So yesterday, his brother-in-law went and picked him up and brought him down and he came in here (to the office). He had the idea to bring two of our trucks to place on this side of the bridge for emergency usage or if someone needs something. We have 11 people up there in five homes. Two are our employees, so it is a safety thing which I thought was a great idea. He took them (the trucks) down to New Richmond and they are full of gas and ready to go if and when needed. It is a small way to help our citizens through another crisis," explains Ms. Sexton.

The other area severely affected was the east part of the old railway bridge in Cascapedia-St-Jules, where work was still ongoing for a third straight day on December 4 to clear the log jam consisting of hundreds of trees.

"There is still wood between the (road and railway) bridges, and under the railway bridge. It will have to be inspected before the passage of the next train but it can't be done as long as we can't have a look under the bridge," says Mr. Dubé.

There is also clearing work to do on other parts of the railway between Matapédia and Gaspé, but the Gaspésie Railway Society employees are concentrating their effort between New Richmond and Matapédia, the part that is currently in use.

"The railroad is not damaged but we have to clear culverts full of wood and mud and make sure that it won't cause damage in the near future," adds Éric Dubé. Traffic resumption between New Richmond and Nouvelle was hard to predict as of December 4 because of the inspection required on the Cascapedia-St-Jules bridges, which seemed almost untouched from the nearby road, except for a slightly torn steel beam.

As prefect of the Bonaven-



The debris caused by a the log jam between the railway bridge and the Gérard-D.-Levesque bridge will likely take days to be completely removed.

Photos: G. Gagné

ture MRC and mayor of New Richmond, Éric Dubé was in a good position to assess some other damage caused by the floods.

"There is a lot of people working at repairing and cleaning roads, clearing culverts and assessing some structures. I can say that nobody in the MRC is isolated. There is still work to do between the Third and Fourth Ranges (east) roads," he concluded on December 4.

On his part, Cascapedia-St-Jules mayor Gaétan Boudreau will keep a close eye on the Road 299 repairs, specifically in the White River bridge area. "I understand that no major work can be undertaken before the water level comes back to normal, which will allow the structure to be assessed, including the abutments, but if things are not moving after mid-December, I will start calling Transports Québec quite often," he says.

Meanwhile, the road between Bonaventure and Saint-Elzéar was closed for a full day

because the Bonaventure River was blocking the way. The only option for people from Saint-Elzéar was using Church Street to get to New Carlisle. The main road received the green light the following morning.

Other floods caused damage in Chandler, Grand River,

Percé (where a snowmobile bridge passing over Portage River was carried away by the current), Sainte-Anne-des-Monts, Maria and Nouvelle. In Ristigouche South East, Moffet Brook's overflow temporarily closed Highway 132 on the evening of December 2.



Road 299 sustained heavy damage, mostly around the 12.5-kilometre point, where the White Brook bridge was destroyed. The road was, nevertheless, closed around the 7th kilometre, for safety reasons, as the water of other brooks was passing vigorously on the pavement.

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Be there for yourself the way you're there for others



You are always there when your loved ones are going through difficult times. But don't forget about yourself—solutions exist to help you feel better.

The current situation may cause you distress. Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your thoughts, emotions, behaviour and relationships with others. Most people succeed in adapting, but listening to your needs is vital. **Don't hesitate to do whatever is necessary to help yourself.**

Take care of yourself

- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life's little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. **It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.**
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve their wellness and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.



The Getting Better My Way digital tool

Getting Better My Way is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at Quebec.ca/Gettingbetter



Give voice to your feelings

- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you're feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to "read" you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.



Make judicious use of social media

- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone's efforts in these times.
- Use social media to share positive actions.
- Watch videos that make you smile.



Choose healthy living habits

- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Take time to eat well.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

Help and resources

We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can't shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**
Info-Social 811 is a free and confidential telephone consultation service available 24/7
- **Regroupement des services d'intervention de crise du Québec**
Provides 24/7 referral services for people in distress (French): centredecrise.ca/listecentres
- **Suicide prevention crisis helpline**
Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

For a host of other helpful resources, visit Quebec.ca/gettingbetter



Jonathan Bélanger provided Suzanne Lamarre, of the Source alimentaire Bonavignon, the Maria food bank with 393 packages of large game meat.

Photo: G. Gagné

Reflections

by

Diane Skinner Flowers



Not the first pandemic...

"You are not stuck at home. You are safe at home."

A little over 100 years ago Canada was struck by a deadly pandemic. The similarities to COVID-19 are shocking. There are a couple of major differences, one of which we can be thankful for.

At the end of World War I the first cases of the Spanish flu in Canada were reported after a large gathering in Victoriaville, Quebec. In the spring of 1918, a ship from England docked in Halifax. Almost a quarter of those on board were infected and ill with the Spanish flu virus. After that, ships landing in Halifax, Quebec City and Montreal continued to spread the virus. Like today's pandemic, the virus was highly contagious.

People gathered in large numbers to celebrate the end of the war. Orders and warnings were issued to people to avoid large, maskless celebrations. Some people did not follow this advice. This caused a huge increase in the number of Spanish flu related deaths. These same behaviours are happening today.

As the statistics about the rates of infection of COVID-19 in various communities are gathered, we are learning that the poorest communities are hardest hit. This was true during the Spanish flu of 1918. Isolated communities are also hardest hit, once the virus arrives. In 1919 a federal report stated, "Indigenous Canadians living on reserves died from the pandemic at more than five times the national average."

The pandemic of 1918 changed the way people got together in churches, schools, sports and for shopping and other business. In fact, the 1918-1919 Stanley cup finals were cancelled. The pandemic of 2020 has impacted our lives in the same ways. Masks were worn in 1918, by the order of some provincial governments and in some communities coughing, spitting and sneezing was an offense for which you could be fined. Sadly, we hear in the news today about people who are unhappy with restrictions in stores and deliberately spitting at security guards and employees. They should be fined.

Some other similarities between 1918 and 2020 are the cancelling or outlawing of large groups, including at theatres and meetings. Stores were allowed to open, but with longer hours to prevent crowded shops. In 1918-1919 people were encouraged to walk, rather than take streetcars. There was some hoarding in 1918-1919 but likely no more than in 2020.

Today planes continue to be a source of spreading the infection rate of COVID-19, but in 1918 trains were a big source of the spread of the Spanish flu. Reportedly, two soldiers riding the train spread the virus westward to Winnipeg. As a result, it is believed that over one thousand people died in that city.

There are some differences between the two pandemics - one which we can be immensely grateful for. The Spanish flu affected people quickly and often death came within one day of being symptomatic.

Another major difference is who is most likely to catch the virus and die from it. The Spanish flu mainly affected people in good health between the ages of 20 and 45. The Corona virus of 2020 infects mainly seniors and those with underlying health conditions.

It is more than a little shocking to hear some younger people say that COVID-19 only affects the old and sick, so they are not too concerned. Where has our humanity gone? "I'm tired of hearing COVID only kills older people. Every older person that dies from COVID did not spend 80+ years of their life thinking one day I want to die alone. They were looking forward to Christmas like everyone else. Have a heart," states Benny Canuck, on Twitter.

COVID-19 is not the first pandemic to hit Canada. Did we learn any lessons as a society 100 years ago? Are we learning any lessons from COVID-19 in 2020?

Families receive 650 pounds of game meat thanks to local initiative

Gilles Gagné

MARIA – A Caplan citizen, Jonathan Bélanger, delivered 393 packages of big game meat weighing about 625 pounds to the *Source alimentaire Bonavignon* food bank on December 2, to help families experiencing food insecurity. It was a first donation to the Source for him but he has been helping families with game meat for five years now.

In 2016, Jonathan Bélanger, his wife Caroline Robichaud and their sons Jacob and Justin were distributing game meat collected following the moose and deer hunting season, before asking cousins and friends to help them for the ensuing years. He could not envision a safe distribution this year.

"Because of the COVID, I could not see us going from house to house, distributing meat to dozens of families. So I contacted the *Source alimentaire*," he says.

Oddly that tradition of donating game meat started in 2016, after his moose hunting season.

"It started as a kind of joke. I put a picture of five meat packs on facebook and wrote: I am offering five packs of meats to families in need. Who does the same? A friend replied by saying that he, too, was giving five packs, and it snowballed," explains Mr. Bélanger.

By the end of the 2016 deer hunting season, he had collected hundreds of meat packages. "I had to borrow freezers to keep that meat in good condition and organize a distribution drive to reach dozens of families. I have bought two

freezers for that since, and I was sponsored for another one. I am not alone in this," he adds.

Why is he doing all that? "Personally, I had started something that needed to be completed the first year. Giving is satisfying too. I am naturally generous, I think. I have also been a firefighter for 12 years. As for the other people giving meat packs, I see that generosity is part of the mentality here. Gaspesians like to give," he says.

He repeated the operation in 2017, 2018 and 2019, fine-tuning it through adding drop-in points, the Esso service station in New Richmond and the Home Hardware store in Saint-Siméon.

"Checking regularly if people put meat in those freezers has become a game with my children, as we collect what people put in it regularly," explains Jonathan Bélanger.

He is known to francophones as the *Robin de la viande de bois*, a pun referring to Robin Hood, who gives to the poor. Robin Hood is *Robin des bois* in French and *viande de bois* is wild game meat.

The donations of the other hunters vary quite a bit. "It goes from two to 40 packs of meat. The average is five. Moose represents 90% of the donations this year, likely because deer hunting was limited. We also received a few turkeys and chickens. The *Charcuterie du havre* butcher shop, owned by Fernand Robichaud in Caplan, was also very generous. Close to 100 people gave meat this year," explains Jonathan Bélanger.

The three freezers required for the operation do not in-

clude the one used by his family.

"This year is my second best year. One year, we received 502 packs. The deer hunting situation might explain it somewhat. I must say that I also received \$550 and I will hand it out to the *Collectif alimentaire of Paspebiac*," he says about the food bank serving the east part of the Bonaventure MRC.

A forestry technician by trade, Jonathan Bélanger already plans to be back in 2021. "Of course, I will do it again, with my children. It has become a family tradition."

Suzanne Lamarre, director of the *Source alimentaire Bonavignon*, could not have been happier when Jonathan Bélanger delivered his big game meat.

"We receive game meat all year long and we appreciate it but this is ideal. He has been doing it for years, and he does it well, with people helping him. He has support from social media friends. I couldn't be that efficient," she explains.

It is a bit early to determine the share of the 620 pounds or so of meat that will be distributed soon and the share that will go to the collective cooking groups of the food bank.

"Our collective cooking groups were hampered by the COVID crisis and they are resuming next week (December 7). We will see how it goes," points out Ms. Lamarre.

"A quantity of 393 packs of meat, weighing 620 to 650 pounds is certainly helpful, however, the most important number for me is that it will make at least 800 meals for the families of the region," stresses Suzanne Lamarre.

Traditional Christmas Carols

Diane Skinner

One of the most enjoyable traditions during this season is Christmas music. By this time in December many people are listening to their Christmas CDs or have created a playlist on Spotify or Apple music. What songs or carols do you enjoy the most: traditional, religious, contemporary, country, humorous or do you prefer a blend of these?

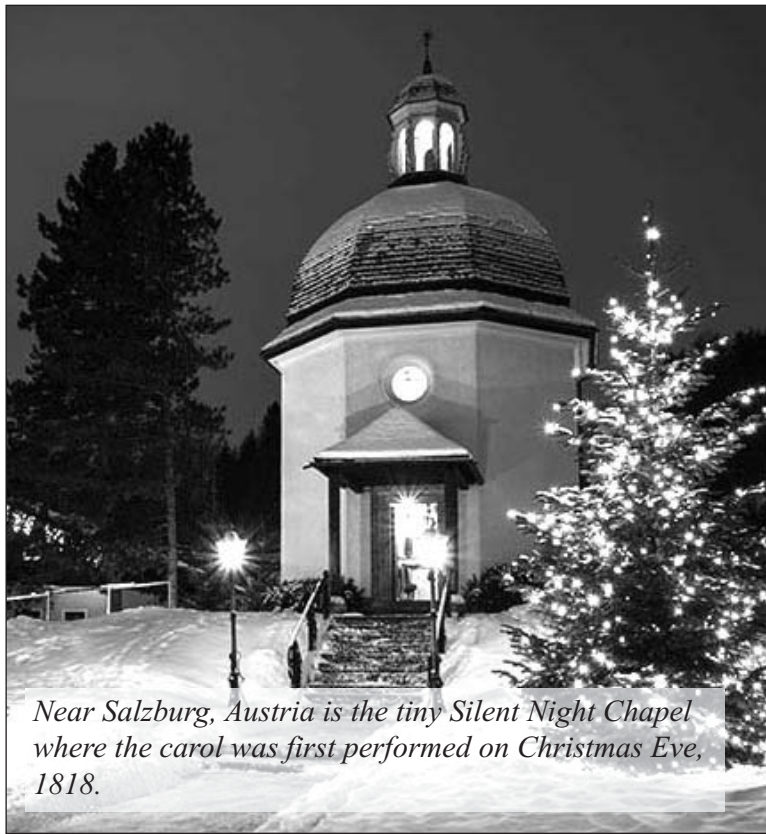
These carols are the traditional ones that we are familiar with, even if we cannot sing all the words without a carol sheet. These carols have stood the test of time and their origins go back as far as the 16th century. Many of them were written in the 1800s.

O Little Town of Bethlehem

After going to the Holy Land in 1865 on a pilgrimage to Bethlehem, Rector Phillips Brooks wrote the words to the hymn. A few years after that his organist wrote the melody and it is a favourite for Sunday School pageants. "O Little town of Bethlehem, how still we see thee lie. Above thy deep and dreamless sleep, the silent stars go by."

We Three Kings

Originally titled Three Kings of Orient, this carol was written in 1857 and is intended to be sung by three males, each one representing one of the three kings. "We Three Kings



Near Salzburg, Austria is the tiny Silent Night Chapel where the carol was first performed on Christmas Eve, 1818.

Photo: Wikipedia

of Orient are, bearing gifts we travel afar. Field and fountain, moor and mountain, following yonder star."

God Rest Ye Merry, Gentleman

Yes, the comma in the title is in the correct place. The carol is not saying that the gentlemen are merry, but rather (because language changes) that the gentlemen should rest merry or as it meant in the sixteenth century when it was written, "Gentleman, we wish you a bountiful or plentiful life." "God rest ye merry, gentlemen, let nothing you dismay. Remember Christ our saviour was born on Christmas Day."

Hark! The Herald Angels Sing

This carol has such an upbeat melody that it invites loud and boisterous singing. It was written by Charles Wesley in 1739 and the melody was written by Mendelssohn. "Hark the herald angels sing, Glory to the newborn king. Peace on earth and mercy mild. God and sinners reconciled."

Good King Wenceslas

The lyrics to this carol, written in 1853, tell a whole story. It tells about a king going on a journey in harsh winter weather. He is making this journey to give alms (money or food given to the poor) when his page wants to give up. The

page carries on by walking in the footsteps of the king in the deep snow. Based on a real character. "Sire, the night is darker now and the wind blows stronger. Fails my heart, I know not how I can go no longer. Mark my footsteps, good my page. Tread thou in them boldly."

It Came Upon a Midnight Clear

Written in 1849 first as a poem and then later set to music, the theme of this carol is peace and war – "Peace on earth, goodwill to men."

Joy to the World

One of the best-known Christmas carols was written in 1719. It was inspired by Psalm 98 in the Bible. It is such an inspiring tune, particularly the end of each verse where the words are repeated: "And heaven and nature sing, And heaven and nature sing. And heaven and heaven and nature sing!" When you sing it out loudly, it makes you feel full of the Christmas spirit.

O Holy Night

This carol, written in 1847, is also known as Cantique de Noel. It is about the birth of Jesus and salvation. "O holy night! The stars are brightly shining. It is the night of our dear Saviour's birth." It is an emotionally touching carol. Particularly the section, "Fall on your knees! O hear the angel voices! O night divine, O night when Christ was born; O night divine, O night, O

night Divine."

Away in a Manger

This is a very popular carol and will melt the hearts of the congregation when sung by young children. It was written in 1837 and updated in 1895. "Away in a manger, no crib for a bed, the little Lord Jesus laid down his sweet head. The stars in the bright sky looked down where he lay, the little Lord Jesus asleep on the hay."

O Come All Ye Faithful

This carol was originally written in Latin as *Adeste Fideles*. It is not clear who wrote it, but there are various theories about its origin being around 1750. "O come, all ye faithful, joyful and triumphant. O come ye, O come ye to Bethlehem. Come and behold him. Born the King of Angels."

Silent Night

Perhaps the most famous carol of all was composed in German in 1818 and translated into English in 1859. In 1915, during a temporary Christmas truce between English and German troops the carol was sung by both sides at the same time. The carol has been translated into over 140 languages. "Silent night! Holy night! All is calm, all is bright. Round yon virgin mother and child! Holy infant, so tender and mild, Sleep in heavenly peace!"

"The best way to spread Christmas cheer is singing loud for all to hear."
- the movie *Elf*.

Christmas feast for one or two

Diane Skinner

Most people will be celebrating in smaller groups this year. Even though the Government of Quebec has outlined a plan which minimizes and controls social groupings to keep you safe, many will, out of necessity or choice, maintain a very small gathering, perhaps just one or two. (To view it go to The Gaspé Spec Facebook page and refer to the COVID-19 Holiday Season Calendar)

If you are dining alone or with one other person, there are ways to help you keep the Christmas spirit, without cooking a giant turkey or being in the kitchen for hours. Make the Christmas meal special. Eat well, including the traditional foods that you enjoy, though slightly modified, and add the little touches which lift your spirits.

The traditional Christmas meal offers turkey, stuffing,

mashed potatoes, gravy, root vegetables and cranberry sauce. Dessert is an important nod to tradition but there are many choices. These could include pie, plum pudding, fruitcake and cookies. Keeping the spirit of that menu can be done on a smaller scale.

These are suggestions for those who want to make a delicious but much smaller Christmas meal with the traditional menu in mind.

Christmas Menu for One or Two

*A roasted chicken
Boxed stuffing
Carrots and turnips
Potatoes
Chicken gravy (canned)
Cranberry sauce (canned)
Fruitcake
Green or red Jello with whipped cream*

You can roast your own chicken because the smell is

such a wonderful part of the Christmas meal but if you want to take a super shortcut, buy an already roasted chicken in the grocery store. Boxed stuffing is very tasty with the addition of lots of summer savory and some onions cooked until transparent. Cook your carrots and turnips together and then mash them to make a delicious melange. Potatoes are easy to cook and mash until creamy with some butter and milk. Canned chicken gravy is perfectly acceptable simmered over low heat with the addition of a few fresh herbs such as thyme, sage, parsley or a bay leaf. No need to make your own cranberry sauce but we do admire those that do. The canned cranberries have all the right characteristics such as sweet and tart and the lovely colour. Buy some desserts that you might enjoy such as fruitcake or Christmas pudding. Jello is a

nice light dessert even with the addition of whipped cream.

Serve your meal with the extra touches that will brighten the table and maybe even give it that "wow" factor. Use a nice tablecloth and festive napkins. Put some battery-operated candles on the table surrounded by a few sprigs of pine. Set the table early and put out wine glasses, even if you are drinking tomato juice. It looks special. Put out a Christmas cracker and hope

for a good fortune or at least a cool little gift inside. Wearing the paper hat is optional.

Facetime with friends and family and show them your lovely table setting and your Christmas Feast for one or two. Set the mood by putting on Christmas music and after supper settle down to watch a Christmas movie. Another benefit of preparing a feast is that you will have leftovers for Boxing Day. Cook once. Eat twice.



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COAST ROUND-UP

GASPE: Gaspé Cancer Foundation

Members and supporters of the Gaspé Cancer Foundation are asked to please note that our office at the Gaspé Hospi-

tal 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.

NEW CARLISLE: Linda LeMore-Brown Foundation

Members and supporters of the Linda LeMore-Brown Foundation are asked to please note that our office located at 168 Gerard D. Levesque, New Carlisle, is closed to the public due to COVID-19. To renew your membership or to give correspondence, we ask that you please mail it to our office. For financial support travelling outside the region for cancer

treatment or any other information, call the office at 418-752-5995. To make an appointment you must also call the office, walk-ins will not be permitted. We thank you for your patience and cooperation during these difficult times.

NEW CARLISLE: Drive-In Gospel Meetings

The meetings that were held at Fair Haven Bible Campgrounds all summer will now be held at the New Carlisle Bible Chapel, Sundays at 2 p.m. COVID-19 considerations/social distancing will be respected. All are welcome - invite a friend! For more information, please call 418-752-3372.

NEW CARLISLE: Anglican Church

To the parishioners of the Parishes of New Carlisle and Chaleur Bay, and members of the local communities and visitors to the area. As we prepare to celebrate the birth of our Lord and Saviour, we

are conscious that we must do so in a way that is safe and respects health protocols. St. Andrew's Anglican Church will be open for services on Christmas Eve. Please contact the Rev. Joshua Paetkau (418-752-3227) or email: jpaetkau@quebec.anglican.ca if you intend to attend the Christmas Eve service. You may also leave a message at <https://www.facebook.com/standrewsnewcarlisle/>. Happy

Christmas! and stay safe

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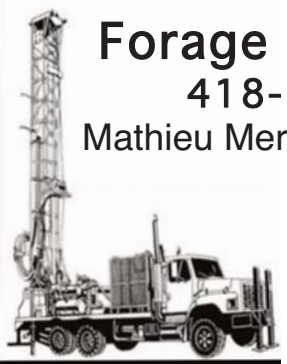


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Christmas Cookies

Diane Skinner

One of the joys of Christmas is home baked cookies. Fresh out of the oven (or frying pan) served with tea, coffee or a glass of cold milk. It is such a time-honoured tradition of the season. They are a perfect dessert when you think you cannot eat another bite because you are stuffed with turkey. There is always

enough room for a cookie or two. Plus, don't forget to leave Santa a plate of cookies on Christmas Eve and some carrots for the reindeer.

We asked Spec readers to submit their favourite cookie recipe and these six people generously shared their recipes, some handed on to them from their mothers and grandmothers.

Nancy Malley's Frying Pan Cookies

- 2 unbeaten eggs
- 1½ cup dates, finely chopped
- 1 cup white sugar
- ½ tsp. salt
- 2 cups corn flakes
- Coconut for rolling



1. In a cold frying pan mix unbeaten eggs, dates, white sugar and salt.
2. Cook over medium heat until dates are softened and well blended.
3. Remove from heat and add corn flakes. Mix well.
4. Drop by teaspoonful into coconut and roll to coat.

Nancy tells us, "My mom, Roberta Walker, made these only at Christmas and we loved them. They are a little messy to make but, my they are worth it. Merry Christmas. Stay safe."

Sheila Firlotte Campbell's Fruit Drop Cookies

- 2 eggs
- 1 cup brown sugar
- ¾ cup margarine
- 1 tsp. vanilla
- 2 tsp. baking soda dissolved in 1 tbsp. hot water
- Pinch of salt
- 2 cups flour
- 1 cup chopped dates
- 1 cup raisins
- 1 cup coconut
- 1 cup mixed dried fruit



Mix all ingredients. Bake at 350°F minutes for 10 to 12 minutes

Lynda MacWhirter's Soft Molasses Cookies

- ½ cup butter
- ½ cup sugar
- 1 egg
- 2 ¼ cups flour
- 2 tsp. ginger
- 1 tsp. cinnamon
- ¼ tsp. salt
- 1/2 cup water
- ½ cup molasses



1. Cream butter, sugar and egg.
2. Sift dry ingredients.
3. Mix water and molasses.
4. Add dry ingredients alternately with water and molasses to creamed mixture.
5. Drop by teaspoonfuls on to baking pan.
6. Bake at 350°F for 10 minutes.

Lynda comments that her grandson Riley loves these cookies warm out of the oven.

Linda Howatson-Leo's Iced Shortbread Cookies

Makes 40 cookies

Cookies

- ¾ cup salted butter, room temperature
- 1/2 cup cornstarch
- 1/2 cup icing sugar
- 1 cup flour

1. Beat butter until light and fluffy.
2. Add dry ingredients gradually.
3. Roll out dough to a 1/4-inch thickness.
4. Cut out cookies with a 2-inch diameter crinkle cookie cutter.
5. Place on ungreased cookie sheet about 2 inches apart.
6. Bake for 20 minutes at 300°F. Remove before edges darken.

Icing

- 1/4 cup room temperature butter
- 2 cups icing sugar
- 1/2 tsp. almond extract
- 3 tbsp. milk

1. Beat butter until fluffy. Slowly add icing sugar and other ingredients.
2. Frost cookies and top with a half or quarter maraschino cherry.

Linda tells us that this lovely recipe is from her grandmother Meda Ross Fairservice. She adds, "My sister Barbara reminded me that these were always made on Christmas Eve so the cookies were at their freshest on Christmas Day! I can still see my grandmother sitting at the kitchen table icing these cookies with great care."



Samantha Main's Peanut Blooms

- ½ cup butter, softened
- 2/3 cup Kraft peanut butter
- 2/3 cup granulated sugar, divided
- 1/3 cup firmly-packed light brown sugar
- 1 egg
- 2 tbsp. milk
- 1 tsp. vanilla
- 1 1/2 cups flour
- 1/3 cup peanuts, finely chopped
- 1 tsp. baking soda
- 1/2 tsp. salt
- 48 foil-wrapped milk chocolate Kisses, unwrapped



1. Preheat oven to 375°F. Beat butter, peanut butter, 1/3 cup of the granulated sugar and the brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add egg, milk and vanilla. Beat until well blended.
2. Combine flour, peanuts, baking soda and salt. Gradually add to butter mixture, beating until well blended after each addition.
3. Shape dough into 48 balls, each about 1 inch in diameter. Roll in remaining 1/3 cup of granulated sugar. Place 2 inches apart on ungreased baking sheets.
4. Bake 9 to 10 min. or until lightly browned. Immediately press a chocolate piece into centre of each cookie. (Cookie will crack slightly around edge.) Cool on baking sheets one minute. Remove to wire racks to cool completely.

Becky Renouf's Shortbread Cookies

There are so many shortbread recipes that we are offering readers another wonderful one to choose from.

Cookie Dough

- 1 cup softened butter
- 1 cup sugar
- 1 tsp. vanilla extract
- ½ tsp. almond extract (optional)

2 eggs

- 3 cups of flour
- 3 tsp. baking powder
- 1 tsp. salt
- ½ cup powdered sugar
- 3 tbsp. milk (2%)

Icing

- 1 cup butter
- 4 cups powdered sugar
- 2 tsp. vanilla extract
- 2 tbsp. milk
- 1 - 2 drops food colouring

1. Preheat oven to 350°F and line cookie sheet with parchment paper.
2. Put the softened butter and sugar in a stand mixer or use a hand mixer. Mix until slightly fluffy.
3. Mix in the eggs, vanilla extract and almond extract.
4. Place the flour, baking powder, salt and powdered sugar in a different large bowl. Whisk until completely mixed.
5. Add half of the dry mixture to the wet batter and mix. Pour in the milk and the remaining dry ingredients and continue to mix until well blended.
6. If the dough is sticky, place in the fridge for 30 minutes.
7. Roll the dough in your hands, a tablespoon at a time, and flatten to about ½ inch thick.
8. Bake for 7 to 9 minutes until slightly browned on the bottom.
9. While the cookies cool, make the buttercream icing. Add room temperature butter to a stand mixer and cream the butter until smooth. Add the powdered sugar, vanilla, milk and food colouring if you wish. Mix.
10. Using a small spatula or butter knife, spread icing on top and add sprinkles. Allow the icing to set.





ARIES – Mar 21/Apr 20
Aries, exciting news could be coming your way that could bring much joy into your life. It's just what you need right now. Enjoy the ride in the coming days.

TAURUS – Apr 21/May 21
People may be trying to convert you by telling you their thoughts and opinions, Taurus. You can listen, but follow your own mind with important decisions.

GEMINI – May 22/Jun 21
Gemini, before you try to prove your point to others, make sure you have all of the facts and proof to state your case; otherwise, sound thoughts may fall on deaf ears.

CANCER – Jun 22/Jul 22
Cancer, be confident this week and do not take "no" for an answer. It can be easy to get thrown off course when others offer their views on how things should be done. Stand firm.

LEO – Jul 23/Aug 23
You may be surprised how cutting edge your thinking can be, Leo. Put some effort into innovative ideas. Be a leader at work this week and welcome any new suggestions.

VIRGO – Aug 24/Sept 22
Let others know you will not be a pushover, Virgo. Sometimes you cave to the pressures of others, especially when you feel the need to help out. Focus on your needs this week.

LIBRA – Sept 23/Oct 23
Libra, if you know you have something important to share or do, be bold and make your move. Waiting for others to go first may cause you to miss an opportunity.

SCORPIO – Oct 24/Nov 22
Scorpio, sometimes you are so resolute in your thinking that you feel the need to get your ideas across to everyone. Do not make promises unless

you can keep them.
SAGITTARIUS – Nov 23/Dec 21

Sagittarius, even if your ways of doing things have served you well, it may be time to revise your modus operandi to improve efficiency and effectiveness.

CAPRICORN – Dec 22/Jan 20

Capricorn, a quick call to a friend can easily turn into a lengthy conversation. There is much to say and catching up to do. Enjoy

the time you have with this person.
AQUARIUS-Jan 21/Feb 18
Aquarius, you may feel a bit pressured to start something you really aren't ready for. Take it slowly and think it through before you jump into the action.

PISCES – Feb 19/Mar 20
You may be anxious to get moving with a new plan that you've hatched, Pisces. If you have all of the facts, move ahead.

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Your gift message: _____

Canada: 1 year: \$46 6 mths: \$25 Paper Digital

Name: _____

Address: _____

Your gift message: _____

Canada: 1 year: \$46 6 mths: \$25 Paper Digital

Mail your form along with your cheque or money order to
The Gaspé Spec, 208-B Gérard D. Levesque Blvd,
New Carlisle, Quebec G0C 1Z0
or call the office 418-752-5400
with your credit card.

Gift subscriptions can also be purchased at: thegaspespec.com

A gift card is sent at Christmas time to let your family and friends know that The Gaspé Spec is on its way from you!

More than ever before, I buy in Chaleur Bay!

Let's show our solidarity with our businesses by buying:

- products sold at our stores
- meals served at our restaurants or to take away
- the services of our professionals (art galleries and studios, massage therapy, esthetic treatments...)
- stays at our lodging establishments
- activities at our outdoor centres
- works by our artists and artisans
- food for holiday meals at our supermarkets and delicatessens

Shop locally from the comfort of your home!

Many of our local businesses have recently opened **online stores.**



To find out more about what Chaleur Bay businesses have to offer, visit: jachetelocalbdc.ca

In solidarity with you, the Chaleur Bay SADC wishes you happy holidays!

SADC

Société d'aide au développement de la collectivité
DE BAIE-DES-CHALEURS