

Momentum is gaining for the return of the passenger train service says Coalition

Gilles Gagné

MATAPEDIA – Momentum is building for the return of the VIA Rail Canada’s Montreal-Halifax passenger train service, as politicians and groups are asking the public transporter to resume its operations between Montreal and Halifax, considering that the COVID-19 pandemic is increasingly under control.

In the Gaspé Peninsula, the Coalition of Gaspésians for the future of the train, which has been advocating for a gradual return of the passenger train between Matapedia and Gaspé, is asking VIA Rail Canada once more to put back in service the Ocean train between Montreal and Halifax.

One of the Coalition’s spokespersons, Bernard Babin, argues that the federal transporter could do more.

“VIA Rail has to resume the service between Montreal and Halifax as soon as possible now that the sanitary situation is getting under control. Moreover, despite VIA Rail’s recent statement to the effect that the Matapedia to Gaspé train will only come back once the line is completely repaired to Gaspé. It would be perfectly feasible to come back over a portion of the line, to New Carlisle and even New Richmond for example,” points out Mr. Babin.

Recently, in the Atlantic Provinces, public transport advocates and a few politicians started asking questions about the return of VIA Rail services. Those services have been suspended east of the Quebec City area for close to 17 months now, first because of the railway blockades erected in support of the Wet’suwet’en First Nation between February 10 and March 5, and a week later because of the coronavirus travel constraints.

In the June 8 issue of

Transport Action Atlantic newsletter, that group supporting public transport stated that “perhaps taking a cue from the tight provincial border controls, VIA Rail announced on May 6 that its Ocean service would remain suspended until at least November 1. Beyond some vague references to using the hiatus as an opportunity to upgrade the aging HEP-1 stainless-steel long-distance equipment, VIA offered no real explanation as to why they were going so much farther than any other passenger carriers, and cancelling service nearly six months into the uncharted future.”

Transport Action Atlantic also stresses that “when it does return, the (Ocean) train will apparently be very different than before. In a written statement responding to an enquiry from the Moncton Times & Transcript on May 26, the Crown corporation said it was “pleased to announce an operational plan that will allow to continue operating the Ocean without access to the Halterm rail loop.” Pressed for further details, VIA declined to answer any of the newspaper’s questions. Neither has the company had any apparent engagement on the issue with provincial governments or the municipalities it serves. It is evident, however, that the product will be further downgraded from the already inadequate service offered at the time of the abrupt shutdown on March 13.”

Does VIA Rail want to run trains?

Bernard Babin can hardly understand VIA Rail’s lack of flexibility, given the improving COVID-19 context.

“Officially, people with two vaccines can now enter New Brunswick. This is one

GASPE MUNICIPAL UPDATES:

Gaspé can now manage its beaches



Photo: Facebook

Careless campers continue to be problematic.

Nelson Sergerie,
LJI Journalist

GASPÉ - The beaches of Haldimand, Boom Defence and Douglastown are now under the supervision of the Town of Gaspé, which now has the resources needed to deal with the illegal camping situation and protect the fragile territories.

Municipal authorities have signed leases from the Ministries of Natural Resources and Environment, which gives them the legitimacy to manage potential spillovers.

While the Micmac Nation of Gespeg made a strong demonstration of its ancestral rights at the end of negotiations with Quebec on the terms of the leases, a few details remain to be completed.

“On the principles, we agreed. There is no stake as such. These are really very technical elements that remain to be attached,” says Mayor Daniel Côté.

There remains the display for awareness as well as the bins to install. A security firm responsible for monitoring the beaches has already been hired.

According to the mayor of Gaspé, the cost for Gaspé to manage this problem is about \$20,000. “The size of the bill is not very important compared to the importance that must be given to better harmonization of uses on the beaches.”

The new maritime strategy is well-received

The Avantage Saint-Laurent maritime strategy of the François Legault’s CAQ government is well received by the Town of Gaspé.

The mayor sees this as positive for economic and industrial development, especially since sums for the development of industrial port zones, including that of Gaspé, have been set aside.

The program announced by the government provides for \$166 million for the development of such areas as well as logistics centres and the establishment of a new investment program in maritime infrastructure to encourage maritime transport, with an envelope of \$100 million are among the measures that could have a direct impact on Gaspé.

At the Port of Sandy Beach, the combination of the year-round, deep-water wharf and nearby rail could deliver real results.

Since the Sandy Beach wharf was transferred to Quebec, the mayor has noticed a new buzz around the infrastructure. “We see the Port Corporation getting fully involved in the matter. It’s interesting that there is a desire to develop the Port of Sandy Beach. It’s something we haven’t felt in decades.”

The previous Couillard government had also pre-

sented a maritime strategy, developed and led by the former minister responsible for the Gaspé, Jean D’Amour.

The mayor dares to believe that this time is the right one. “The simple fact of acquiring four strategic infrastructures in Eastern Quebec for development, the new maritime strategy is another witness to this desire to develop the maritime axis,” says Mr. Côté.

Upcoming repairs for the Montée de Pointe-Navarre

Gaspé orders plans and specifications to repair the Montée Pointe-Navarre, which is the bypass when the Saint-Majorique bridge is closed.

A contract of \$56,300 was awarded to the firm Tetra-Tech to develop plans. This repair could amount to several million dollars, says the mayor who prefers to wait for analyzes before advancing further on costs.

It would be wrong for Quebec to refuse to finance part of the work.

“It would be awkward for the Department of Transport to refuse funding. This is the bypass used while it is a municipal road. The preliminary discussions between the municipal and provincial public services tell us that it looks good,” says the mayor.

The request to upgrade the road has been made for several years.



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Police report

Investigators from Sûreté du Québec's major crime squad, in collaboration with their colleagues from the economic crime squad, arrested three men engaged in banking card fraud on June 18 in Chandler. The three suspects arrested are Amir Boudiaf, aged 19, Gevorg Davtyan, aged 32, and 22-year-old Serge Lévesque, all from the Montreal area. They were traveling in two vehicles which were seized following their arrest. On the same day they subsequently appeared in court for the first time at the Percé courthouse where they were charged with credit card theft.

They were then remanded in detention pending their second court appearance, a bail hearing scheduled for June 21. That bail hearing was postponed and finally held on June 23. "We added charges of plotting, breach of condition and breach of probation for Gevorg Davtyan and Serge Lévesque. Amir Boudiaf did not have a record in those matters and the only added charge in his case was plotting," explains Crown Prosecutor Annie Cyr.

The three men were released but they must respect a set of conditions until their next court appearance scheduled for September 20 by Quebec Court Judge James Rondeau for the orientation and declaration step of procedure.

"They are forbidden to have contact with each other and they are also forbidden to set foot in the Gaspé and Bonaventure judicial districts until their next court appearance," adds Annie Cyr. She doesn't rule out laying additional charges against the three men because the investigation is still active.

In the scheme they allegedly use, a first suspect contacts a victim by telephone when the number displayed is that of a known bank. The suspect, to gain the victim's confidence, gets confirmation of some personal information about the victim and then tells him or her about a questionable transaction that was allegedly made with the victim's debit or credit card.

The latter confirms not having carried out that transaction and the suspect specifies to the victim that he will take care of blocking the card and issuing a new one. The suspect also informs the victim that an employee of the bank is coming to their home to recuperate the card and asks them to confirm their personal identification number. In some cases, the suspects ask the victim to drop off their cards in a mailbox, where they will recoup it later.

Once in possession of the card and the PIN, the suspects make numerous withdrawals or transactions from the victim's bank account.

Police forces are aware of several cases in recent weeks using that scheme in Eastern Quebec and elsewhere in Quebec and investigations are continuing in those cases.

Anyone with information concerning the individuals arrested or who thinks they have been the victim of these individuals is asked to communicate in complete confidentiality with the criminal information centre of the Sûreté du Québec at 1 800 659-4264.

Sûreté du Québec investigators are reminding the public that cyber-crime doesn't take a break during the summer. As summer vacation gets underway the police forces invite parents to be vigilant and discuss the use of various internet-connected devices available to their children during the summer season. This period is often associated with a greater amount of free time for many, and the risks of cyber-crime increase with the use of the internet and social media. The children who will be in front of their screens this summer could prove to be prime targets for fraudsters and sexual predators.

In order to prevent risky situations such as the disclosure of personal information or sending an intimate photo or video that becomes public, or in order to make sure that your children can avoid becoming victims of sextortion by letting sexual predators or fraudsters record photos or videos of intimate gestures, police officers ask parents to increase cyber surveillance. It also applies to children being exposed to hateful, violent or sexual material.

That surveillance can be shown by taking an interest in your child's "online" life, by setting clear rules, by discussing cyber security and through deconstructing false beliefs. For example, offer your children strategies for dealing with situations they are not comfortable with and get familiar with the social media, applications and games your children use.

It is also recommended to check the privacy settings of the social media accounts your child uses. As young people tend to believe that "everyone" sends intimate images when they do not, it could be a good thing to discuss this mistaken belief with him or her.

If you are a victim or suspect that your child may be the victim of a crime, do not hesitate to contact your local police department or call 911 in an emergency.

For additional advice consult <https://www.sq.gouv.qc.ca/wp-content/uploads/2021/02/mission-informed-parents.pdf> or <https://www.cyberaide.ca/app/en/>

Dredging of Percé wharf will have to wait

Nelson **Sergerie**

PERCÉ - The dredging work to remove the sand and sediment at the Percé wharf will have to wait. Bonaventure's Les entreprises PEC, the company responsible for dredging the harbour starting at the beach, had to stop the work.

Fisheries and Oceans Canada requested the suspension after noting the presence of capelin in the area.

Discussions are being held to carry out the work to accommodate boats going to Bonaventure Island and also to establish an execution schedule for major work, somewhere around August, according to the Quebec Ministry of Transport.

Quebec emphasizes that studies are continuing to find the causes of the silting up.

The wharf was delivered last



A section of the wharf cannot be used due to the silt.

fall and sediment quickly accumulated on the beach, causing a significant portion of the wharf to become silted up. The new infrastructure cost \$7.7 million to build.

The contract awarded by Ottawa to dredge the harbour is for \$248,200.

In April, controversy ignited between Percé and Fisheries and Oceans Canada. The town had asked the ministry to withdraw its remarks which implied

that the town was responsible for the accumulation of the sediment. The mayor, Cathy Poirier, couldn't digest the explanation transmitted by the DFO to the effect "that the work is due to the fact that an accumulation of sediment has been created over the years since the excavation carried out annually by the Town of Percé has not been carried out since the start of the reconstruction work on the wharf."

Gaétan Cousineau, major defender of seasonal workers, dies at 79

Gilles **Gagné**

CHANDLER - One of the major leaders in the fight to stop the cuts to unemployment insurance experienced by Gaspesian workers, Chandler's Gaétan Cousineau, died on June 16 in Chandler, following a long illness. He was 79 years old.

The energy expended in supporting the workers and the unemployed, as well as the knowledge of unemployment insurance regulations, characterized his 31 years of commitment to that cause. He retired in January 2020.

Mr. Cousineau became a public figure around the 1990s, when the government of Brian Mulroney began to impose cuts on what was then called unemployment insurance. The term changed to employment insurance in the following years, because the federal government wanted to change the negative image attached to that file.

Founder of the *Mouvement action-chômage Pabok*, Pabok being the name of the Rocher Percé MRC at the time, Gaétan Cousineau became known after the intensification of unemployment insurance cuts in 1990. Raynald Blais, former Bloc Québécois Member of Parliament in the riding of Gaspésie-Îles-de-la-Madeleine, followed his various roles over a span of 20 years.

"I was a reporter for the CHNC radio station in New



Gaétan Cousineau

Carlisle when I first met him. We reported what was happening to unemployment insurance and Gaétan was at the heart of that fight. Then, in the second half of the 1990s, when I became president of the Central Council of the CSN union in Gaspé Peninsula and Magdalen Islands, I wanted him to work with us on the seasonal workers file," says Mr. Blais.

Gaétan Cousineau, who had fought the Mulroney government's cuts, received no rest after the Liberal government of Jean Chrétien was elected in October 1993.

"The Liberals in the campaign leading to the election had promised a break but, in fact, they hit us even harder. There was the Axworthy (Lloyd) Reform and then the Young (Doug) Reform. People were so angry with Doug Young in New Brunswick (in the Acadie-Bathurst riding)

that they defeated him in the 1997 election, electing Yvon Godin," recalls Raynald Blais. Mr. Godin was representing the New Democratic Party.

The unemployment insurance system, which became employment insurance, gradually reduced the percentage of insurable earnings, cut the number of weeks of benefits, increased the number of hours necessary to get benefits, and it extended the divisor, the number by which work earnings were divided to determine the benefits amount, to a greater number of weeks, including low income weeks.

Other constraints were added to those cuts and the result, as a whole, significantly reduced the income of claimants while reducing the number of people admissible for employment insurance (EI). The context in many regions dependent on natural resources such as the Gaspé Peninsula, the Lower Saint Lawrence, the North Shore and Atlantic Canada was marked by the recession from 1990 to 1992, the moratorium on cod fishing and a forest industry dealing with the growing structural crisis. Those factors combined to create the notorious black hole, the income-less period.

"It was in the midst of these hard knocks that I started to meet him more often. There was no shortage of causes,"

Cont'd on page 6

COVID-19 numbers continue to decline

Region records first fatality since January 16

Gilles Gagné

CARLETON – The fourth week of June was characterized by a reduction in the number of new COVID-19 cases in the Gaspé Peninsula and the Magdalen Islands, from 17 to 7 between June 19 and 25 inclusively. That good news was saddened by the first coronavirus fatality since January 16.

The Public Health Board did not release details about the identity of the victim, except that based on the Quebec-wide data issued every day, it is possible to say that

the person was not a resident of a seniors' home. The news was released in the June 22 daily update.

It was the 47th fatality in the region since the beginning of the pandemic in March 2020. Also on June 22, the number of covid-related hospitalizations in the region decreased by one.

As of June 25, the number of active cases in the region had also decreased to seven, from 19 cases on June 18.

All the new cases recorded during the week by the Gaspé Peninsula and Magdalen Islands Public Health Board

were based in the Haute-Gaspésie MRC, a strong tendency since the end of May.

Since the beginning of the pandemic, the region has recorded 2,069 COVID-19 cases, including 47 fatalities, 2,015 people who recovered and the seven cases that were still considered active as of June 25.

For a reason that remained unexplained as SPEC was reaching its deadline, the first rate for one dose of the vaccination in the Gaspé Peninsula and Magdalen Islands was down to 76% on June 21, compared to 78.3% a week



With the arrival of the summer, some COVID-19 testing trailers are quite quiet at times.

Photo: G. Gagné

prior to that.

However, there was progression in the second shot

proportion, from 24.5% to 31.4%, clearly ahead of the 18.4% Quebec-wide number.

Editorial section

Gilles Gagné
Commentary



Time to kneel and listen instead of preparing an election

The parliamentary session ended on June 23 at the House of Commons with the shock created over the previous weekend by the discovery of 751 unidentified graves in the vicinity of the former Marieval residential school in Saskatchewan. Although the graves are believed to be children's, it is possible that unidentified adults could be buried there as well.

That sad and tragic outcome rightfully relegated the talks about an early fall federal election to the second row of priorities. It might just as rightfully mark the beginning of a long summer for the Natives, the politicians and the Canadian population, as the weight of the residential schools' tragedy should prevail over the relevance of accelerating the electoral process.

Reflecting on the way we must collectively cope with what should be done to deal with the upcoming graveyards likely be unveiled in the coming weeks and what went wrong with the colony and country called Canada between 1931 and 1996 seems more urgent than an election.

However, the leaders of the two parties representing the highest number of Members of Parliament at the House of Commons obviously thought otherwise on June 23.

Liberal Party leader and Prime Minister Justin Trudeau put emphasis on the way the Parliament of Canada is dysfunctional in the current context of a minority government. He referred to the alleged obstruction raised by the opposition since the October 2019 election. It is a rather odd verdict considering that the current government has basically been able to get most of its bills adopted by the House of Commons over the last 20 months.

It is true that the legislative program was about swallowed by the pandemic but Mr. Trudeau seems to forget that he has been reigning as if he was at the helm of a majority government since the sanitary crisis of March 12, 2020. Most other parties supported him during the first months of the pandemic and the debates were reduced to their most simple expression, which often meant no debate at all. Even a real ma-

majority government might never provide Justin Trudeau with such an easy ride, debate-wise. In all fairness, one must say that dealing with a pandemic is far from an easy ride.

Conservative Party leader Erin O'Toole tried to take political advantage of the residential schools' situation towards the end of the session, including June 23. Following the first discovery of 215 unidentified graves in Kamloops, he challenged the Liberal Party government to take the appropriate measure and find all the country's such graves before July 1!

At first glance, finding all the graves looks like a necessity. However, putting that task into a political straightjacket was not. The First Nations must determine the graveyard "unveiling" schedule. Imposing it on them would be another manifestation of colonialism. They have suffered enough from that.

So far, the New Democratic Party leader Jagmeet Singh and Yves-François Blanchet, of the Bloc Québécois, have expressed the most modest testimonies, mostly deprived of political opportunism. Mr. Singh talked about the necessity to recognize that a genocide took place at the expense of the First Nations, while Mr. Blanchet, whose political manners are often conspicuous, talked about "a dark and heavy sorrow. (...) Our empathy should never be altered," he added.

In 2015 and over the following years, the Liberal Party government promised a number of things to the First Nations. Some promises were carried out but there is a lack of action regarding vital issues such as education funding, housing and the quality of drinkable water. We are talking about basic needs here, not all the fault of the Justin Trudeau regime but still, more progress must be seen. It is evident that the sense of emergency is different when a government deals with issues affecting Natives and those affecting Non-Natives. There are discrepancies in the time factor.

If Mr. Trudeau wants to rush an election in September, he will benefit from the relative satisfaction of a fairly significant proportion of the Canadian population, happy to get vaccinated and better protected against the coronavirus. That's what the recent surveys indicate. If the Liberal Party waits, its Members of Parliament will have to deal with a lot of unfinished business. If the pandemic effects wane in time, that unfinished business will appear more and more evident to the electorate.

The Conservative Party's preoccupations are different. Mr. O'Toole is dealing with a party torn by internal conflicts, as far-right supporters, the people thinking that the socio-sanitary measures went way too far and that climate change is a mirage, are contesting his leadership, only 10 months after he was

elected as the head of the Conservatives.

He must also cope with the handicap of two important provinces run by Conservative leaders, Ontario and Alberta, where the electorate questions the relevance of giving another term to Premiers Doug Ford and Jason Kenney, respectively. As of now, their re-elections look like very long shots, and the involvement of those two provincial parties' supporters is vital at the federal level.

Justin Trudeau will likely make gains in Ontario if an election takes place in September. For now, the Alberta electorate voting strategy at the federal level will favour the Conservative Party, but maybe not as strongly as in 2019.

Quebecers' vote at the federal level also remains a mystery. The Bloc Québécois, almost dead following the 2015 election, was revived in 2019 and still seems strong, three months from a potential election. Its leader Yves-François Blanchet is staying close to the orientations of the Coalition avenir Québec government, much closer than that of the Parti Québécois.

The Conservative Party of Canada ridings in and around Quebec City could consequently vote in greater proportion for the Bloc. Without making gains in House of Commons seats for the Bloc, that context could allow Justin Trudeau's Liberal candidates to slip between the two other main parties. That's what the party's brass is calculating right now.

Chances are that we will likely know the election date before the end of August. Let's hope that the Natives stakes will not be forgotten in the whole process.

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OBSTETRICS:

Nurses Union sounds the alarm

Nelson **Sergerie**,
LJI Journalist

GASPÉ - A new tug-of-war has been launched between the Union of Nurses, Auxiliaries and Respiratory Therapists of Eastern Quebec and the obstetrics at the Chandler hospital centre.

The nurse's union deplores the lack of personnel in obstetrics and a lack of listening on the part of the Gaspé Peninsula Integrated Health and Social Services Centre (CISSS).

Union president, Pier-Luc Bujold, says the situation has been going on since February and the staff is exhausted.

"We asked for a meeting with human resources; the professional services administration; the director of nursing, Johanne Méthot, with a certified copy to Chantal Duguay, and this went unheeded. It jeopardizes the services to the population," says the union president.

The office of the Minister of Health has been informed.

"The solution of the CISSS de la Gaspésie was to force people to work compulsory overtime. I don't think they have understood anything," says Mr. Bujold, who says that the regional health network is acting for economical reasons.

The situation at Gaspé Hospital is also under surveillance.

The Auditor General is being called upon. "When governance creates glaring problems with the provision of services, it should be submitted to the Auditor General," says Mr. Bujold.

The CISSS reassures the population

For its part, the Gaspé Peninsula CISSS is ensuring the public that the service remains safe. "We need everyone's cooperation, which is great at this level. So far, everything is correct. There currently aren't any breaks in services," says Interim Assistant Director General, Dr. Nathalie Guilbeault, adding that everything is being done to maintain the service.

The lack of personnel remains a challenge, not only in the Gaspé, but throughout Quebec.

"We ensure the safety of the population and everything is being done to ensure that people are always safe when they come to the obstetrics department to give birth," says Dr. Guilbeault.

The union has repeatedly requested a meeting with management, which will be done at the request of the Minister of Health's office, according to our sources.

Ms. Guilbeault says there will be no break in service this summer, but the challenge remains.

TRAIN:

▶ *Cont'd from cover*



Photo: G. Gagné

The Coalition of Gaspésians for the future of the train members are convinced that VIA Rail must now make a move and bring some services back east of Quebec City.

less barrier. Gaspésians and New-Brunswickers are getting increasingly impatient about VIA Rail's unwillingness to resume the service. The population needs are still there, for seniors, sick people, students, business people and so on. What are VIA Rail decision-makers waiting for? It looks as if every occasion is good to refrain from running trains," he says.

At the May 27 annual public meeting of VIA Rail, the transporter's management stated that the Montreal-Gaspé train will only return when the Matapédia-Gaspé line will be totally repaired. The former president of VIA Rail, Yves Desjardins-Siciliano, had discretely opened the door to a return in phases when he came to New Richmond in October 2018, New Carlisle being a phase 1.

Bernard Bain says that a return in phases is totally justified. "The service in the Gaspé Peninsula has been suspended since 2013. That is eight years ago. The longer we wait, the harder it will be to regain the clientele. I am worried about the long-term intentions of VIA Rail to come back here, as time passes. The people are adopting other transportation means, the bus to a certain point, aircrafts a little but mainly individual cars, which hardly makes sense over long distances," adds Mr. Babin.

"I repeat that the track will be repaired to New Carlisle at the end of 2022. So, the service must come back to New Carlisle before Gaspé. It could be reinstated to New Richmond sooner, like now! The line was upgraded, the \$22.5 million invested in the

Cascapédia River bridges proves it, the line is safe and the speed is good. There is no facility to turn a train but using two locomotives facing opposite directions would solve that technical problem," he explains.

Bernard Babin followed the May 27 public meeting of VIA Rail Canada online and learned elements he calls "shocking", like the transporter's budgetary figures.

"VIA Rail asks for a budget adjustment of 48% for its 2020 financial year. That would bring its annual budget up to \$415.8 million but 90% of its trains were suspended in 2020. There is something very hard to understand there. It doesn't make sense that we can't get our train back in those circumstances," affirms Mr. Babin.

Bonaventure riding independent Member of the National Assembly Sylvain Roy is also completely frustrated with VIA Rail's decision process.

"VIA Rail is receiving significant grants, money from the government and they are not offering the service. It looks as if they are not taking into account the vaccination state of advancement. Stadiums are opening, air travel is resuming but VIA Rail is not offering the service here! It is bad faith and the federal government must put pressure on the transporter. Train travel is safe, on time and affordable. The people from our region

need it. Summer is started and people could benefit from travelling in sleeper cars. VIA Rail prefers serving its most profitable destinations, despite being a public service. Are they planning the closure of regional services? It is permitted to ask the question," states Mr. Roy.

Bernard Babin has noticed that the Nova Scotia and New Brunswick health authorities are not aligned on the same sanitary constraints lately, which might provide VIA Rail with an occasion to delay the resumption of the Ocean train service.

"Look, it would then be totally relevant to put the train back in place over a Montreal to Moncton route. There is everything needed to turn a train in Moncton and VIA Rail certainly has the financial means to start with a shorter route, considering that corporation's annual grant," he concludes.

The public Corporation simply replied in writing that since the beginning of the health crisis, VIA Rail Canada has been in regular contact with local health authorities.

The transporter stresses that "following recent developments related to sanitary measures in the Atlantic region, we are working to put in place a resumption of service protocol which will be communicated shortly. We will then be able to grant you an interview to discuss it."

Municipal updates

Nelson **Sergerie**, LJI

GRANDE-RIVIÈRE - The extension of the water and sewer network in the western sector of Grande-Rivière will cost less than expected. Valued at \$5.4 million, the lowest bid came out at \$5.2 million. Usual verifications are underway before awarding the contract. Construction could begin in early August.

The citizens of rue du Moulin will have aqueduct and sewer services with a special tax estimated last February at \$1100. Those on Horizon, Bellevue and Pionniers streets with aqueduct service would have a rate of about \$875, a cost that could drop. Ottawa and Quebec are footing 80% of the cost. Grande-Rivière will be using \$250,000 from its gas tax fund. The project has been in the works for 20 years.

A public health issue is the basis of the work which began in February 2015, when a submitted report indicated that 54 out of 66 houses did not meet standards. There were houses where there were sources of contamination. There was even a house where it was recommended not to use water, even for washing.

CHANDLER - The asphalt situation continues to arouse suspicion in Chandler. Rumours are circulating that Quebec has not given approval for the loan by-law of \$2.2 million to carry out the work.

It has been confirmed that the deputy director general for municipal finances of the Ministry of Municipal Affairs approved the by-law in a letter sent on May 28 to the Town.

At the May council meeting, the pro-mayor, Bruno-Pierre Godbout, denounced the disinformation circulating in this file.

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Château Dubuc could disappear

Nelson **Sergerie**,
LJI Journalist

CHANDLER – The future Château Dubuc, a relic from Chandler's industrial era at the start of the 20th century, is being threatened. The past winter has been difficult for the venerable building and if nothing is done, it could go overboard in the next severe storm.

Witness to over 100 years of history, the building bears witness to the presence of the newsprint industry in Eastern Quebec. Julien-Édouard Alfred Dubuc invited American and European personalities to it at the beginning of the last century. Nicknamed the King of Pulp, he ran a multinational company that had factories in Chandler, Val-Jalbert, Chicoutimi and Port-Alfred, Saguenay-Lac-Saint-Jean and Brooklyn, in the United States. Admitted to the upper class of American finance, he ended his career as a member of the House of Commons.

The problem is simple: the protective wall between the sea and the building has reached the end of its useful life.



The past winter was difficult for the historic building.

"Last winter, the wall in front of the buildings was demolished and the waves now go under the main building, in part," says one of the co-owners, Michel Saint-Pierre.

Several solutions were considered: rebuild the wall or move the house, but both those options are too expensive. The situation would be to set the building back 100 feet and a geotechnical study will be filed soon.

Funding will still have to be found for this work estimated at nearly \$500,000.

Mr. Saint-Pierre no longer

wants to invest. "The company is not solvent for such a project and I appeal to all organizations, be it the Town, the MRC, the ministers... What can you do to save this heritage?" launches Mr. Saint-Pierre in a heartfelt request.

His company has saved the buildings twice already. When purchased in 1995, it had to be restored and in 2000 the protective wall facing the sea had to be built. It is the latter which has reached the end of its useful life because it has been quite damaged by the storms of the last two winters.

EMPLOYMENT:

▶ *Cont'd from page 3*

now says Raynald Blais, who first tried to be elected under the Bloc Québécois banner in the fall of 2000, before winning in the June 2004 election.

"In the mid-1990s, thanks to Gaétan's work, we held big protests, including a major one in New Richmond, following gatherings at churches to sensitize everyone about the importance of opposing the cuts. He was a cornerstone in the creation of the Employment Insurance Coalition and the Unemployed Movement, which was national in scope. After Axworthy and Young left, we managed to meet Liberal Minister Jane Stewart. She came from a wealthy family. She was very nice but she did not understand what people were going through in precarious situations," explains Mr. Blais.

Gaétan Cousineau regularly criticized the expression "seasonal workers" to correct it by "seasonal work," recalling that forestry workers, tourism workers, fishermen and the seafood processing workforce depended on the seasonality of their labour and that it was unfair to penalize them.

Raynald Blais notes that the Gaspé Peninsula also had to adapt, from 1990 to 1993, to the gradual abolition of the tax deduction for people living in remote regions, while VIA Rail was cutting its services, airfares were increasing and CBC

made important cuts in its regional coverage and television services in rural regions.

"Gaétan saw all those cuts and he found it hard to understand the extra harassment of people on low incomes. From my election in 2004, as he had done when I was at the CSN, he helped me a lot to demand changes to reforms that had deprived the region of hundreds of millions of dollars over the years," he says.

Mastery of all regulations

Raynald Blais has fond memories of the rigor with which Gaétan Cousineau mastered all the intricacies of the employment insurance law.

"He was an unemployment insurance encyclopedia. Civil servants were calling him when they did not understand certain details of the law. He was feared by some law specialists because he knew more than them. He helped so many people who had to challenge their case before the ministry. He won most of those contested cases. He was a phenomenon. He was a passionate person and a responsible person. Mix the two and it shows the expert that he was on UI. He wasn't just flipping through the documents; he was mastering them. In the electoral campaign debates, the Liberal and Conservative candidates feared his interventions. He helped thousands of people over the years," concludes Mr. Blais.

National Aboriginal Day proudly celebrated in Gesgapegiag

Gilles **Gagné**

GESGAPEGIAG: – At least 200 people participated in the National Aboriginal Day gathering in Gesgapegiag on June 21, the largest such event in years in the Mi'gmaq community. About 60 vehicles and a few all-terrain vehicles took part in the mid-day parade that preceded the gathering and community meal at the powwow grounds.

The past weeks, notably punctuated by the discovery of at least two graveyards containing hundreds of unidentified graves of children around former residential schools, have been trying for the Native communities and the citizens preoccupied by their situation.

However, the people in Gesgapegiag wanted to express their pride through the National Aboriginal Day celebrations.

"We are celebrating our resilience during that special day for the First Nations, considering the centuries of fight we have had to carry out in order to survive, the actions of general (Jeffrey) Amherst, the (impact of) residential schools," explained Gesgapegiag chief John Martin.

Chief Martin is relieved to



William Jerome sang the children's song, Mijuaujui gtapegiaqan, prior to the start of the parade.

see that Canada is gradually changing its stand on the importance of recognizing that past decisions have greatly affected the country's First Nations.

"Last week, Canada recognized the (United Nations) Declaration on the Rights of Indigenous Peoples. In 2007, 144 countries had supported that declaration but Canada had refused to sign it," he added.

He deplored that over the years, "we have had to conduct so many battles to survive, to counter the attempts made to eliminate us."

Acknowledging that the cultural situation of a number of First Nations is precarious,

John Martin pointed out that the Gesgapegiag band administration "is working on the establishment of a Mi'gmaq language institute."



Gesgapegiag chief John Martin says that the First Nations have shown a lot of resilience over the centuries in order to survive.

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New Richmond	New Carlisle	Gaspé
Saturday, July 3 09:59 a.m. - 1.60m 10:57 p.m. - 1.90m	Saturday, July 3 09:47 a.m. - 1.30m 10:41 p.m. - 1.60m	Saturday, July 3 09:33 a.m. - 1.20m 10:18 p.m. - 1.40m
Sunday, July 4 10:57 a.m. - 1.50m 11:53 p.m. - 2.00m	Sunday, July 4 10:49 a.m. - 1.20m 11:36 p.m. - 1.70m	Sunday, July 4 10:37 a.m. - 1.10m 11:16 p.m. - 1.40m
Monday, July 5 11:59 p.m. - 1.40m	Monday, July 5 11:52 a.m. - 1.10m	Monday, July 5 11:35 a.m. - 1.10m
Tuesday, July 6 12:44 a.m. - 2.10m 01:01 p.m. - 1.40m	Tuesday, July 6 12:28 a.m. - 1.80m 12:49 p.m. - 1.10m	Tuesday, July 6 12:09 a.m. - 1.50m 12:27 p.m. - 1.10m
Wednesday, July 7 01:28 a.m. - 2.20m 01:56 p.m. - 1.50m	Wednesday, July 7 01:16 a.m. - 1.80m 01:40 p.m. - 1.10m	Wednesday, July 7 12:55 a.m. - 1.60m 01:12 p.m. - 1.00m
Thursday, July 8 02:09 a.m. - 2.20m 02:40 p.m. - 1.50m	Thursday, July 8 01:59 a.m. - 1.90m 02:26 p.m. - 1.10m	Thursday, July 8 01:35 a.m. - 1.70m 01:55 p.m. - 1.00m
Friday, July 9 02:49 a.m. - 2.30m 03:17 p.m. - 1.60m	Friday, July 9 02:38 a.m. - 1.90m 03:08 p.m. - 1.10m	Friday, July 9 02:12 a.m. - 1.80m 02:35 p.m. - 1.10m



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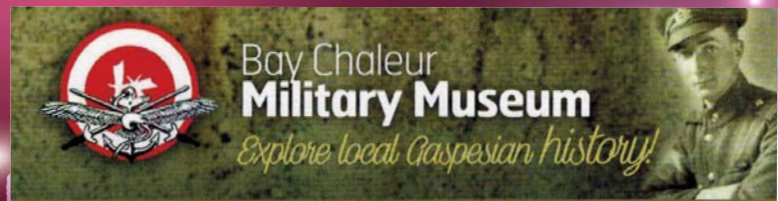
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**HAPPY
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Get Outside!

Diane Skinner

Celebrations for Canada Day this year will be low key in many communities.

We are mindful of the devastating pandemic we have been through and continue to be optimistically cautious about the future.

Maintaining protocols is still important. In addition, as we fully learn about the tragedies in residential schools, this is a perfect opportunity to reflect on our shared history and understand its lessons.

On Canada Day, 2021, maximize your enjoyment of the beautiful environment of the Gaspé. Plan to get outside



Photo: Nathaniel Bowman

and enjoy the fresh air and clear skies. There are so many ways to get out and enjoy the day. Spending time outdoors is

good for you., physically and mentally. Keep your fingers crossed that it will not rain. Even if it rains, get outside!

Ways to enjoy the outdoors on Canada Day – and all through the summer:

Walk on the beach.

Collect shells and interesting rocks.

Skip stones.

Go for a hike.

Enjoy a bike ride.

Watch birds.

Have a picnic.

Go fishing.

Watch a sunrise or a sunset or both.

Stargaze.

Relax in front of a fire, if fire warning level allows.

Pick wildflowers and create an arrangement.

Read outside in a comfy chair.

Tend your garden.

Cut the grass.

Practice yoga outdoors.

Play an outdoor game such as badminton, croquet or horseshoes.

Toss a frisbee.

Enjoy some ice cream.

Eat at an outdoor patio.

Take photos.

Have a barbecue.

Go for a walk.

Just get outside!



The “scoop” on ice cream

Diane Skinner

Ice cream is that delectable mixture of milk, cream, sugar and other ingredients that has been frozen into creamy deliciousness. Ice cream has been around for many hundreds of years. The timeline about ice cream includes: 1300s - Marco Polo introduces a form of ice cream around Europe. 1776 - The first ice cream parlour in North America opens for business. 1840 - The ice cream churn is invented. 1904 - The waffle cone is invented. 1984 - National Ice Cream Month is established. 2021 - Ice cream continues to be the number one favourite treat.

Ice cream lovers take their treat very seriously. Ask anyone their favourite flavour, and they will be quick to respond. The number one favourite flavour remains vanilla, with chocolate coming in as a close second. Flavours come and flavours go. Fifty years ago, popular flavours included Rum and Raisin, Maple Walnut, Butterscotch Ripple and Butter Pecan. Today these flavours are available less often and some can be hard to find at all.

There are so many flavours available, that it can be hard to make a choice when faced with a freezer stocked full. Some contempo-



Photo: Ian Dooley

Often mentioned as a favourite treat by many people, ice cream is particularly enjoyable on a warm, summer's day. The average Canadian eats ten litres of ice cream per year.

rary popular flavours include cookie dough, mint chocolate chip, cookies and cream, coffee and pistachio. There are unique flavours you may dare to try including lavender and from a restaurant in P.E.I., lobster ice cream. Strange flavours abound such as Cotton Candy Pop Rocks (U.S.), Charcoal (India), Mint and Cucumber (U.K.), Wasabi (Japan), Black Licorice (Norway) and Squid Ink (Korea) which has a flavour combination of sweet, salty, fishy and metallic!

For obvious reasons, more ice cream is sold during summer than winter and the most popular day for enjoying ice

cream is Sunday. It takes approximately 50 licks to finish a single scoop. It may be fun to put that one to the test. Ice cream is high in calories and can contain as many as a full meal. The average Canadian eats ten litres of ice cream per year, however, that is an average and many, many people eat a great deal more than ten litres a year.

Besides the fat content in ice cream there is another downside to this treat and that is brain freeze. The technical name for this painful experience is a cold-stimulus headache. That does not roll off the tongue as easily as the phrase ‘brain freeze.’ Be-

sides, when you are telling a friend that you are experiencing brain freeze, you do not have the time to say cold-stimulus headache. This is a blessedly brief pain or headache caused by having something very cold touch the roof of your mouth. It is believed that the pain we experience results from a nerve that responds to the rapid constriction of blood vessels. Studies show that eating icy cold foods more slowly may lessen the chances of getting brain freeze. Canadian law states that ice cream must contain at least 10% milk fat. Check labels because what you believe to be ice cream is in fact ‘frozen dessert,’ which is not ice cream. Ice milk contains three to five percent milk fat yet contains more calcium and protein. Sorbet, or sherbet, is a frozen treat similar to ice cream but contains no cream or milk.

Dieticians suggest that an appropriate serving size of ice cream is half a cup. So, just for our own knowledge, when we fill a bowl heaping full of ice cream are we being, ever so slightly, inappropriate?

Whether in a bowl or a cone, five percent of ice cream eaters admit to giving their pet a taste of it and ten percent of people admit that they sometimes lick the bowl themselves.

What if the Gaspé had its own signature flavour of ice cream? I think it might be a bright blue ice cream with ribbons of white through it

and a sprinkling of tiny wild local strawberries! That would be more popular, and palatable than Cod Tongue ice cream!

Red Lifelines

I didn't open
the leaf
that fall, in my hand
it just burst –
a celebration in my palm

this maple
giving way to new season
slipping
through my fingers

frost-tattered
and ochre-red
spiralling

*Shanawdithit, Pearson
Wakeham, Arcand
Colville, Fox
wafting*

*Riel, Vanderhaeghe
Cuthbert, Douglas
Riopelle, Banting
settling*

*Gould, Oleksiak
O'Leary, Lightfoot
Bethune, Obomsawin
on the forest floor*

I brought the leaf back
home that fall,
in my hand
put it on the coffee table
red lifelines

sea to sea to sea
Torbay to Tofino to
Tuktoyaktuk

Mel Simoneau

“Don't let your ice cream melt. While you are counting someone else's sprinkles.”

Reflections

by

Diane Skinner Flowers



Confident girls become confident women

In the Walt Disney movie, *Sleeping Beauty*, three good fairies visit baby Princess Aurora during her christening. Flora, Fauna and Merriweather tell the King and Queen that they will each give a single gift to the wee baby. Flora gives the gift of beauty and Fauna gives the gift of music and song. At that moment the wicked Maleficent bursts in and puts a curse on Princess Aurora which Merriweather then responds to. The curse can be broken by true love.

Reflecting on the gifts of beauty and music, it perhaps would have been a wiser choice to give baby Aurora the gift of confidence. There is no power like the feeling of confidence as we travel through life, and this is particularly true for girls and women. In fact, raising daughters who are proud of who they are, not just what they look like, is an empowering goal.

Is there a difference between confidence of boys and girls? Yes, and it is a dramatic difference. In a survey, girls aged eight to twelve were asked to rate how confident they were on a scale from 1 – 10. The average response was 8.5. At the age of fourteen the same girls were asked the same question. The average rating was 6 which represents a drop of 30%. The same study asked boys the same question and there was no difference in their responses at the age of 14 compared to the younger years.

Want some ideas for talking to your daughter about her body? Don't. Much of the insecurity and lack of confidence that girls feel is due to their appearance. Let your daughters know that your love for them has nothing to do with how they look. Praise their creativity, kindness, intellect and achievements.

Be a role model to your daughter and surround her with strong and capable women. Be aware of what you say about yourself. Don't equate your worth with how you look. If you have a choice, select a woman professional such as doctor or dentist for your daughter.

Allow your daughter to use her voice, to say her piece and to give her opinion. Confident girls grow up to be confident women.

Watch out for the phrase "I'm sorry." Girls and women tend to say this much more often than males. It is a habit and girls do not need to apologize for everything. "I'm sorry" is for those times when you have truly done something you should not have or have hurt someone.

Strengths can be strengthened. If your daughter shows an interest in something, encourage that skill. Prepare the path for her to achieve and even excel at some things. Is she a good runner? Buy her good running shoes and encourage her to join the cross-country running team. Is she a strong reader? Present her with great books, some of which could have strong female characters.

Treat your daughter with respect and that way she will expect, no insist on it from others as she moves through life.

Tokyo Olympics for Gaspe's Yves Côté

Jeanie LeLacheur

GASPÉ: - Yves Côté is one of the top ranking badminton referees in the world. Last year he received the prestigious status of BWF (Badminton World Federation) certification and also learned that he was to be one of the four referees for the 2020 Olympics.

However the pandemic that shut the world down, changed his plans and his badminton adventures were also put on hold.

Recently in the wake of mass vaccinations, the situation has improved and Mr. Côté just returned from Guatemala and the first official "start again" for badminton after a long break due to COVID-19.

In Guatemala the Pan Am Championship Olympic qualifier did take place but amid strict measures including COVID-19 testing before, during, and after travel; specific bubbles for games; and upon returning to Canada there were mandatory tests and quarantine.

Mr. Côté watched and waited over the past year as the pandemic cancelled games and travel plans not only for the 2020 Olympics



Yves Côté

Photo: Courtesy Yves Côté

in Japan but events in New Zealand, China and Singapore.

Will the Olympics actually kick off on July 23, 2021? "It's hopeful," says Côté who is currently waiting on news, but has plans to travel on July 15. However, there is much controversy and speculation at the moment and many would prefer to wait in the face of a continued state of emergency in the capital.

An obligatory retirement age for referees means Mr. Cote is nearing what could

have been the end of his career but Pan Am has asked him to be a referee assessor and the World Federation has committed to supporting him for the position. So, for Yves it represents an incredible opportunity to transmit his knowledge to the next generation and, he says, it's something he would love to do.

So as we all wait for a return to a life that resembles normal, we will keep an eye out for Mr. Côté in Tokyo and wish him the best of luck and safe travels!



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In Memory

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If Tears Could Build a Stairway

*If tears could build a stairway,
And memories were a lane,
We would walk right up to heaven
And bring Mom and Dad back again.
Our hearts still ache in sadness,
And secret tears still flow.
What it meant to lose Mom and Dad,
No one can ever know.
Since Mom and Dad will never be forgotten,
We pledge to you today,
A hallowed place within my heart
Is where Mom and Dad will stay.*

Remembered by son Kenneth and wife Olivia.

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Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and who shows me the way to reach my ideals. You who gives me the divine gift to forgive and forget all that is done to me and you who are in all instincts of my life with me. I, in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you. No matter how great the material desires may be, I want to be with you and my loved ones in your perpetual glory.

A person may pray this prayer three consecutive days without asking for their wish. After the third day their wish will be granted, no matter how difficult it may be, promise to publish this dialogue as soon as your favour has been granted.

C.D

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 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.B.

In Memory

The Master, officers and members of the Good Samaritan Masonic Lodge #68 extends sincere sympathy to the family of the late Worshipful Brother Michael Clarke.

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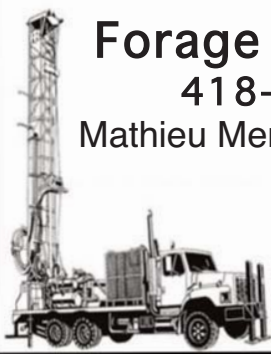


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The Gaspé County WI wishes to inform you that they have decided to cancel the 2021 edition of the County Fair in September. The program that was originally created for the 2020 edition of the fair will be used for the 2022 fair. So please keep all of your completed entries and continue working on new ones.

GASPE:

Gaspé Cancer Foundation

The citizens of the MRC of Côte de Gaspé are asked to please note that the Annual Gaspé Cancer Foundation Membership Campaign is in full swing. May we remind you that membership fees are \$12 per year. New members have

a 30-day waiting period before being eligible to receive their travel assistance. If you are a member in good standing, are afflicted with cancer, and must travel outside the region for treatment, you are eligible for the following travel assistance: Chandler \$50, Maria \$80, Rimouski \$190, Rivière-du-Loup \$210 Québec \$240, Montreal and Sherbrooke \$300.

CORNER OF THE BEACH:

Local Market

July 3: There will be a local market, flea market and garage sale from 9 a.m. to 2 p.m. Items and furniture from the old Vibert Hotel will be included. Tables are available to rent for \$10 by contacting Sandy at the Barachois and Area Development Committee at 418-645-2874. All COVID-19 requirements will be met,

and masks are requested to be worn.

NEW CARLISLE:

Drive-In Gospel Meetings

Meetings at Fair Haven Bible Campgrounds on Sundays at 2 p.m. Rain or shine. COVID-19 considerations/social distancing will be respected. All are welcome - invite a friend! For more information, please call 418-752-3372.

NEW CARLISLE:

Heritage New Carlisle Afternoon Tea

Every Wednesday beginning **June 30** until August 25, The Kempffer Centre will be holding afternoon tea. There will be two sittings available at 2 p.m. to 3 p.m. and 3:15 p.m. to 4:15 p.m. with options of indoors or outdoor balcony. Adults \$10 and \$7 for children under 12. Reservation is re-

quired by calling 418-752-1334 or by email at heritagenc@globetrotter.net. For your security, the Kempffer Centre now has two air purifiers which will be running at all times during the tea. Also, windows and doors will be open for maximum air flow.

ROTARY CLUB WINNERS

The winners for the week of June 13 are: Sylvie Dubé, Juliette Cyr, Janique Ouellet, Laval Cyr, Marjorie Woodman, Myriam Leblanc and Michel Barriault.

The winners for the week of June 20 are: Valérie Bourdages, Yves Bénard, Rodrigue Leblanc, Magalie Bujold, Wilson Cochrane, Aude Tremblay and Thérèse Cyr.

The winners for the week of June 27 are: Hélène Cyr, Daniel Ferlatte, Harry Best and Lise Leclerc.

UNITED CHURCH

Sunday, July 4
No Service

ANGLICAN CHURCH OF CANADA

Sunday, July 4

New Carlisle

11 a.m. Morning Prayer
7 p.m. Evening Prayer
on facebook at
<http://www.facebook.com/joshua.paetkau/>.

New Richmond

3 p.m. Evening Prayer
for United and Anglicans at
St. Andrew's United Church

PARISH OF GASPÉ

Sunday, July 4

St. Andrew's - York
10:30 a.m. Holy Eucharist

On the lighter side...

SUDOKU

		6	9	1				
		9			6			8
			8	7				
	3	1	5					4
					6			5
				3				1
	4		7			3	5	
		8	3					6
				2	7			

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	8	7	6	2	9	3	5	1
6	2	1	5	4	3	8	9	7
9	5	3	8	1	7	2	4	6
1	8	9	4	3	8	7	5	6
5	6	7	2	4	3	8	9	1
8	2	4	1	9	7	6	3	5
7	3	1	5	6	8	2	4	9
4	1	5	8	7	2	9	6	3
2	7	9	4	3	6	5	1	8
3	8	6	9	1	5	4	7	2

ANSWER:

Great Ideas for old WINDOWS & DOORS



HOROSCOPES

ARIES - Mar 21/Apr 20

Aries, this week your mind may be pulling you in one direction while your heart may be dragging you in another. It can be challenging to choose which one to listen to.

TAURUS - Apr 21/May 21

Taurus, seek the truth and you will find it easily. You have many questions and the answers are just waiting around the corner. You just need to know where to find them.

GEMINI - May 22/June 21

Gemini, your modus operandi is

working, even if it's somewhat unconventional. Keep on doing what makes you happy, especially if it's producing your desired results.

CANCER - June 22/July 22

Cancer, give your body a good workout this week, especially if you've been letting things slide lately. Expending some energy will give you more energy.

LEO - July 23/Aug 23

Familiar thoughts are flowing through your mind, Leo, and they seem like a broken record. Do your best to gain a new perspective and clear your mind.

VIRGO - Aug 24/Sept 22

Virgo, do you feel like you're working hard on something but not mak-

ing much progress? Change your approach and even seek advice from others.

LIBRA - Sept 23/Oct 23

Every day presents a new start and a chance to try new things, Libra. Learn from past opportunities, but don't get discouraged about mistakes you once made.

SCORPIO - Oct 24/Nov 22

Situations this week are very fluid, Scorpio. One moment you feel quite at ease and the next you may seem uncomfortable and alone. Just keep moving on.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you're skilled at zeroing in on the details and nuances in conversations. Your receptiveness and intu-

ition are skills to be proud of.

CAPRICORN - Dec 22/Jan 20

A relationship gets all fired up this week, Capricorn. A discussion sparks some heated debate, but things will not get out of control. Each of you is respectful of the other.

AQUARIUS - Jan 21/Feb 18

Aquarius, team work is the name of the game this week. Embrace opportunities to work with others and welcome any help that comes your way.

PISCES - Feb 19/Mar 20

Have fun this week, Pisces, but make sure that you are professional and polite if the activities involve coworkers or colleagues.

FAMOUS BIRTHDAYS

JUNE 27

H.E.R., Singer (24)

JUNE 28

Elon Musk, Entrepreneur (50)

JUNE 29

Nicole Scherzinger, Singer

(43)

JUNE 30

Mike Tyson, Boxer (55)

JULY 1

Debbie Harry, Singer (76)

JULY 2

Alex Morgan, Athlete (32)

JULY 3

Olivia Munn, Actress (41)

Barbecue Tips

Diane Skinner

A great way to get outside and enjoy some delicious food is to fire up the barbecue! Creating lovely outdoor meals is a little more than throwing a piece of meat on to be cooked.

There are a few tips to be mindful of that will help to create the summer meal you are dreaming of.

Prepare beforehand. Make all your salads and other side dishes and cover them and put them in the fridge if needed. Get all your utensils ready. Have a tray ready for cooked meat and do not use the same tray that you used for the raw meat.

Don't forget the seasoning. Add salt and pepper and any other seasonings that complement the meat and enhance its flavour.

A barbecue is not just for meat. Cook potatoes and corn on the cob wrapped in foil. Vegetable kebabs are delicious. Even barbecued fruit is



Photo: Paul Hermann

yummy, such as peaches and pineapple grilled with a dollop of whipped cream added just before serving.

Make certain that your meat is cooked. Pork chops

and chicken, for example, need to be cooked well. If you are unsure, consider buying a digital meat thermometer.

Do not overcook the meat. If you do, you may find that

your chicken and burgers are dry and tasteless.

Light the barbecue early, in fact, 30 minutes is perfect. If you place your meat on the barbecue right after lighting it, you will burn the outside while the inside will stay raw. This is to be avoided when cooking pork or chicken.

Toast your buns. It is a small touch, but place lightly buttered hamburger and hot dog buns on the top rack and allow them to get slightly crispy. This will add to the flavour.

Barbecue spices There are a wide variety of spices that you may choose from. Some prefer to marinate the meat in barbecue sauce. Others like to use a dry rub, which they claim makes the meat more flavourful. You can buy a blend already mixed, such as La Grille by Club House of which Montreal Steak Spice is their biggest seller.

If you wish to custom mix your spices here are a few that you might use:

Salt. This is essential, for most palates and unless you are on a salt restricted diet it

is a good basic spice to start with.

Garlic powder. Garlic, a cousin to onion, has a strong and distinctive flavour. It enhances the flavours of meat and vegetables.

Onion powder also enhances the flavours and is super tasty on vegetables.

Paprika adds a lovely almost sweet flavour and some colour. If you can find some in the store, smoked paprika has a wonderful, distinctive taste. This is delicious on poultry, pork and seafood.

Allspice is a combination of many, various spices. Flavours include cloves, cinnamon, black pepper with undertones of ginger and nutmeg. This spice is great on ribs and pork chops. Allspice is the main spice used in Jamaican jerk cooking.

Cumin is a great warm and earthy spice, though some people find the flavour a tad bitter.

Mixing your own barbecue rubs can be a lot of fun to do. Start by making small batches until you find just the mixture that you enjoy. Store in a jar with a tight lid.

When fruit meets flame

When you barbecue fruit, it becomes juicier and sweeter. The barbecue smoke adds a new dimension to the flavours. Once you try it out, though you might already do it, you may be a big fan of this. It makes a nice finish to a barbecue meal.

Fruit to consider include: peaches, pineapples, pears and bananas. Choose any fruit that will stay firm over the grill.

Grilled peaches and cream

- 4 peaches, cut in half and pit removed
- 1 cup soft cream cheese
- 1 tbsp. vegetable oil
- 2 tbsp. honey



1. Brush the peaches with oil.
2. Place peaches with cut side down on preheated barbecue on medium heat.
3. Grill for 5 minutes.
4. Turn over and drizzle honey onto peaches.
5. Place a tablespoon of cream cheese carefully in the spot where the pit was. Let peaches remain on the grill for a few more minutes until the cream cheese warms.

Vegetable kebabs

These are colourful and delicious.

- 1 cup cherry tomatoes
- 1 cup red pepper, cut into chunks
- 1 cup yellow pepper, cut into chunks
- 2 cups small mushrooms
- 1 large red onion, cut into chunks
- 1 yellow zucchini, cut in rounds
- 1 green zucchini, cut in rounds

- Marinade:
- ¼ cup oil
 - 2 tbsp. garlic powder
 - ½ tsp. oregano
 - 1/2 tsp. basil
 - 1 tbsp. lemon juice
 - Salt and pepper to taste
 - Whisk in a small bowl. Set aside.

1. If using wooden skewers, place them in water for about 10 minutes. This will prevent them from burning on the barbecue.
2. Thread vegetables onto skewers, alternating vegetables.
3. Place the skewers on a baking pan and brush the marinade over veggies.
4. Place on pre-heated barbecue for about 10-12 minutes until vegetables are still firm. Turn gently once or twice.



DIANE LEBOUTHILLIER

MP • Gaspésie–Les Îles-de-la-Madeleine

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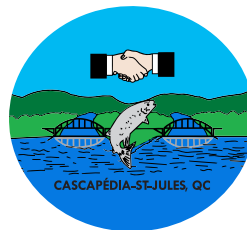
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We would like to wish everyone a safe and happy Canada Day!

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