

The Gaspé Spec

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Gardens of the Gaspé

Diane Skinner

Gardeners love to get out in the 'sun and soil', and whether growing fruits and vegetables, flowers, or herbs the rewards are many. Gardens provide healthy food and beauty. There is a great deal more that gardening can offer: physical exercise and fresh air; improved mood and healthy mental well-being, and connections with family and community. Some gardeners feel a spiritual connection to the earth when planting a tiny seed and watching it grow and flourish.

Thelma and Annie Day

Fauvel: Thelma and Annie Day grew up in a large family who always had large gardens, so they learned about gardening from a young age. Thelma says, "We had our chores to help weed the long rows. My mom often planted flowers like nasturtiums and Sweet Williams." Thelma and Annie have continued that family tradition!

The gardens have mostly perennials and wildflowers, although since the pandemic she has replaced one of her flower gardens with vegetables. If it is sunny, the sisters spend most of their day outside working on the gardens and lawn.

One of their favourite plants are hostas because they are low maintenance and provide great ground cover. They will grow in any condition, and flourish in both shade and sun. Further, they are available in many colours and sizes. The plant can be divided, and multiple plants started with them. Hostas flower in summer with a fragrant bell-shaped flower that attracts hummingbirds and bees.

Thelma mentions that she would like to get rid of bluebells because she finds that they are intrusive and appear in most of her flower beds like a "bad weed."



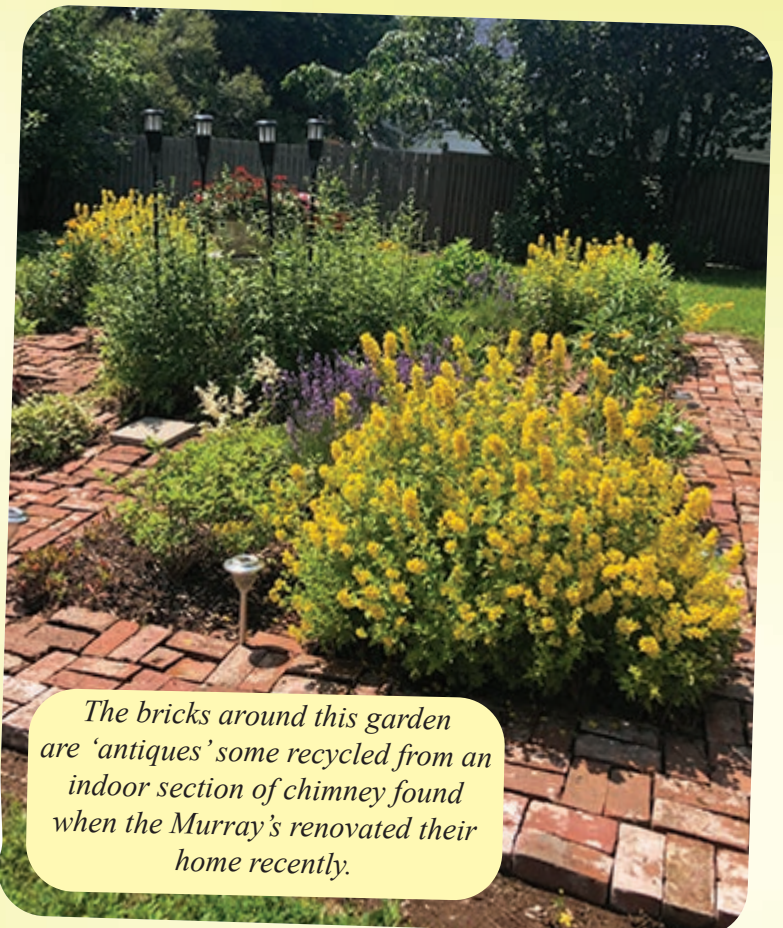
Sisters Thelma and Annie Day standing behind their antique hay raker. In front are Coreopsis and the smaller flowers are Moonbeams.



Lucille Murray enjoys giving tours of the gardens and sharing her vast knowledge of her plants.



Annie and Thelma's old 'parlour stove' is used to roast marshmallows and boil water for tea.



The bricks around this garden are 'antiques' some recycled from an indoor section of chimney found when the Murray's renovated their home recently.

To control aphids and earwigs, Thelma sprays a solution of cool water, dish detergent and baking soda. Deer eat certain flowers, the tops of blueberries, raspberries, blossoms on cucumbers and zucchini and some other vegetables. To deter them from feeding on the plants at night, flashing lights from the Dollastore were hung in the trees and that seems to be working well. Also, two aluminum pie plates flicker back

and forth from the trees and the noise seems to scare off the blackbirds and a sapsucker who was boring holes in fruit trees.

Thelma concludes, "Being outside is a great source of Vitamin D. My doctor informed me that I don't need to take Vitamin D supplements. Also, peace and quiet and being close to nature is so enjoyable. Gardening is great for physical and mental well-being. Nothing

tastes better than a cucumber straight from the garden." (Thelma has a terrific blog with interesting content and photos, including information about wildflowers and roses. Go to Thelma-day.blogspot.com)

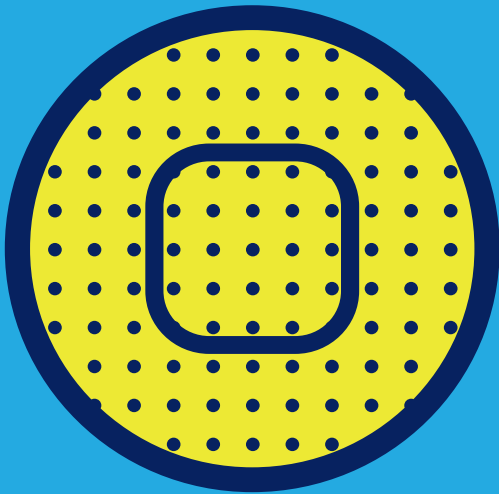
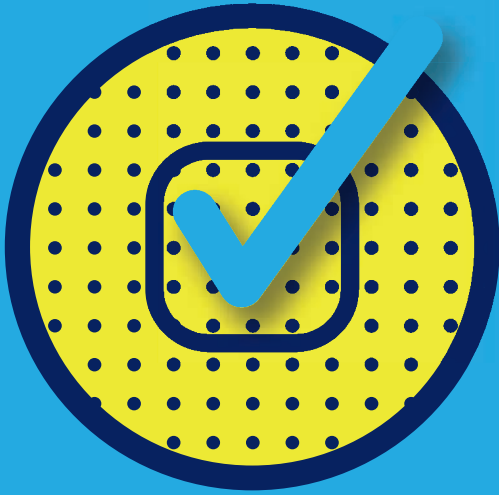
Lucille and Shane Murray

New Carlisle: Lucille and Shane Murray have created more than gardens at their

home. Walking into their yard reveals a beautiful, living oasis with a wide variety of flowers, vegetables, fruits, and other plants arranged artfully into numerous areas or nooks.

She welcomes visitors to walk through her gardens. Lucille will share her vast knowledge and historical connections of her plants with visitors. Lucille's gardens are a collection

Cont'd on page 7



**Your 2nd dose of
vaccine is essential.**



**The combined effect of two doses ensures longer-lasting
and better protection against COVID-19.**

Getting your 2nd dose of vaccine is a must.



Photo: N. Sergerie

Environnement Vert Plus wants data on the air quality of the Port-Daniel-Gascons cement plant

MCINNIS CEMENT:

Environmental group calls for air quality reports

Nelson Sergerie,
LJI Journalist

CARLETON-SUR-MER – Bay of Chaleur environmental group, Environnement Vert Plus is still asking for reports on air emissions from the Port-Daniel- Gascons cement plant.

The mystery is still there regarding the latest episode of sticky dust from McInnis Cement on June 18.

Environnement Vert Plus is still trying to obtain reports on stack releases but also on air quality due to the dust generated by the operation of the quarry.

According to the group, McInnis denies access to this data, as does the Department of the Environment over possible lawsuits over the release of sticky dust.

“We will see what the challenge is over time. We are in very tight negotiations with the Environmental Monitoring Committee and the management of the cement plant to eventually obtain them (the reports). We are considering setting up our own community

emissions monitoring program,” says Environnement Vert Plus spokesperson Pascal Bergeron, who remains convinced that the documents must be made public.

“Last year’s report is not information gathered as part of an investigation. This is annual information that is public. So this report should be public,” says Bergeron.

The debate will be brought to the Committee on Access to Information and the wait for the data could be long.

Pieridae leaves the Gaspé

Environnement Vert Plus maintains that Pieridae no longer has any interest in continuing to develop its hydrocarbon sites in the Gaspé.

The Alberta company that bought Pétrolia in 2017 no longer refers to the Bourque, Haldimand and Matapedia projects in its financial documents or in its short, medium and long-term plans.

“According to Pieridae’s Quebec director, Jean-Yves

Laliberté, they are looking for a buyer. Pieridae has no intention of pursuing these projects,” says Bergeron.

The end of the natural gas liquefaction project in Nova Scotia, for which the Alberta company could not find financial partners, would explain Pieridae’s lack of interest in Quebec.

“We are making sure that the gas exploration licenses that belonged to the company in the Gaspé and which were intended to supply this terminal, have fallen from the clouds,” says the environmentalist.

Pieridae is suing Quebec for \$32 million after having to end the Haldimand project in Gaspé following the adoption of the Hydrocarbons Regulations in 2018 by the former Liberal government.

Utica, the only potential buyer of Pieridae’s assets in the Gaspé region according to Environnement Vert Plus, is contesting Quebec’s refusal to allow drilling in Galt less than 1,000 metres from a water environment.

Prices paid to shrimp boats remain unchanged

Nelson Sergerie, LJI

GASPÉ - The prices paid to Quebec shrimp fishermen for the second part of the season remain the same.

The Régie des marchés agricoles alimentaire du Québec maintains prices at \$1.48 per pound for large shrimp, \$1.15 per pound for medium ones and \$0.96 per pound for small ones.

The administrators accepted the recommendation of the Québec Office des pêcheur because the previous inventories have decreased substantially. The arguments remain essentially the same as in the arbitration for the first part of the season.

June selling prices show a slight improvement, and the prices set are in line with those paid in Eastern Canada.

In addition, the lifting of health restrictions in Quebec and around the world, particularly in the United Kingdom, is promoting economic recovery and therefore, better market conditions for shrimp.

“These are almost exactly the same prices that were offered by Newfoundland processors. It shows that our offer was still relatively reasonable. And the prices paid in New Brunswick are exactly the same as the prices paid in Quebec. I would say that this is almost a first time where the prices paid in the three provinces are, by a few cents, exactly the same,” says director of the Office des pêches du Québec, Patrice Élément.

Processors were offering \$1.25, \$1.00 and \$0.90 per pound for all three categories.

Wind power: \$4 million to municipalities in the Gaspé

Nelson Sergerie, LJI

GASPÉ - The partnership between the Régie intermunicipale de l'énergie Gaspésie-Îles-de-la-Madeleine and wind farm developers continues to be profitable for member municipalities.

The board paid its members \$4 million in royalties for the first half of 2021. In fact, this is the amount budgeted for the entire fiscal year.

The board of directors made this decision on July 15 in Métis-sur-Mer, on the sidelines of a meeting with their colleagues from the Lower Saint Lawrence.

“The winds and the availability of the turbines with little breakage on the wind turbines mean that we are able to allocate the total amount of the estimated budget,” explains the president, Simon Deschênes.

This is the third year in a row that the fee for the entire financial year is paid by July. The president admits that the budget is designed to be conservative.

The royalty includes, for the first time, the profits of the Dune du Nord wind farm in the Magdalen Islands, commissioned last fall. On its own, the park should generate some \$500,000 in profits for the authority.

For the past year as a whole, \$4.5 million went to municipalities, a sum that had reached \$6 million in 2019.

While Quebec has adopted a decree which, if accepted by the Régie de l'énergie du Québec, proposes that municipalities be 50% partners of future wind projects. These results demonstrate the importance of municipal and producer partnerships.

“Our model, it is there, it exists and, combined with the new decree for the new call for tenders, we will be a key player in the next wind farms,” says Mr. Deschênes.





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COVID-19 UPDATE:

Two cases are reported during third week of July

Nelson Sergerie
MARIA – Two new cases of COVID-19 were reported in the third week of July. The first case was reported on July 23 by the the Gaspé Peninsula and Magdalen Islands Public Health department in the Côte-de-Gaspé MRC. However, since the second test result was negative, the patient was considered as recovered. The second case, still in the Côte-de-Gaspé MRC, was reported

on July 25.

With the July 25 case, the milestone of 500 COVID-19 cases was reached in the MRC.

To date, five cases have been reported by Public Health since the beginning of July.

Two-thirds of Gaspésians have received a second dose of the COVID-19 vaccine as of July 25.

The MRC of Rocher-Percé has the most people who have received two vac-

inations, at 73%. The Avignon MRC is lagging behind, with only 56% of citizens fully protected against the virus.

The numbers for 18-29 year-olds are positive in the province. In the Gaspé Peninsula and Magdalen Islands their vaccination rate is 70% for the first shot and 52% for those who have received two doses.

In total, for the Gaspé Peninsula 77% of the population have received one dose

and 66% have received two doses compared to the provincial totals of 73% and 55% respectively.

The last active case of COVID-19 was declared recovered on July 29.

2076 people have contracted the virus since the beginning of the pandemic.

No offences reported

The CNESST has not issued any statements of offence related to sanitary measures since May 1.

Inspectors have carried out 101 inspections related to COVID-19 in Gaspé Peninsula and Magdalen Islands during this period, following 17 complaints.

During the same period last year, three offences were noted, all related to the Restaurant Mille délices in Percé, where the managers were speaking out against sanitary measures.

In total 132 inspections were made, following 13 complaints.

Editorial page

Diane Skinner
Guest
Commentary



Where there is a risk, there should be careful choice

To vaccinate or not to vaccinate? For some this can be a decision they need to consider, while others may outright refuse vaccines. For me, there was no doubt that I wanted to be vaccinated against COVID-19, even though I had a serious risk to consider.

The day I went for my first vaccine dose I felt a strong emotional response; I was nervous, excited to be getting the vaccine and grateful to the staff and volunteers at the clinic. After my shot I felt a sense of relief and accomplishment; I was halfway to being safer from the ravages of COVID-19. After all, I am an older adult, though not quite in the age-range that has contracted the most serious COVID cases. I had done my research, and I knew that taking the vaccine was a step in protecting not just myself, but those around me. My daughter has a chronic autoimmune disease and I had learned that my vaccine could keep her safe from a virus that could be very serious or even life-threatening to someone with her health conditions. When it comes to protecting our children, the reward always outweighs the risks.

Vaccination was not always an easy choice for me, though. I had to do a great deal of research and then verify my findings from more than one source. I have a serious allergy to preservatives in many serums and drugs. When getting a CT scan using contrast dye in a hospital setting several years ago, the nurse asked if I had any drug allergies. I informed the nurse that I was allergic to the preservatives in the flu shot. She told me not to worry that in 14 years she had never had anybody react to the contrast dye. I did.

In fact, I had an anaphylactic reaction. I had trouble breathing and my eyes swelled. The nurse who had assured me that all would be well - and in fairness she could not have predicted my adverse reaction to the contrast dye - called for a Code Blue.

A "Code Blue" means immediate medical intervention is needed, and I received a shot of Benadryl within minutes. I could breathe again, but it left me with a lack of trust in the medical establishment. The attending physician told me that I should not take contrast dye again because my reaction would likely be even more severe, possibly fatal. Vaccine hesitancy can sometimes come from our own life experiences.

What does this incident have to do with the COVID vaccine? I am allergic to preservatives in drugs and contrast dye, so I had to do some real research to find out if I could have the vaccine at all or would the risk be too high. I consulted my doctor, who recommended I have the Pfizer vaccine because it does not contain preservatives. I learned that it is stored in very cold temperatures to maintain its efficacy. I was becoming more comfortable with the idea of being vaccinated, but I did not stop there. I also consulted a nurse who went through all the ingredients in each vaccine, and she came to the same conclusion. Why did I seek a second opinion? The nurse at the hospital when I had the anaphylactic reaction was not fully knowledgeable about potential risks. This had the potential to be very serious for me - I had to be certain I would not have an allergic reaction to the COVID-19 vaccine.

Was I finally fully satisfied with the information I

had gathered? No. So, I read many articles from reputable sources to see if there were any recorded cases of reactions to the Pfizer vaccine. I was coming close to making my choice. I knew there was a potential risk for me, but I had to weigh whether it was the right choice to risk getting COVID and possibly passing it on to my daughter. I, nervously, booked my shot. My doctor gave me a backup plan: a prescription for an Epi-pen, an autoinjector device containing epinephrine that can counter an anaphylactic response.

On the day of my vaccine, I informed the nurse that I might have a reaction, and they were amazing. They took this possibility very seriously, and they assured me that the paramedics on duty had epinephrin on hand if I had a serious reaction.

In the end, I had no adverse reaction, and left the clinic feeling empowered for taking my well-researched health choices into my own hands.

I understand that some people are choosing not to take the COVID vaccine. If they have reached this decision based on science and consulted medical professionals (and not merely what their facebook friend told them) then they have done their "due diligence." For most people getting the vaccine is an act of love, concern for your fellow human beings, for yourself and for the future. The choice is yours, but it should be made carefully.

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Photos: N. Sergerie

Possible return of cruise ships to Gaspé next year

Nelson Sergerie,
LJI Journalist

GASPÉ - The giants of the seas could anchor again in the Bay of Gaspé in 2022.

Ottawa announced on July 15 the authorization for cruise ships to dock in Canada on November 1.

By then, the season is traditionally over on the tip of the Gaspé, so the focus is on 2022.

According to the organization that oversees the arrival of cruise passengers to Gaspé and Percé, Destination Gaspé, some 30 international and 12 domestic stopovers are on the

program for a potential of nearly 35,000 passengers and crew.

Everything remains to be confirmed

"We are going to reactivate contacts with shipping agencies and we expect to confirm beyond any doubt the resumption of activities in the coming weeks," explains Destination Gaspé director Stéphane Sainte-Croix.

With the labour shortage and the suspension of activities for two years, the operating model will be revised.

"It will be smaller groups

and a small dynamic on land management in terms of reception capacity and movement," illustrates Mr. Sainte-Croix.

The way of operating will be adapted to each of the ships and also to the health protocols that will be in effect in the province at the time of the arrival of cruise passengers.

In 2021, 25 stopovers were scheduled for a potential of some 25,000 passengers and crew. A total of 47 had been cancelled in 2020 due to the pandemic.

In 2018, Escalé Gaspésie estimated the economic spin-offs at \$7.5 million.

Lots of rain in Gaspé

Nelson Sergerie, LJI

GASPÉ - The violent thunderstorm that hit the Gaspé region late in the day on July 26 set a new precipitation record.

Environment Canada measured 28.4 millimetres of rain at Michel-Pouliot Airport, surpassing the old record of 26.4 millimetres recorded in 1985.

The storm that hit at the end of the day with abundant rain, spectacular lightning and rumbling thunder left 26.7 millimetres of rain.

In addition, lightning could be responsible for the start of a shed fire that occurred at supertime in Gaspé. The building, located on Mgr Leblanc Street near Gaspé Elementary School, suffered minimal damage.

Little damage was reported as a result of the severe storm, according to the Sûreté du Québec.

Drinking water for Gascons

Nelson Sergerie, LJI

PORT-DANIEL-GASCONS - After years of waiting, the citizens of the Gascons sector of Port-Daniel-Gascons could finally have drinking water next year.

The Town has been in discussions for several months with its neighbour, Chandler, to reach an agreement to supply the community.

"We carried out water research in the Gascons sector. All of this research so far has been unsuccessful. We have prepared a draft agreement with the Town of Chandler to supply the residents of Gascons directly from the Newport water reservoir," explains the mayor of Port-Daniel-Gascons, Henri Grenier.

Before reaching this agreement, studies have shown that the water source identified in 2009 would not be sufficient to supply the approximately 400 residences, 80% of which have non-potable water.

If the partnership is established, work will begin in the spring.

With water coming from Newport, the project, estimated at \$28.6 million, will cost a few hundred thousand dollars more and the mayor will request additional funding from Quebec, which is already contributing \$26.6 million.

The 2018 agreement with the province provides for a supply source, water and sewer systems, and two wastewater treatment systems.

Disappointing strawberry crops

Nelson Sergerie

SAINT-SIMÉON - It was a tough year for Gaspesian strawberry producers, with production only reaching 50% of its usual capacity.

The long-awaited berry has finally arrived on the shelves of regional grocery stores. Although smaller compared to the last few years, the berries are bright red, juicy and sweet.

The production at Bourdages Tradition farm, which supplies grocery stores in the Gaspé and exports to major centres, was reduced

by 40 to 50% this year due to various factors.



Photos: Courtesy of Ferme Bourdages Tradition

The weather was difficult for the Gaspé strawberry.

spring," explains the president and CEO of the farm, Pierre Bourdages.

The fall strawberry is ready but the volume will not be sufficient to supply re-

gional markets. It will only be available at the Saint-Siméon farm kiosk.

Corn production should be normal and will be ready in about two weeks. The other vegetables will be on schedule and the amount should be normal.

The decrease in output has resulted in about twenty foreign workers leaving this week.

A little more than a dozen foreign workers will remain to assist with the remaining berries and produce. They will also be involved with some production tasks.

This is a second, more difficult year for the farm as it celebrates its 200th anniversary.

Last year, approximately 30% of the farm's strawberries were lost because of a lack of pickers due to the absence of foreign workers during the pandemic.



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PERCE:

Concerns over disturbing fireworks and lack of gasoline service within the village

Nelson **Sergerie**,
LJI Journalist

PERCÉ - The noise generated by the explosion of fireworks disturbs the tranquility of the citizens of Percé and could disturb the migratory birds nesting in this area.

These fireworks are lit in the evening and sometimes even at night, according to reports by citizens to the mayor, Cathy Poirier. Comments have been made over the past few days by people on social media criticizing the matter.

The town will look into their concerns. "How can we intervene in the fact that it only lasts few minutes here and there? It is by informing or preventing possible nuisances. Perhaps we will succeed in reducing the phenomenon," says the mayor.

Percé has no regulations directly related to fireworks. Ultimately, the nuisance regulation could be applied, but it has its limits.

Percé merchants selling



The gas station in the heart of the village of Percé no longer offers gasoline service.

Photos: N. Sergerie

these products will be made aware of the message to buyers on respecting the rules.

This reflection by the Town comes at a time when the authorities of the Bonaventure Island and Percé Rock parks also question the possible link between the sounds of fireworks and the reporting of birds injured or dead in this migratory bird sanctuary.

Park management is concerned about the situation and is trying to document the phenomenon, including the im-

pact of noise on birds.

The park says that disturbing or harming these birds protected under the Migratory Birds Act is punishable by fines of up to \$3,000.

No gasoline in the heart of the village

The area hasn't had gas services in the winter for almost 10 years, now motorists can't refuel in the summer either.

Concerned, the mayor emphasizes that the Town is

looking for a solution to offer year-round service.

According to our information, the service station's equipment is nearing the end of its lifespan and is no longer

usable.

"It doesn't seem like such a big deal. I had no feedback that there was none in the heart of the village. This is not what is more practical. The problem is during the winter period. We were already in solution mode. This summer, the village station is not open. This should be the last time that this happens," assures Ms. Poirier, who recalls that there is gasoline available in Percé, but in the Cap-d'Espoir and Barachois sectors.

Meanwhile, Poirier notes that visitors are much more respectful, noting a big difference from last year. Tourists arrive better prepared, many with reservations.

Cédric Paquette to play for Montreal Canadiens

Nelson **Sergerie**

GASPÉ - A year after winning the Stanley Cup with the Tampa Bay Lightning, Cédric Paquette is now a member of the Montreal Canadiens.

The Gaspé-born hockey player signed a one-year contract worth \$950,000 as a free agent, a significant drop from the \$1.65 million salary he received during the last season.

At 27 (he will be 28 on August 13), Paquette can play centre and wing. He is recognized for his defensive moves with extraordinary energy.

Having started last season in Ottawa following a trade, he moved to the Carolina Hurricanes.

"Mentally, it hasn't been easy this year. I did a reset, I'm in good shape, I'm in good health. The outcome, I'm really happy. I think it will be a good fit. For now, I'm really excited," said the Gaspesian on RDS, TSN's sister station, minutes after the deal with the Habs was confirmed.

During the interview with RDS, Paquette had a few



Photos: N. Sergerie

Cédric Paquette on October 22, while being honoured in Gaspé for his Stanley Cup championship.

words about his Gaspé roots. "I am really happy. I am excited for myself, for my family but also for the entire Gaspé. Not many have made it to the NHL from there and if I can show others the way, I will. To be with the Canadiens is incredible," he said.

Cédric Paquette began his career in the National Hockey

League (NHL) in 2013-14 with the Tampa Bay Lightning, and was a fourth-round pick in the 2012 draft, the 101st overall.

He played 424 games in the NHL, scoring 51 goals and making 42 assists for a total of 93 points. In his last season, he had four goals and four assists.

Quebec absorbs Gaspé airport deficit

Nelson **Sergerie**, LJI

GASPÉ - The taxpayers of Gaspé will breathe a sigh of relief as Quebec tops up the deficit at the Michel-Pouliot airport, whose finances have been strained due to the pandemic.

The Legault government is paying a maximum amount of \$1,683,000 to fill the shortfalls for the years 2020 and 2021.

At the start of the pandemic, in April 2020, Air Canada, which served the Gaspé airport, suspended its services, as at several other regional airports. As a result, revenues from landing fees and fuel were wiped out. What's more: all other private flights were cancelled.

In fact, the airport remained open only for Quebec government services such as the ambulance plane or equipment of the Society for the Protection of Forests Against Insects and Diseases.

The mayor of Gaspé, Daniel Côté, has always argued that Quebec should pay the deficit since the service was provided for government planes.

Gaspé experienced a deficit of \$800,000 in 2020 and if the trend continues, the resumption of commercial flights with Pascan and Pal Airlines, in addition to private flights, should leave a reduced loss of \$200,000 this year.

"It's a long fight that we won. This is a request that was made practically in the first few months of the pandemic. We could see the deficit emerging. It covers 100% of the operating deficit. We worked hard, but the result is there," said the mayor, Daniel Côté.

Help with repairing the runway

In addition, municipal authorities were surprised when Quebec provided additional assistance of \$619,000 to cover 75% of the cost overrun of \$826,000 related to the work to extend the airstrip, carried out last year.

"It's a very, very pleasant surprise. There was an additional cost. We were able to afford it with our loan. But receiving it from Quebec saves local taxpayers," commented Mr. Côté.

Initially, the project was for \$9.3 million. Ottawa and Quebec had paid \$3.5 million each in 2019 to extend the runway to 5,500 feet. The contribution from the province is now close to \$4.2 million.



Photos: Town of Gaspé

Quebec pays for part of the cost overrun for the repair of the airstrip at Gaspé airport

GARDENS:

▶ Cont'd from cover

of flowers and other plants given to her by friends and family. Lucille points out plants that were shared including Scottish marigolds, roses, vibrant Chinese poppies, hollyhocks, and hostas. Lucille reveals that she especially loves the hollyhocks. She proudly calls this section her “Friendship Garden.”

Lucille explains, “Much time is spent in the garden in the spring, preparing the land and planting. Once everything is growing, certain plants require more attention, like the strawberries. In the fall, the raspberry plants that produced fruit this year, all need to be cut down and new plants tied up on a stake. This takes about a month, several hours a day. Throughout the summer, at least 6 hours are spent in the garden a day, if it isn’t raining. It’s a lot of work and dedication to gardening but the reward is so worth it. We love seeing all the colours, beauty, and produce the garden brings us. It



A tiny “fairy” garden is nestled in the bushes of the Day garden.



Interesting little touches can be found throughout Lucille’s gardens.

Photos: D. Skinner

keeps us moving with a purpose for the day and healthy.”

This year, the Murrays noticed that the flowers bloomed early while other plants including carrots, cucumbers and beets struggled to grow. Lucille

feels that may be due to the weather and that possibly cutworms or other pests contributed to the problem. Adding eggshells around her plants has helped with the cutworm problem. Groundhogs can be de-

structive, so installing very fine netting helps. Wind chimes also deter some garden pests and birds.

Lucille reflects, “My greatest thrill about having a garden is the joy of being able to share

it with friends and family, especially the elderly who cannot get out easily. When family comes to visit, they are thrilled to enjoy fresh vegetables, fruits, and the beauty of all the flowers.”



Lucille’s garden contains an artfully arranged combination of flowers



The Day garden features vibrant yellow Coreopsis with variegated leaves

ANNUAL GENERAL MEETING

SADC
Société d'achat et de développement
de la région de
ROCHER-PERCÉ

LOCATION:	Video Conference
DATE:	Wednesday, September 15, 2021
SCHEDULE:	6:00 p.m.: Welcome
	6:30 p.m.: Annual General Meeting
	8:00 p.m.: End of meeting

Invitation to the population of the Rocher-Percé MRC. In anticipation of this annual general meeting, to which directors of the corporation will be elected, a nomination period will be open starting on August 4, 2021 and closing on September 5, 2021 at 4 p.m., under by-law 5.03 general regulations.

The positions to be filled are in the following sectors:

- **Tertiary:** Four (4) directors representing all socio-economic activities corresponding to the distribution or sale of goods, products and services, in particular: Educational institutions, professional services, services to businesses, health and social services, tourism, unions, businesses, associations and others.
- **Youth:** One (1) director representing young people from 18 years old and less than 40 years old.

Any person who is nominated must complete the appropriate form, within the time limits mentioned above and send it to the head office of the corporation at: 129, boulevard René-Lévesque Ouest, office S-101, Chandler (Quebec) G0C 1K0.

The nomination form as well as the General Regulations are available at the SADC office, as well as, on the website in the “Annual Reports and Publications” section.

To participate in the meeting by videoconference, you must register by clicking on the following link: sadcrcp.ca/aga. Subsequently, a zoom link will be sent to you by email.

On the behalf of the Board of Directors

Marthe Laroque
Administrative support and accounting
418-689-5699 #200

Website: www.sadcrcp.ca

Canada Développement économique Canada appuie financièrement les SADC et les CAE

Do you behave violently toward your partner? It's time to seek help.

[Québec.ca/ressourceshommes](https://quebec.ca/ressourceshommes)

If you are having difficulty controlling your aggression, anger or emotions in your couple relationship, know that resources are available to help.

Go to [Québec.ca/ressourceshommes](https://quebec.ca/ressourceshommes) to find social agencies that provide support, mutual assistance and treatment for men whose circumstances are difficult, behave violently, and who are perpetrators of sexual abuse or were themselves sexually abused as children.

These resources are ready to help you.

Violence against women.
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What to do if you are a victim of domestic violence?

If you need immediate help, call 911.

If you need support, compassion or advice on what to do, call SOS violence conjugale at **1 800 363-9010**.

The help line is confidential, bilingual and open 24 hours a day, 7 days a week.

Our female frontline workers will listen to you, reassure you and answer all your questions. They can also help find a temporary shelter for you and your children.

[Québec.ca/violenceconjugale](https://quebec.ca/violenceconjugale)

Resource centre to reintegrate abused women into the labour market

Gilles Gagné

CARLETON - L'Émergence, a shelter for women and children who are victims of violence located in Maria, will launch the *Ressourcerie Baie verte* in September, in order to reintegrate part of its clientele into the labour market. That clientele is often excluded from the labour market.

The project requires an investment of approximately \$460,000, including up-front working capital allowing for contingencies. L'Émergence director, Nancy Gough, and members of her team have been considering the idea for the past five years.

"L'Émergence opened that kind of store 10 years ago, where we collected household appliances, furniture, tables, bedding and dishes but we lacked space and we put an end to the initiative. It made a real hole in our activities, however, financially and for the people who relied on that service," explains Nancy Gough.

A 35-page business plan notably sets out the main lines of the project, its financing, its schedule, the hiring of staff and the sources of material that will be found on the shelves of the workshop/boutique. An economic profile of the territory served is presented in the plan in order to maximize the chances of success of the project, which will be located in Carleton.

What drives Ms. Gough's team is, among other things, the range of services that a workshop/boutique like the *Ressourcerie Baie verte* can provide to the 33,000 people living in the Bay of Chaleur area.

"We are talking about the fight against poverty and the social reintegration of women

who use L'Émergence's services. They will always work in the back room, to preserve their anonymity.

The workshop/boutique can also serve other community organizations. Other people (other than the women benefitting from the services of L'Émergence) can come and work there. In addition to the popular education mission, we will give a second life to used goods, whether through recycling and what is often referred to as upcycling," explains Nancy Gough.

Some donated items find a second home, while others will be transformed at the workshop area of the resource centre. An example of this transformation would be a kettle or a lamp, after a few touch-ups.

"We will start with four jobs, a manager, a programming agent and two sales clerks. These will be permanent jobs. Other jobs will be added depending on the development of the project! We will need people to run workshops, collect and sort out donations, and deliver purchases. We have on the table a plan to buy a cube truck with a partner in the region. Our goal is to add two more jobs for the workshops. For the start-up, the L'Émergence team will take on these tasks until the project becomes self-financing," explains Nancy Gough.

In addition to managing the home for women and children who are victims of violence, L'Émergence owns Maison Mary-Grace, with 11 transitional housing units providing a decisive step in the recovery towards a normal life.

The women staying at Maison Mary-Grace will work in the back store to en-



Photo:G. Gagné

L'Émergence director Nancy Gough assures that within three years, the Ressourcerie Baie verte will have reached a self-financing stage.

sure confidentiality and reduce security issues," says Ms. Gough.

The amount of time the women work will vary and the method of hiring will vary according to each case, "the objective being to prepare them for integration into the labour market outside the workshop-boutique," she said.

The women hired from the community who do not need anonymity will work with the public. L'Émergence wants to create partnerships with other organizations to meet certain needs as the *Ressourcerie Baie verte* grows.

"The partnerships will also be used to recruit participants in knowledge transmission workshops open to the community. (...) With that

kind of partnership, we want to create a feeling of belonging, stimulate pride. We want to value people and objects, establish partnerships with other sections of society that are vulnerable, all through the reduction of the ecological footprint. We want something good for the workshop/boutique, and possibly shipping things internationally, to help people in need elsewhere," she notes.

The building that will house the resource centre is a former fabric store currently undergoing renovations, at a cost of \$235,000, which is about half of the whole project's tab. L'Émergence acquired the building for \$92,000, which is part of its \$133,000 investment in the project.

A number of other organi-

zations will participate in the funding, including the MRCs of Avignon and Bonaventure, who are contributing \$120,000, Caisses Desjardins, \$25,000 from their community fund and La Ruche Desjardins will contribute \$12,500.

Other contributors will be announced at a later date. Ms. Gough stated that L'Émergence will take out a mortgage of \$30,000 if necessary.

"We will receive donations. The promotion of the project has not yet started. There will be an appeal to the community. In three years, it will be self-financing. We feel that the community is behind the project," she notes.

The workshop/boutique is scheduled to open on September 27.

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Reflections

by

Diane Skinner Flowers



Fudgsicle theory

"What we eat has changed more in the last 40 years than in the previous 40,000." Eric Schlosser

Talking to friends and family about how things used to be, we often mention that food is not what it used to be. We recall our grandmother's homemade bread hot out of the oven and slathered with real butter. We talk about homemade squares and cookies and even though we try out the recipes they just don't taste the same.

The other topic of food discussion is the downside or long-term health effects of eating foods that contains so many preservatives, often words we can barely pronounce and certainly do not know what they are – or what effects they have on our body over the long term. I picked up a loaf of bread today and it contains, after flour, water, sugar, oil, salt, and vinegar these ingredients: calcium propionate, Sodium stearoyl-2-lactylate, Acetylated tartaric acid and esters of mono and glycerides. Yum.

Another discussion often touches on the foods we buy and how they do not taste like they used to. I call this 'Fudgsicle theory.' When I was young fudgsicles were delicious creamy treats that practically melted in your mouth as you ate them. Rich, flavourful and most likely containing only ingredients that we can pronounce and are familiar with. Ingredients such as milk, sugar, and chocolate.

However, this big change in fudgsicles happened slowly, likely over years and we did not notice! Here is how the theory explains how we got to the fudgsicles we buy today that are barely edible.

Year One: The company adds an ingredient that preserves the fudgsicle. The customer cannot tell the difference in flavour.

Year Two: The company cuts down on using real milk because it is cheaper to use milk substitutes. The customer cannot tell the difference in flavour or texture because it is one step away from last year's fudgsicle.

Year Three: The fudgsicle company adds two more chemicals that are needed to preserve the milk substitute. The customer can taste little difference in this year's fudgsicle.

Year Four: The company uses liquid sugar, because it increases their profits. Again, it is only one step different from last year's fudgsicle.

Year Five: One more change to increase profits is made to the fudgsicle. The customer does not taste any difference from last year's fudgsicle.

I have condensed the timeline for the changes in fudgsicles and I cannot be 100% certain what ingredients were changed and when, but it is the idea that the fudgsicle was changed bit by bit over time. Each time this happened we did not detect a difference in taste.

If you could taste a fudgsicle from 40 years ago and right after, eat one that is available today you could tell in an instant how vastly different they are. I call this 'Fudgsicle theory' and it is not the only food that has been changed over the years, one ingredient at a time.



Château Dubuc de Chandler: Request for help in unison

Nelson **Sergerie**,
LJI Journalist

CHANDLER - The mayoress of Chandler and the Parti Québécois are asking for help from Quebec to protect the Chateau Dubuc.

The building, a witness to the town's industrial history, is under threat as the protective wall is heavily damaged, making it vulnerable to storms next fall.

Questioned, Louise Langlois says it will take help from Quebec. "It's the only living heritage that remains from Chandler's industrial history. It is cited as a heritage site by the town and the MRC," she says.

The costs would be a minimum of \$1 million to protect this building while and front porch is practically in the sea. The bill could even go as high as \$3 million.

Several representations were made. Quebec is prepared

to foot 20% of the bill and Ottawa considers it a provincial matter.

"It takes a miracle solution, a very strong will on the part of the Quebec government to help us save this building or at least protect it from storms," says the elected official who discussed last July 15 with the Ministry of Culture.

The century-old building bears witness to the presence of the newsprint industry in Eastern Quebec. J. Alfred Dubuc invited American and European personalities there at the beginning of the last century. Nicknamed the King of Pulp, he ran a multinational that had factories in Chandler, Val-Jalbert, Chicoutimi and Port-Alfred, in Saguenay-Lac-Saint-Jean and in Brooklyn, in the United States. Rising to the upper echelons of American finance, he ended his career as a member of the House of Commons.

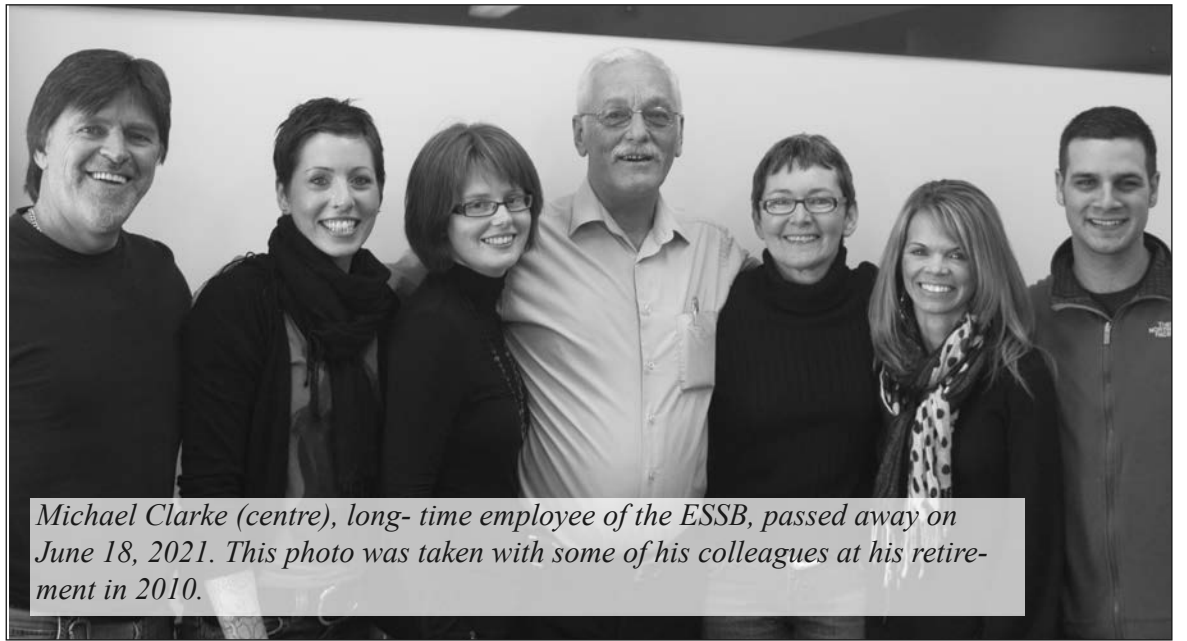
Ms. Langlois is asking for

the same support as that accorded to Percé, which rebuilt its coastline at a cost of \$20 million in the Anse du Sud sector. The work was completed in 2018.

The president of the Parti Québécois in Bonaventure is also asking the minister to act quickly.

Alexis Deschênes sent a letter to Nathalie Roy on July 27 in which he called for serious measures to save this heritage home, recalling that the Minister has the power to order any measure to prevent the situation from worsening.

"The current programs do not seem to answer the problem. The government announced the Blue Spaces, but it doesn't seem to be declining fast enough to save the day. The Minister has power under the Act. She has the power to intervene in an emergency situation like this. That's what we're asking," says Deschênes.



Michael Clarke (centre), long-time employee of the ESSB, passed away on June 18, 2021. This photo was taken with some of his colleagues at his retirement in 2010.

Photo: Courtesy of ESSB

Michael Clarke: Advocate for education

Diane **Skinner**

Michael Clarke, who was a resident of New Carlisle and a long-time employee of the Eastern Shores School Board passed away on June 18, 2021. Michael was born on Entry Island in the Magdalen Islands. He attended elementary school on Entry Island, and he attended Gaspé High School. He went on to receive his Bachelor of Education from McGill University in Montreal.

His first job was fishing lobster and then he did some supply teaching. This led him to a lifetime career in education. He taught at Entry Island School where he was also Head Teacher and at New Carlisle High School, Shigawake Port Daniel School, and the Hopetown Adult Edu-

cation Centre.

The next part of his career was in educational administration at the ESSB offices. In 2001 Michael oversaw New Education Reform and in 2004 he became Director of Educational Services. In 2010 he retired and in 2014 he became a school board commissioner.

His work colleague and friend, Ken Ward, Coordinator of Adult and Vocational Learning (retired), tells Spec that Michael was a strong advocate for education. If students chose not to attend CEGEP, Michael would encourage them to learn a vocational trade such as Mechanics or Home Care. He promoted educational opportunities for both youth and adults.

His other accomplishments include being a member of the Good Samaritan Lodge and

President of the Chaleur Bay Shrine Club. Michael enjoyed carpentry and spending time at his garage talking with his many good friends. He also did a bit of farming with his horse, Hide-eh.

Michael loved to spend time with his family, including his wife Linda; his children Jason and Gracie; his grandchildren Adam, David and Brynleigh; his step-grandchildren Kahina and Liam; and the rest of his family.

Most people called him Mike and even though he was born on Entry Island and spent his childhood there, he considered New Carlisle home.

Linda, his wife, and his family have been so touched by all the stories relayed to them since Michael's passing which often mention his kindness to others.

Jasmine Savard, florist and artist

Diane Skinner

NEW CARLISLE: - Jasmine Savard, who has been living in New Carlisle for the past four years owns a home-based floristry business. She describes Amicalement Végétale as being a flower and crafting shop. Jasmine offers all the services of a normal florist, including pick-up or delivery in the New Carlisle area.

When she introduced herself, she explained that her first name, Jasmine, was chosen because of her older sister who loved the movie Aladdin and in particular the character, Jasmine. Her parents agreed that it was a beautiful name and so she was named for the lovely Princess Jasmine.

The name of her business came from her imagination, and she explained that because she crafts and creates with végétal, (referring to any cultivated plant) and



Florist and artist Jasmine Savard creates attractive and colourful floral arrangements. She says that her most requested flowers are roses and that "they will remain the queen of the flowers for a long time."

Photo: J. Savard

items from nature it seemed a perfect description. Amicalement means friendly,

which Jasmine certainly is. Jasmine is professionally trained in floristry at the Hor-

tical Centre in Montreal. She describes her floral creations as a combination of her formal training and her own artistic skills.

It is not possible for Jasmine to grow her flowers all year, so she orders from a wholesaler in Quebec City, who imports flowers from Holland and other places in warmer climates. She adds, "I also love to use everything the forest can provide!" Jasmine uses recycled items whenever she can.

When asked what her most popular flower is, she replies, "Roses! They will remain the queen of the flowers for a long time." Jasmine's personal favourite flowers are the Celosia Cristata and the Celosia Plumosa, two distinct flowers from the same family in shades of fuchsia and orange. She describes the first as looking a bit like a rooster's comb and the second like a feather. She says, "I know it

sounds weird, but if you google them, you can see what I am describing."

Customers can call her any day of the week and she likes to meet or speak with her clients to better know what they want. Calling or contacting her ahead of time gives her time to create her bouquets and arrangements. She adds that this makes the client's order more personal.

Jasmine is very excited to be expecting her first child and wants to thank her fiancé "for supporting me every day through my wildest dreams. I love you with all my heart and soul."

She offers bilingual service at 514-463-8992 and on Facebook search Amicalement Végétale. She concludes by saying, "Chaque bouquet est une oeuvre d'art. Art réalisé en harmonie avec la nature et le recyclage. Each bouquet is a piece of art. Art is made in harmony with nature and recycling."

Wild Raspberries

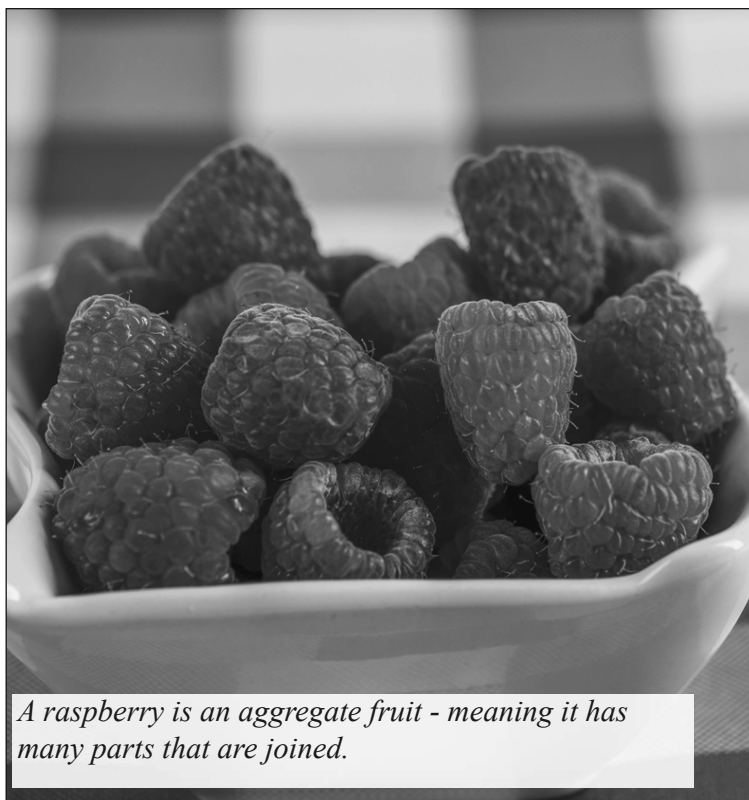
Diane Skinner

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

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

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

Raspberries can be eaten fresh or used as an ingredient in muffins, pies or cakes, cereal, juice, and jam. After picking wild raspberries it is best to use



A raspberry is an aggregate fruit - meaning it has many parts that are joined.

them quickly as they do not last long. Raspberries are an excellent source of fibre, vitamins C, E and B9, which is also called folic acid. In addition, they contain healthy minerals such as magnesium and manganese. The phytonutrients in raspberries can be effective in treating high blood pressure and inflammation of the joints. There is some scientific evidence that they can benefit the function of your liver.

The leaves are compound and are usually made up of from five to seven leaflets. They have a toothed edge and

are green on the upper side and silverish underneath. Raspberry leaves can be used fresh or dried to make herbal tea. Some people claim that raspberry tea can be used for health benefits, but no study yet confirms this. Drink raspberry tea if you enjoy the flavour!

Raspberries can also be used to derive ketone which is used for making shampoo, creams and lotions and perfumes. Studies have shown benefits for preventing kidney stones by using the root of young raspberry plants. The raspberry, like many other

plants has numerous uses.

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

The SAAQ sells Smirnoff

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

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

Announcements...



In Memory



RENOUF: Lester

In loving memory of my dear husband, father, grandfather and great-grandfather who passed away August 4, 2014.

*Your gentle face and pleasant smile
With sadness we recall, you had a kind word
For each and died beloved by all.
It's sad to walk the road alone,
Instead of side by side,
But you gave me love and happiness.
I will treasure through the years.
It broke my heart to lose you,
But you did not go alone,
Because Lester part of me went with you
The day God called you home.*

Always remembered and sadly missed by wife Yvonne; children Darlene (Luc), Darin (Joan); grandchildren Alexandra, Daniel and Christopher (Bethany) and great-grandchildren, nephews and great-nephews. Love you always. xxoo

Grenier, Grenier & Grenier

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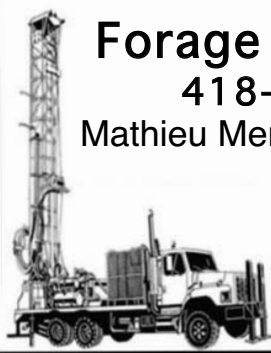


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COAST ROUND-UP

YORK:

York ACW

Please be advised that the York ACW will not be holding its summer sale and tea. As the situation improves we hope to see you all on November 20 for our Christmas sale and tea. Confirmation will come as we get closer to the date.

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 out-

side 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.

GASPE:

Gaspé County WI

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.

CORNER OF THE BEACH: Local Market

August 7: There will be a local market with flea market and garage sale items from 9 a.m. to noon. Tables are available to rent for \$10. Contact Sandy at the Barachois and Area Development Committee at 418-645-2874 for

more information. All COVID-19 requirements will be met.

NEW CARLISLE:

Heritage New Carlisle Afternoon Tea

Every Wednesday 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 the outdoor balcony. \$10 for adults and \$7 for children under 12. A reservation is required 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 run-

ning at all times during the tea. Also, windows and doors will be open for maximum air flow.

NEW CARLISLE:

Drive-In Gospel Meetings

Meetings at Fair Haven Bible Campgrounds. 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.

BLANKET CLASSIFIEDS

WARD'S & BUD HAYNES FIREARMS AUCTION, Saturday, August 21, Edmonton,

Alberta. Hundreds of Lots in all Classes. www.WardsAuctions.com. Call Brad 780-940-8378; Linda 403-597-1 095 to consign.

UNITED CHURCH

Sunday, August 8

2 p.m. Hope Town

ANGLICAN CHURCH OF CANADA

Sunday, August 8

New Carlisle

10 a.m. Morning Prayer

Shigawake

3 p.m. Evening Prayer

Port Daniel

11 a.m. Holy Eucharist

PARISH OF GASPÉ

Sunday, August 8

St. Paul's - Gaspé

10:30 a.m. Holy Eucharist

**DEADLINE FOR THIS PAGE:
WEDNESDAY AT 4 P.M.**

*Please send your Classified
or Coast Round-Up to:
holly.smith@globetrotter.net*

TIDE PREDICTIONS

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New Richmond

Saturday, August 7
02:25 a.m. - 2.20m ↑
09:15 a.m. - 0.40m ↓
02:50 p.m. - 1.60m ↑
08:11 p.m. - 0.60m ↓
Sunday, August 8
03:06 a.m. - 2.40m ↑
09:51 a.m. - 0.40m ↓
03:27 p.m. - 1.70m ↑
08:55 p.m. - 0.50m ↓
Monday, August 9
03:45 a.m. - 2.40m ↑
10:26 a.m. - 0.40m ↓
04:05 p.m. - 1.80m ↑
09:39 p.m. - 0.50m ↓
Tuesday, August 10
04:24 a.m. - 2.50m ↑
10:59 a.m. - 0.40m ↓
04:46 p.m. - 1.90m ↑
10:25 p.m. - 0.40m ↓
Wednesday, August 11
05:03 a.m. - 2.50m ↑
11:31 a.m. - 0.40m ↓
05:30 p.m. - 2.00m ↑
11:13 p.m. - 0.50m ↓
Thursday, August 12
05:44 a.m. - 2.40m ↑
12:03 p.m. - 0.40m ↓
06:15 p.m. - 2.10m ↑
Friday, August 13
12:05 a.m. - 0.50m ↓
06:27 a.m. - 2.30m ↑
12:36 p.m. - 0.40m ↓
07:01 p.m. - 2.10m ↑

New Carlisle

Saturday, August 7
02:15 a.m. - 1.90m ↑
09:15 a.m. - 0.40m ↓
02:42 p.m. - 1.10m ↑
07:58 p.m. - 0.50m ↓
Sunday, August 8
02:54 a.m. - 2.00m ↑
09:51 a.m. - 0.40m ↓
03:23 p.m. - 1.20m ↑
08:45 p.m. - 0.50m ↓
Monday, August 9
03:32 a.m. - 2.00m ↑
10:26 a.m. - 0.30m ↓
04:03 p.m. - 1.30m ↑
09:32 p.m. - 0.40m ↓
Tuesday, August 10
04:10 a.m. - 2.00m ↑
10:58 a.m. - 0.30m ↓
04:43 p.m. - 1.40m ↑
10:20 p.m. - 0.40m ↓
Wednesday, August 11
04:50 a.m. - 2.00m ↑
11:31 a.m. - 0.30m ↓
05:25 p.m. - 1.50m ↑
11:09 p.m. - 0.40m ↓
Thursday, August 12
05:30 a.m. - 1.90m ↑
12:03 p.m. - 0.40m ↓
06:08 p.m. - 1.60m ↑
Friday, August 13
12:01 a.m. - 0.40m ↓
06:13 a.m. - 1.80m ↑
12:37 p.m. - 0.40m ↓
06:54 p.m. - 1.60m ↑

Gaspé

Saturday, August 7
01:48 a.m. - 1.70m ↑
08:53 a.m. - 0.60m ↓
02:09 p.m. - 1.10m ↑
07:33 p.m. - 0.60m ↓
Sunday, August 8
02:26 a.m. - 1.80m ↑
09:29 a.m. - 0.60m ↓
02:47 p.m. - 1.10m ↑
08:15 p.m. - 0.60m ↓
Monday, August 9
03:04 a.m. - 1.80m ↑
10:04 a.m. - 0.50m ↓
03:27 p.m. - 1.20m ↑
08:58 p.m. - 0.50m ↓
Tuesday, August 10
03:42 a.m. - 1.80m ↑
10:39 a.m. - 0.50m ↓
04:07 p.m. - 1.20m ↑
09:44 p.m. - 0.50m ↓
Wednesday, August 11
04:20 a.m. - 1.70m ↑
11:11 a.m. - 0.50m ↓
04:49 p.m. - 1.30m ↑
11:36 p.m. - 0.50m ↓
Thursday, August 12
04:59 a.m. - 1.90m ↑
11:40 p.m. - 0.50m ↓
05:31 p.m. - 1.40m ↑
11:35 p.m. - 0.60m ↓
Friday, August 13
05:42 a.m. - 1.50m ↑
12:09 p.m. - 0.60m ↓
06:15 p.m. - 1.40m ↑



ARIES – Mar 21/Apr 20
Aries, feelings of nostalgia may come over you this week, prompting you to look at old family movies or thumb through photo albums. Enjoy this trip down Memory Lane.
TAURUS – Apr 21/May 21
It is good to remain positive and keep an open mind, Taurus. Maintain your optimistic attitude and others will soon gravitate toward you.
GEMINI – May 22/Jun 21
Take heart that many people around you are experiencing extreme emotions this week, Gemini. Help them work through the situation and your efforts won't go unnoticed.
CANCER – Jun 22/Jul 22
Cancer, stand up and defend yourself when the need arises. Your reputation is beyond reproach, and for good reason. Others can be relied on to support you.
LEO – Jul 23/Aug 23
Leo, others appreciate your straightforward, no-

nonsense attitude. You'll find support by being honest at all times, so keep up the good work.
VIRGO – Aug 24/Sept 22
Virgo, you often like things to be orderly and fact-based. However, this week you may find yourself clouded by emotions. You may have to go with your heart this time.
LIBRA – Sept 23/Oct 23
Reach out to others for help with a sticky situation, Libra. Only by letting others know that you may need some support will you get friends and family to come to your aid.
SCORPIO – Oct 24/Nov 22
Scorpio, you can't always assume that people will be in tune with your needs. You may need to advocate for yourself if you want help along the way.
SAGITTARIUS – Nov 23/Dec 21
Don't jump too quickly into making decisions this week, Sagittarius. Take some time to consider a situation and then form your opinion.
CAPRICORN – Dec 22/Jan 20
Capricorn, don't avoid emotional topics right now, even if you're tempted to run in the opposite direction. Facing a strong challenge will make

you much stronger.
AQUARIUS – Jan 21/Feb 18
To reveal the truth about something, tap into your psychic abilities, Aquarius. It may cause others to be a bit uncomfortable, but it is important to clarify things right now.
PISCES – Feb 19/Mar 20
Pisces, when dealing with powerful, opinionated forces, including your own, it's best to keep a level head and remain patient.

FAMOUS BIRTHDAYS

AUGUST 1
JJ Hannon
Singer (20)
AUGUST 2
Kevin Smith
Director (51)
AUGUST 3
Martha Stewart
Entrepreneur (80)
AUGUST 4
Daniel Dae Kim
Actor (53)
AUGUST 5
Jesse Williams
Actor (40)
AUGUST 6
Robin van Persie
Athlete (38)
AUGUST 7
Charlize Theron
Actress (46)



Dr. Pascal Cyr
Optometrist



Dr. Stacey Starrak
Optometrist

CLINIQUE D'OPTOMÉTRIE L'ÉMERILLON

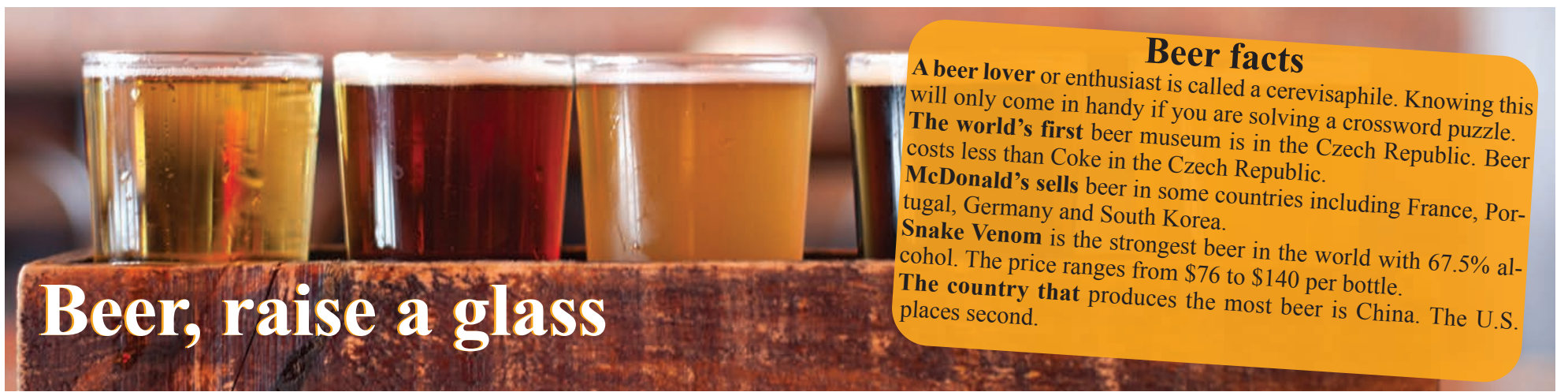
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Beer, raise a glass

Beer facts
 A beer lover or enthusiast is called a cerevisaphile. Knowing this will only come in handy if you are solving a crossword puzzle.
 The world's first beer museum is in the Czech Republic. Beer costs less than Coke in the Czech Republic.
 McDonald's sells beer in some countries including France, Portugal, Germany and South Korea.
 Snake Venom is the strongest beer in the world with 67.5% alcohol. The price ranges from \$76 to \$140 per bottle.
 The country that produces the most beer is China. The U.S. places second.

Diane Skinner

Beer is one of the most widely consumed, and oldest, alcoholic drinks in the world. Beer is typically brewed from cereal grains, the most common being barley though other grains may be used such as oats, rice, wheat and corn.

History of beer

The earliest record of beer being made was about 7,000 years ago by the ancient Sumerians. It is believed that this culture discovered fermentation (process in which sugars are converted to alcohol) by accident. Bread was crumbled into a 'mash' and then a drink made from that. It is recorded that it made people feel "blissful."

The brewing processes

The processes used in making beer are malting (leaving grain in water), milling (cooking the grain), separation, adding hops, cooling, fermenting



Beer made on the Gaspé by Pit Caribou and Naufrageur are very popular, and you can tour their brewing facilities:

Photos: D. Skinner

tation by addition of yeast, aging, and packaging.

The act of making beer is called brewing. Warm water is added to barley or other grains. This changes the barley or other grains into a kind of sugar called mash. The water is

drained from the grain and boiled. Hops, specifically the flowers from the hops plant, are added to this. The hops add flavour and preserve the beer. After boiling, this mixture is cooled and then yeast is added. The yeast turns the sugar into

alcohol.

Different types of beer include ale which is made by using the top fermenting yeast; Lager that uses bottom fermenting yeast; Malts use different types of cooked barley which produces a variety of colours and flavours.

In short, making beer involves converting grain to sugar, extracting the sugar with water, and fermenting with yeast.

Kinds of beer

Normal beers have around 3 – 5 % alcohol, but that can be made more or less quite easily. Light beers start at 2 % alcohol and extra strong beer can contain up to 16 % alcohol. Beers that are termed dealcoholized may contain less than 1 % alcohol.

Beer Route Microbreweries

Over one hundred craft beers (made in a small brew-

ery) can be found in the Lower St. Lawrence region, the Gaspé, the North Shore and Madeleine Islands. This is known as the Beer Route. Tourists, or locals, can follow this route and sample the various craft beers that are available from these microbreweries. These beers are made primarily from local ingredients. As a bonus to the experience, you can talk to the brewer who will tell you all about their products.

In the Percé area you can visit two of the Pit Caribou locations. There is a pub in the town of Percé and the brewery itself in Anse-à-Beaufils. They produce an award-winning beer having achieved this distinction from the Canadian Brewing Awards and the New York International Beer competition.

In Carleton-sur-Mer you can visit the Le Naufrageur microbrewery. They offer over ten distinct kinds of beer so those who enjoy a cold brew will likely find a type they like.

Cool and refreshing - gin

Diane Skinner

It's summertime and the living is easy, but it may be hot, and you might get thirsty. What is a lovely, refreshing summer drink? Try gin. Once you have your bottle of gin what drink are you going to make? It turns out that a good, quality gin can provide the basis for some lovely drinks. You can start with the simple gin and tonic with a wedge of lime, served ice cold. Gin can be used to make a whole lot more than that, but if you enjoy the simple gin and tonic go ahead and enjoy! This is your summer and your beverage, so sip away.

Gin made on the Gaspé

Two facilities on the Gaspé make their own gin. Radoune gin is made by O'Dwyer Distillerie from five different local mushrooms from Gaspésie Sauvage, a local company that sells wild mushrooms, flowers, and other plants from this region. The flavour has been described as a blend of honey and maple syrup. Marigot Distillery in Caplan makes their gin from 14 botanicals native to this region.



Gin Mojito

- 1 3/4 ounces dry gin
 - 3/4 ounce freshly squeezed lime juice
 - 1-ounce Simple Syrup
 - 1 ounce Ginger Beer
 - Mint sprigs
 - Ice
1. Muddle the lime juice, simple syrup and mint sprig. Muddling is a technique of gently mashing herbs or fruit to release their juices.
 2. Add to a shaker, the muddled mint, gin, ginger beer and ice and shake!
 3. Pour through a strainer into a tall glass which is filled with a bit more ice if needed.
 4. Garnish with a mint sprig.

Tom Collins

- This drink is light, bubbly and refreshing.
- 2 ounces dry gin
 - 1 ounce freshly squeezed lemon juice
 - Club soda
 - 1/2-ounce Simple Syrup (recipe included)
 - Ice
- Garnish: Lemon and maraschino cherry
1. Add gin, lemon juice and simple syrup to chilled glass.
 2. Fill with ice and add club soda. Stir.
 3. Garnish

Simple Syrup

- 1/2 cup granulated sugar
 - 1/2 cup water
1. Add the sugar and water to a small saucepan and place over medium heat.
 2. Stir until the sugar is completely dissolved.
 3. Cool, then pour into a glass jar and seal tightly with a lid. Simple syrup will keep if refrigerated for about one month.



The classic and very simple to make gin and tonic is a refreshing summer beverage.

Photos: Laure Noverraz

Gin and Tonic

- Gin
 - Tonic water
 - Ice
- Garnish suggestions: wedge of lime or lemon, orange peel, cucumber slice, mint leaves, rosemary
1. Chill your glass, tonic and gin. This drink is best served very cold.
 2. Use 2 parts tonic to 1 part gin.
 3. Garnish

Wildflowers of the Gaspé: orange day-lily

Diane Skinner

Wildflowers are an uncultivated variety of flower growing freely without human intervention meaning they were not intentionally seeded or planted. The Gaspé has many types of wildflowers including our famous lupines (also spelled lupins), daisies, buttercups, asters, bluebells and clover that are an essential part of our gorgeous landscapes.

The orange day-lily is a showstopper of beauty and wherever it grows it will catch your eye. This gorgeous flower is an herbaceous perennial, meaning it is an herb, so potentially edible, and blooms every year. The flowers are a vibrant orange with a paler line in the middle of the large petals. They flower from early summer until late autumn. Each of the lilies has two sets of three petals, with the inner three petals being larger than the three outer petals. They prefer full sun to open shade and



The orange day-lily is a hardy perennial that grows in woody areas, fields, roadsides and ditches. In fact, it is sometimes referred to as the ditch lily.

Photos: D. Skinner

can survive in a drought.

This plant is native to Asia, including China, Japan and Korea. They were brought to North America to be used in gardens but have 'escaped' their gardens and now grow wild across much of the U.S. and Canada. It is a very hardy plant, because it

can adapt to a variety of conditions and can spread rapidly to the point that it can be

classified as an invasive species.

An invasive species is defined as an organism that negatively alters its new environment. This can be plants or animals that when introduced to a new habitat will "bully" the native species so that they may not be able to survive. This happens when the new plant or animal is hardier and reproduces faster than the native species. In addition, because they are new to a particular habitat, they may not have any natural predators.

The orange day-lilies can be found on the Gaspé in woody areas, fields, roadsides and ditches. In fact, it is sometimes referred to as the ditch lily. It is often mistaken for native lilies that are orange wildflowers such as the Canada lily and the wood

lily. If you examine the flowers closely you can be sure it is a Day-Lily if there are two sets of three petals.

The herbaceous plant is edible, including the leaves, flowers and tubers. Tubers are the thick part of a stem that grows underground. (A potato is a tuber.) The shoots and leaves can be eaten raw or cooked when they are small. As they mature, they become too fibrous. The young tubers and flowers can be consumed raw or cooked. The dried flowers can be used to thicken soup.

Though it is an invasive species, the orange day-lily provides food for bees and a habitat for insects. It grows wild so it does not need watering or tending. In addition, this wildflower is a beautiful and colourful addition to our landscape.

Earwig update

Diane Skinner

Earwigs are back! Though not based on a scientific study, it seems there are lots around this year and some communities on the Gaspé have more than others. No, earwigs do not crawl into your ear, however we love to dislike them! They usually appear in July and August, and they always seem to find a way into our homes. Before you bring vegetables into the house, shake them to dislodge any hidden earwigs.

They are repellant, partly because they emerge from damp, dark, cool places. Despite their creepy appearance, they are not harmful to humans. Normally they are about 1.5 to 2 cm. long and their antennae are about half as long as their body. The male's antennae are long and curved, and the females are smaller and straight. The antennae provide defense from predators, and they are used to attract a mate. They have pincers at the end of their body.

They are scavengers and like to eat rotting matter, aphids, insect larvae, slug eggs and other insects. They also feed on plants, and they are cannibals and will eat each other!

If you want to keep earwigs from getting into your home, you can create a mixture to spray around the door, in cracks and around the foundation. Mix 1 gallon of vinegar, 1 cup Epsom salts and ½ cup dishwashing liquid. This mixture is also effective for ridding your property of burdocks.

If you choose to use a pesticide, be cautious because there can be other unwanted effects when using pesticides. Read directions thoroughly.

Earwigs are an insect that make us cringe, but their season is short, and they do not transmit disease. They will not crawl into our ears at night, so we just have to tolerate them for the short season they are around.



Photos: D. Skinner

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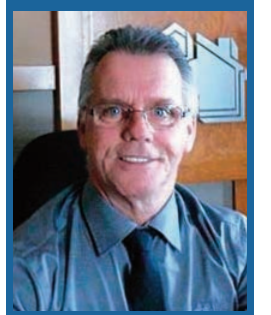
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