



Un Dek hockey pour les vacances

par Pierre HÉBERT

À moins d'un imprévu, les citoyens de Weedon et des environs devraient bénéficier d'un Dek hockey tout neuf. Au moment d'écrire ces lignes, le maire, Richard Tanguay, confirmait au journal que c'était qu'une

question de jours avant que la préparation soit terminée. L'asphaltage était complété, il ne restait qu'à recouvrir le tout et installer les bandes. Annoncé l'année dernière, le projet s'est entamé le printemps passé et aura nécessité un investissement de plus de 115 000 \$. La municipi-

palité disposait déjà d'une subvention de 57 750 \$ et elle en assume la différence. Le Dek hockey est situé au parc multigénérationnel à Weedon, juste derrière le terrain de tennis et à proximité de l'aréna. Le terrain respecte les normes et sera en mesure d'accueillir des



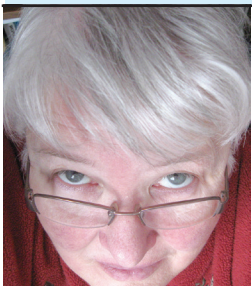
ARCHIVES INTERNET

Voici à quoi devrait ressembler le Dek hockey une fois complété.

compétitions, d'exprimer le maire. La municipalité avait annoncé, l'année dernière, deux projets soit le Dek hockey et un Pump track. Il s'agit d'une piste avec des modules adaptés pour les vélos, patins à roues alignées et tout ce qui est sur roues. Le parcours devrait être adapté pour les 10 ans et moins. « Le Dek hockey a pris tout le budget », d'expliquer le maire. Toutefois, il ne renonce pas au projet pour autant et ajoute que la municipalité cherchera un moyen de le réaliser ultérieurement.



Voici l'état de préparation du Dek hockey au moment d'écrire ces lignes.



Rachel WRITES

by Rachel GARBER

CRAZY

"Oh those lazy, hazy, crazy days of summer!"

Any farmer can tell you that's a misnomer. Summer is never lazy on the farm. It is always crazy busy. But for decades, the days of summer have definitely been hazy.

Now and then our days are hazy because of smog that drafts our way from the city. But more regularly, the haze is caused by spraying herbicides or pesticides in our fields. And that adds a whole new breed of crazy to summer. Glyphos crazy.

Whether it's Roundup or Glyphos, the active ingredient is the same: Glyphosate. The crazy thing is, you don't just have to look in your kitchen cupboards to find it.

In 2017, the Canadian Food Inspection Agency reported traces of glyphosate in about 30% of the 3,100 samples of food products it tested, and levels above the recommended limits in nearly 4% of grain products. Here's a bit of what they found:

In 869 samples of grain products, 37% contained glyphosate, and 4% showed levels higher than the maximum limit set by Health Canada.

In the same amount of bean, pea, lentil, chickpea and soy products, 47% contained glyphosate, and 0.6% had levels above the maximum limit.

And in 127 samples of baby food, nearly 31% contained low levels of glyphosate, as did 32% of baby cereal.

Of course, glyphosate is not the only herbicide or pesticide to find its way into our food. In the US, the Environmental Working Group published a list of the "Dirty Dozen" fruits and vegetables most likely to contain high levels of pesticides. They are, in this

order: strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, and a bonus, hot peppers.

The EWG gave two other cautions: raisins and hummus. EWG experts reported that 99% of 700 raisin samples tested contained traces of two or more pesticides. One sample had 26 different pesticides. Hummus and chickpeas may also contain trace amounts of pesticides. The EWG fingered Whole Foods Market's Original Hummus as containing 15 times its benchmark for glyphosate.

Glyphosate and other chemicals are used in large-scale commercial farming. To avoid them, buy produce that is grown organically, the EWG advises. As a plus, several studies have shown that organic produce contains significantly more antioxidant polyphenols than produce grown conventionally. These antioxidants can help reduce the risk of chronic diseases such as cardiovascular disease and some cancers.

But back to our celebrity. A 2019 article in Environmental Health reviewed the evidence of human exposure to glyphosate. It's present in human urine samples, in a wide variety of situations, more usually in rural settings. The gaps in data obtained by the 19 studies reviewed, however, begs for further research.

Glyphosate's use in farming has expanded over the past decades. It's used as a herbicide during the growing season. It may also be sprayed on grains and beans as a drying agent, just before harvest. That's why oats, wheat, or lentils, for example, can contain so much of it.

Does that turn your stomach? You might be interested in the Institute for Responsible Technology's petition for companies to stop this practice – companies including Campbells, General Mills, Quaker Oats, Kraft, Heinz, and Nestle. You can find the petition at <https://responsibletechnology.salsalabs.org/>.

"The widespread use of glyphosate is contaminating the environment and the food we eat. Research shows that glyphosate is persistent and that buffer zones are not necessarily effective in preventing run-off to streams." So said Louise Hénault-Éthier, science projects manager at the David Suzuki Foundation.

Ok, this chemical is in our environment, in the food we eat, and in our bodies. So what's the evidence that it is harmful?

Well, Bayer, the new owner of Roundup, has more than \$12 billion in lawsuits and settlements – done judgments - supporting a link between glyphosate and non-Hodgkin's lymphoma.

Many researchers also consider glyphosate to be a potential en-

docrine disrupter, interfering with the body's developmental, reproductive, brain, immune, and other systems, wrote Hénault-Éthier.

Last June, Scientific American reported lab research showing that Roundup kills human embryonic, placental and umbilical cord cells, even at concentrations much more diluted than those used on farms.

Ok, my hair is now crazy curly. Why in the world do we tolerate the use of Roundup and Glyphos?

CONCERT IN THE PARK

Next in the series of monthly Concerts apéros in the Parc des Braves, Cookshire, is a concert by a Brass Quintet on Sunday, August 9, at 5 p.m. The musicians are Stéphane Beaulac and Benjamin Raymond (trumpets), Gabriel Gauthier-Beaudoin (horn), Martin Ringuette (trombone), and Jean-Philippe Dutil (tuba).

Audience members are invited to give a voluntary donation, and are asked to keep a two-metre distance between families, in order to respect public health recommendations. In case of rain, the concert will be in the Victoria Hall, 125 Principale West.

ART EXHIBIT

At the Cookshire-Eaton Art Gallery, the exhibit Les fantômes de l'inconscient (Ghosts of the Unconscious) by Grégoire Ferland, will open after mid-August, due to renovations in Victoria Hall.

GARDEN MARKET

Producers, artisans, music, pizza, bread and more await you at the Sawyerville Farmers' Market at the Sawyerville Community Garden on Saturdays, 10:30 a.m. to 1 p.m., till September 26.

CHURCHES

Baptist. Contact Pastor Michel Houle at 819-239-8818.

Anglican. Until at least September, Bishop Bruce Myers offers Home Prayers on Sunday mornings at 10:30 a.m. on Facebook, and at quebec.anglican.ca (see Worship Videos). Info: 819-887-6802, or quebec.anglican.ca.

United. Written services are offered by email, mail, at the back door of Trinity United Church (via ramp) or at Sawyerville United Church (on freezer), or posted on Facebook: United Eaton Valley Pastoral Charge. Pastoral care: Rev. Tami, 819-452-3685, except August 16 to 30, when persons in deed may reach Bob Halsall at 819-875-3601. Sunday services are to resume September 6, either in-person or in-home. Info: 819-889-2838 (listen to the message).

Do you have news to share? Call 819-300-2374 or email rawrites@yahoo.com by August 10 for publication **August 19**, and by August 24 for **September 2**.