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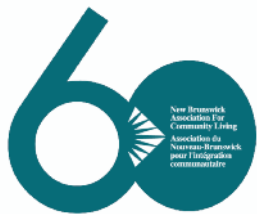


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# NBACL Celebrates 60 Years, Wins Award!

The New Brunswick Association for Community Living (NBACL) is a provincial, non-profit organization that works with and on behalf of children and adults with an intellectual disability and their families.

Established in 1957, NBACL works to build inclusive communities where children and adults with an intellectual disability can live, learn, work, and play. We work in areas across the lifespan – from early learning and child care to will and estate planning, changing lives, changing communities, and defending rights. At NBACL, we do “whatever it takes, for as long as it takes.”

The concept of inclusion involves the values of belonging, acceptance and citizenship. People are seen to be and are assisted to be members of regular school communities, workplaces, child care centres, community associations and recreation and leisure activities. Communities learn to welcome citizens who may be excluded. The needs of people with disabilities are met through generic programs, with such essential supports provided as necessary.

NBACL was just awarded the 2017 Globe and Mail Employee Recommended Workplace. What a nice way to celebrate their 60th anniversary! NBACL has more than 60 employees in seven different offices: Miramichi, Moncton, Fredericton (head office), Bathurst, Saint John, St Stephen and Edmundston.

Working in the Miramichi office, you will find Amanda Donahue who is a Transition Facilitator. Amanda assists high school youth with an intellectual disability to make successful transitions from high school to adult life, and from school to work transitions.

Sarah Walsh is an Employment Coordinator for Miramichi/ Nguac. Sarah works to facilitate employment opportunities for job seekers with an intellectual disability. Sarah also works closely with employers in the community

to create a rapport between them and the job seekers.

Sophie Sarrazin-Woodley is an Early Learning Inclusion Facilitator who provides on-site support and professional learning to provincial, inclusive early learning and childcare environments in different areas of New-Brunswick.

Tammy MacTavish is the Manager of Early Learning & Family Support. She supports a team of six Early Learning Inclusion Facilitators to develop and facilitate on-site support and professional learning for staff in provincial inclusive



**Left to right:** Amanda Donahue, Sophie Woodley, Sarah Walsh and Tammy MacTavish proudly displaying the 2017 Globe and Mail Employee Recommended Workplace Award.

early learning and child care programs; and two Family Support Facilitators who work with families and individuals to access appropriate supports and services.

The Miramichi office is located at 1750 Water Street. If you would like to know more about programs and services offered by NBACL, please call 1-866-622-2548.

*Cover Photo: Fall Flowers submitted by Cathy Martin.*

*Giv'er is about enjoying your day, giving it your all, putting some muscle behind it, giving it some gas, all the while staying true to good Miramichi values. Our collaborative mindset is contagious. Send us your good stuff to talk about on the river! We're looking for events, stories, celebrations, pictures and video links about what's up, what's new, what's happening. Keep it clean, keep it positive, and we'll promote it.*

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# EVENTS

## Sept. 29-30: Quilt Show & Market

The Miramichi Quilt Guild's annual quilt show is Friday 10am to 8pm and Saturday, 10am to 5pm in the Exhibition Bldg. at 24 Church Street, Chatham (use the John Street Entrance). Admission is \$5 per person. Come view our many quilts on display (some for sale), purchase a ticket on our Canada 150 quilt, stroll through the guild market place, view the bed turning - each quilt has a story, and enjoy a hot beverage with sweets in our tea room.



## Sept. 30: Annual Pumpkin Fling

Presented by Engineers and Geoscientists New Brunswick (APEGNB), NBCC Miramichi and Sunny Corner Enterprises, the APEGNB Pumpkin Fling was conceived by members of the APEGNB's Northeastern Branch as a way to encourage kids to pursue careers in science and engineering. Prizes are awarded for those pumpkins that land closest to the trampoline target in the river. At Waterford Green in Chatham, from 10am to 3:30pm we'll have pumpkin painting, pumpkin auctions and a gourd roller coaster. Afternoon mini-events including Pumpkin Rebounder, Pumpkin Bowling, Pumpkin Toss, Angry Pumpkins and Plinko boards and new this year Pendulum Wave Pumpkins - things get more science every year!

## Oct. 7: Thanksgiving Brunch and Pie Sale at Darlene's

Brunch plate includes egg with hollandaise sauce, sausage, toast, baked beans, hash browns, meat roll, muffin and tea or coffee for \$12, from 9am to 2pm. There will be homemade pies for sale along with jams, preserves and crafts. 186 Barnettville Rd, Blackville. Tel: 506-843-7878.



## Oct. 14: Food Truck FEASTival

Join us on Waterford Green, 11am - 7pm to feast on a variety of scrumptious food truck offerings. There will also be a vendors market, live music, and children's activities. Free admission! Vendors call 622-6565.

## October 19: Chamber Business Award Gala

At Riverside Entertainment Center, 6pm, reserve your spot at [www.MiramichiChamber.com](http://www.MiramichiChamber.com)

**Nov. 4: Christmas Craft Sale at Seaman's Hospital** Miramichi Heritage Inc. will be hosting a Christmas Craft Sale at the newly renovated Seaman's Hospital from 9:30 am to 3pm. Drawing for our raffle quilt at noon. Refreshments available. Wheelchair accessible entrance. 12 Vye Street, (Douglastown) Miramichi.



## Nov. 7: Lest We Forget

To mark Remembrance Day, Words on Water presents Lest We Forget, a tribute to the soldiers of World War War 1. The evening will feature a slide show presentation and readings by local actors from John Crawford's book War's Disgrace. At the Rodd Hotel on Water Street, 6:30pm.

## Nov. 18: Baked Beans Supper

Miramichi Worldwide will be holding a baked beans/wieners supper with brown bread and dessert on Saturday, from 4 - 6pm at the Royal Canadian Legion, Chatham. All are welcome and cost is a free-will donation. Proceeds go towards our project in Rwanda in January, 2018 where we will be building a community center.



## Nov. 18: Annual Downtowns City Craft Sale

Hosted by the Miramichi Folksong Festival at Beaverbrook Kin Centre, 100 Newcastle Blvd, 10am to 2pm. Door prize, lunch room and vendors. Reserve a table by calling 506-622-1780

## Nov. 25: The Gerry Cormier Memorial Christmas Concert.

At St Mary's Church, 7pm, 360 Newcastle Blvd. Admission is a free will offering.

## Dec. 3: St. Mary's Annual Christmas Craft Sale and Tea Room,

11 am to 2pm in Parish Centre, 360 Newcastle Blvd. Call 622 - 1780 to book a table. Draw for Queen size quilt donated by Bertha Duda.

## Seniors Card Games

Seniors are invited to play Auction 45's at the newly renovated Seaman's Hospital (Miramichi Heritage Inc) on Tuesdays beginning September 26 at 1 PM until 3 pm. Come join us for some fun. See you there!

## Quilting Group

Friends of Seaman's Hospital will resume their sewing and quilting group every Wednesday beginning September 6th at 9:30 am to 3:00 pm. Weekly dues only \$3.00. Bring your lunch and project. All welcome at the newly renovated Seaman's Hospital, 12 Vye St, Douglastown. See you there!

**Find More Events**  
[www.mightymiramichi.com](http://www.mightymiramichi.com)



# City Hall Updates



## PUBLIC WORKS

Leaf pick-up will also take place this fall, mid-October is the target, dates and times to be announced on the website and in the paper. As in the past, dumpsters will be placed at Mitchell Street, Loggieville Community Centre, parking lot at the corner of Timmerman Street & Pollard Boulevard



## ENGINEERING

The engineering department has several capital initiatives that are on-going or to be tendered;

- Station wharf rehabilitation
- CFB Chatham water system upgrades
- Chlorine centralization for the Chatham water system
- UV disinfection for the Newcastle wastewater lagoon
- Douglastown water system upgrades with the installation of a transmission line and Rennie Road standpipe decommissioning.
- Sunnyside Avenue storm system upgrades
- New traffic lights at Boston Pizza
- Upgrading traffic lights on King George Highway at Sobeys Entrance



## COMMUNITY WELLNESS & RECREATION

The Fall/Winter brochure is available on the City website, [miramichi.org](http://miramichi.org).

**Seniors:** Check out the New “use it or Lose It” program at Golden Hawk Recreation Center.

**Youth:** Check out the New “Youth Field Hockey” program at the Linden Recreation Center.

**Swimmers:** Synchronized Swimming is Back, check out the details in the brochure or call Aquatics Coordinator at 623-2314.

The **Zip Line** will continue operation until Thanksgiving Monday. Hours may be adjusted due to strong winds and close at dusk. Be sure to come out and see the Fall Foliage from Over the Cove.

**Boaters** are reminded that the docks will be removed in early October as the parks are closed down for the season.

A **new playground** structure will be installed at Benson Park this fall.

The **Accessible Playground at Ritchie Wharf** is now opened. This was funded by the Rotary Club of Chatham, who contributed \$100,000.00 to the project.



Questions or Concerns about  
City Programs and Services?  
Contact Us:  
Phone: 623-2200  
Website: [www.miramichi.org](http://www.miramichi.org)



# Harkins: A Name to Remember

by John Bosma

I wonder what John Harkins would think about the closing of the Harkins School complex this past December. I would like to believe he was impressed with the almost 150 years of education that Harkins Seminary, Harkins Academy, Harkins Academy High, Harkins Jr. High and Harkins Middle schools provided to students from across the Miramichi area. Perhaps John Harkins would, at the very least, reflect on why, where and when these schools had their beginning.

The establishment of Harkins Academy was the dream of John Harkins. Despite being brought up in Ireland, a country overrun by religious strife, he rose above sectarianism. Although denominational churches were current at the time, Harkins determined that the school he would support would not only be for children of his own Presbyterian faith, but for all the poor children of the community.

On July 7th, 1837, John Harkins died in Newcastle at the age of 47. On his death, Harkins established a trust fund for education. However, the money from the Harkins family did not finance public education in Newcastle until the school construction on the present school property in 1867, exactly 30 years after John Harkins' death. The original Harkins Seminary was of wood construction. It served for 26 years until it burned to the ground in 1893.

From funds remaining in the



Harkins trust, it was replaced in 1894 by the stone building known as Harkins Academy. This structure did not take on its present appearance until 1909 when an architecturally-tasteful extension was added to the front of it. Although privately built, Harkins Academy was conducted as a public school from 1871 onward. Initially, the province paid nominal rent but later the church's interest in it was formally conveyed to the province.

A decade later, due to the overflow at the Academy, Harkins Academy High School was built in 1924 and included eight classrooms, a Home Economics and Industrial room. It would be extended in 1955 with a gym, additional classrooms, a Home Economics room on the first floor and an Industrial Department in the basement. The newly

named Harkins Elementary would house both elementary and junior high students during the 1960-1961 school year. Classes for both would alternate between 8 am to 12 noon and 1 pm to 5 pm creating four hour school days.

Then, in 1961, Harkins Academy Jr. High was completed. Both the Jr. and High School buildings would later serve as Harkins Jr. High in 1972 and then would become Harkins Middle School in 1994. Finally, in 2016, the Harkins Complex would be closed in favour of the newly constructed K-8 Max Aitken Academy, signalling the end of an era after 149 years of Harkins.

That brings us back to what John Harkins would be thinking after his namesake closed its doors. I am of the opinion that he would not only be proud of all the achievements of the Harkins Schools but completely satisfied that they offered a myriad of opportunities to so many Miramichi children.

When the '67 Grads (Centennial Graduates) met in 2017, I have a feeling there was a twinkle in Harkins' eyes as he looked down. Giving him the respect he deserves, it is important that all former grads honour his name by attending the many other graduate reunions to follow, ensuring that HARKINS will forever be a name to be remembered.

**Sources:** Treadwell, Chris (A History of Harkins, Newcastle, N.B. 1993); Wade, Karl (Our Miramichi Heritage Photos online site); Provincial Archives



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# Introducing Miramichi's New Health Coach



Hi, my name is Marie-Pier Page, the new Health Coach for the Miramichi region. My work is focused on the Live Well | Bien Vivre program, which is a health initiative by Diabetes Canada in partnership with the Government of NB.

Live Well | Bien Vivre is a free health coaching service offered to anyone 19 years and over who is willing to work on a wellness goal. We offer community-based support to clients through one-on-one sessions either in person, via video-conference or by phone. The service is for anyone, regardless if you have diabetes or not; as long as the client is willing to take part in their road to wellness, that's what really matters!

With the use of empathy, mindful listening and positive reframing, we offer

support and guidance to help clients develop and maintain their goals and self-confidence through stages of behaviour change. We work in a positive non-judgemental atmosphere and create a realistic action plan together. The action plan allows the client to achieve his/ her wellness goal in a way that fits their specific needs. For instance, a client's goal can be mental fitness (ex: mindfulness, setting limits for yourself), healthy eating (ex: planning meals ahead, learning to cook), smoking cessation (ex: motivated to quit but not knowing where to start) or physical activity. We use smart goals, motivational interviewing techniques and coaching psychology, to help people better sustain their goals on a long-term basis. Part of my training includes having completed courses such as "Mental Health First Aid" and the "Applied Suicide Prevention Intervention Skills".

My region covers Douglstown,

Newcastle, Chatham, Metepenagiag and Natoaganeg First Nations. Meetings are held in public places such as coffee shops or libraries. We also offer group coaching workshops such as "Stress Less", "Ignite your Motivation" and "Smart Goals". We collaborate with community stakeholders and help you navigate to the right credible information, resources and expertise.

I am also a fully bilingual Registered Dietitian with a Bachelor's Degree in Nutrition Science from l'Université de Moncton and currently an active member of the New Brunswick Association of Dietitians and Dietitians of Canada, with work experience in both public health and clinical environments. Two humanitarian trips made me realize my true passion is helping people meet their needs.

To book a meeting email Marie-Pier.Page@diabetes.ca, tel: 506-626-0789, find them on Facebook @livewellbienvivre or visit the website at www.livewellbienvivre.ca.

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# Brew up funds for your local Alzheimer Society

## Alzheimer Coffee Break® kicks off World Alzheimer's Day

On September 21, World Alzheimer's Day, Canadians are invited to take part in Coffee Break®, the Alzheimer Society's largest nationwide fundraiser that simply asks participants to share a cup of coffee in exchange for a donation to their local Society.



Each year, Coffee Break events in New Brunswick raise over \$50 thousand and this year, we're excited to welcome Melitta as our coffee sponsor. All monies raised locally stay in the community and help the Alzheimer Society of New Brunswick to deliver vital services and programs such as our Alzheimer Journey Education Series.

With 25,000 more Canadians developing dementia each

year, these services are needed more than ever to give people living with dementia and their caregivers the best quality of life possible.

### Hosting a Coffee Break is easy:

- Find a venue: Your home, your office, your community centre or favourite hangout.
- Invite your friends, co-workers and families.
- Sign up on our website to receive your host package, including Melitta coffee
- See the "A to Z" tips to make your fundraising event fun and successful

You can also participate in Coffee Break from your computer by donating online or from your phone by texting "Coffee" to 45678 to donate \$5.

Coffee Break events run throughout September and October in communities across Canada, and are generously supported by Melitta. To brew up your event, visit our Coffee Break website at [www.alzheimercoffeebreak.ca](http://www.alzheimercoffeebreak.ca). Follow us on Twitter and Facebook, and share your event photos on Instagram.

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# Scott Knowles Memorial Golf Tournament 2018

It has been six years since Miramichi pharmacist Scott Knowles passed away, but his memory remains alive through an annual golf tournament that carries his name. The 6th Annual Scott Knowles Memorial Golf Tournament will take place on August 10th, 2018.

A portion of the revenue generated from the tournament goes to the Scott Knowles Memorial Pharmacy Award, which is presented annually to a graduating pharmacy student returning to work in New Brunswick for an independent pharmacy. Proceeds also go to a Minor sports program in Miramichi. Last years beneficiaries were: Pharmacy Award-\$3500, Miramichi Minor Ball-\$2000 and

Miramichi Minor Hockey-\$2000.

The son of Stan and Jean Knowles, Scott passed away in September 2011 at the age of 31. He was the President of the New Brunswick Pharmacists Association. He was also a member of the Rotary Club of Newcastle and was involved in the annual Miramichi Rock 'n Roll Festival. He liked to bowl and loved the great outdoors where he enjoyed snowmobiling, boating, fishing and golfing.

The Scott Knowles Golf Tournament Committee look forward to the continued success of this very special event. Check out the website at [www.scottknowles.ca](http://www.scottknowles.ca) where you can



keep up to date with tournament news and register your team for 2018.

We hope to see you on the green August 10th, 2018.

## Proud Sponsors of The Scott Knowles Memorial Hockey Pool 2017/18

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# Scott Knowles Memorial Hockey Pool - Rotary Club of Newcastle (Lottery License #: 0214782 56 007)

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1. Fax pick sheets to (506) 622-8327 / Drop off sheets to: Family Convenience in Chatham, Dickson's Pharmasave in Newcastle, Blackville or Doaktown
  2. Payment Options - Cash: Please staple to your sheet, Cheque: Make payable to **Rotary Club of Newcastle** and staple to your sheet
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Interac E-Transfer available upon request [wally@mcgmedia.net](mailto:wally@mcgmedia.net) / In case of discrepancies the Rotary Club of Newcastle will make final decision.

<b>Trigger Men: 1 point for goals only</b>		<b>Trigger Men: 1 point for goals only</b>		<b>Helping Hands: 1 point for assists only</b>		<b>Helping Hands: 1 point for assists only</b>	
__ A. Ovechkin (WAS)	0.40	__ A. Matthews (TOR)	0.49	__ S. Crosby (PIT)	0.60	__ A. Panarin (CBJ)	0.52
__ C. Atkinson (CBJ)	0.43	__ V. Tarasenko (STL)	0.48	__ V. Hedman (TB)	0.71	__ E. Malkin (PIT)	0.63
__ P. Kane (CHI)	0.41	__ B. Marchand (BOS)	0.49	__ B. Burns (SJ)	0.57	__ M. Granlund (MIN)	0.53
__ M. Pacioretty (MTL)	0.43	__ C. McDavid (EDM)	0.37	__ E. Karlsson (OTT)	0.70	__ D. Stepan (ARI)	0.47
__ P. Laine (WPG)	0.49	__ N. Kucherov (TB)	0.54	__ M. Scheifele (WPG)	0.63	__ J. Benn (DAL)	0.56
<b>Buck Stops Here: 2points for each win</b>		<b>Buck Stops Here: 2points for each win</b>		<b>Buck Stops Here: 2points for each win</b>		<b>Regular Scoring*</b>	
__ J. Allen (STL)	1.08	__ S. Mason (WPG)	0.90	__ C. Price (MTL)	1.19	__ J. Eichel (BUF)	0.93
__ F. Andersen (TOR)	1.00	__ C. Anderson (OTT)	1.25	__ T. Rask (BOS)	1.14	__ D. Pastrnak (BOS)	0.93
__ P. Rinne (NAS)	1.02	__ B. Elliott (PHI)	1.06	__ D. Dubnyk (MIN)	1.21	__ J. Gaudreau (CGY)	0.85
__ C. Crawford (CHI)	1.16	__ T. Greiss (NYI)	1.02	__ S. Bobrovsky (CBJ)	1.30	__ T. Seguin (DAL)	0.88
__ M. Murray (PIT)	1.31	__ J. Gibson (ANA)	0.96	__ M. Jones (SJ)	1.08	__ L. Draisaitl (EDM)	0.94
__ J. Pavelski (SJ) 0.84		__ J. van Riemsdyk (TOR) 0.76		__ R. Johansen (NAS) 0.74		__ J. Toews (CHI) 0.81	
__ E. Staal (MIN) 0.79		__ V. Arvidsson (NAS) 0.76		__ W. Nylander (TOR) 0.75		__ S. Stamkos (TB) 1.18	
__ M. Marner (TOR) 0.79		__ A. Wennberg (CBJ) 0.74		__ J. Skinner (CAR) 0.80		__ F. Forsberg (NAS) 0.71	
__ J. Tavares (NYI) 0.86		__ E. Kuznetsov (WAS) 0.72		__ R. Getzlaf (ANA) 0.99		__ S. Monahan (CGY) 0.71	
__ J. Carter (LA) 0.80		__ J. Voracek (PHI) 0.74		__ B. Wheeler (WPG) 0.90		__ T. Hall (NJ) 0.74	
__ A. Radulov (DAL) 0.71		__ C. Sheary (PIT) 0.87		__ B. Horvat (VAN) 0.64		__ S. Aho (CAR) 0.60	
__ K. Turris (OTT) 0.71		__ B. Saad (CHI) 0.65		__ J. Drouin (MTL) 0.73		__ J. Eberle (NYI) 0.62	
__ J. Miller (NYR) 0.68		__ N. MacKinnon (COL) 0.65		__ A. Kopitar (LA) 0.68		__ M. Tkachuk (CGY) 0.63	
__ V. Trocheck (FLA) 0.66		__ A. Barkov (FLA) 0.85		__ A. Steen (STL) 0.67		__ J. Spezza (DAL) 0.74	
__ H. Zetterberg (DET) 0.83		__ K. Palmieri (NJ) 0.66		__ A. Lee (NYI) 0.64		__ A. Galchenyuk (MTL) 0.72	
__ D. Keith (CHI) 0.66		__ Z. Werenski (CBJ) 0.60		__ R. Ristolainen (BUF) 0.57		__ R. Suter (MIN) 0.49	
__ D. Byfuglien (WPG) 0.65		__ A. Pietrangelo (STL) 0.60		__ D. Doughty (LA) 0.54		__ K. Yandle (FLA) 0.50	
__ K. Shattenkirk (NYR) 0.70		__ T. Krug (BOS) 0.63		__ J. Gardiner (TOR) 0.52		__ O. Ekman-Larsson (ARI) 0.49	
__ D. Hamilton (CGY) 0.62		__ J. Klingberg (DAL) 0.61		__ S. Jones (CBJ) 0.56		__ P. Subban (NAS) 0.61	
__ K. Letang (PIT) 0.83		__ J. Schultz (PIT) 0.65		__ S. Weber (MTL) 0.54		__ M. Giordano (CGY) 0.48	
__ M. Niskanen (WAS) 0.50		__ T. Barrie (COL) 0.51		<b>NOTE:</b> * Regular scoring – Score 1 point for each Goal and 1 point for each Assist  **Team selections score 2 points for Regulation Wins; ONLY 1 point for OT/Shootout Wins		<b>ACCESS STANDINGS AT:</b> www.officepools.com <b>Pool Name:</b> ScottKnowlesMemorial201718 <b>Password:</b> guest <i>All funds raised to be used in Rotary Projects</i>	
__ C. Fowler (ANA) 0.49		__ N. Zaitsev (TOR) 0.44					
__ S. Gostisbehere (PHI) 0.51		__ A. Goligoski (ARI) 0.44					
__ O. Klefbom (EDM) 0.46		__ C. Parayko (STL) 0.43					
__ R. Ellis (NAS) 0.54		__ T.J. Brodie (CGY) 0.44					
<b>Teams 1**</b>		<b>Teams 2**</b>		<b>Teams 3**</b>		<b>PRIZES:</b>	
__ Montreal (MTL)	0.94	__ Ottawa (OTT)	0.88	__ Toronto (TOR)	0.88	1st: \$1500 4th: \$150	
__ Anaheim (ANA)	1.01	__ St. Louis (STL)	1.00	__ Boston (BOS)	0.98	2nd: \$750 5th: \$75	
__ Minnesota (MIN)	1.07	__ San Jose (SJ)	1.00	__ Tampa Bay (TB)	0.85	3rd: \$375 6th-10th: \$20	
__ Columbus (CBJ)	1.06	__ NY Rangers (NYR)	1.04	__ Calgary (CGY)	0.89	<b>New this year: Random draw at the end of each month October - March for \$100 from all entries. Good luck!</b>	
__ Chicago (CHI)	1.01	__ Edmonton (EDM)	0.98	__ Nashville (NAS)	0.90		

Entry fee: \$20 FOR 1, \$50 FOR 3, \$100 FOR 7 • Entry deadline: Wednesday, October 11, 2017, 5pm

**RULES:** Multiple entries accepted • Most points wins • Regular season points only. Drop lowest 2 groups  
• All submitted picks are final • In case of ties, most goals will determine winner

**Scoring:** Pick ONE Player From Each Group. / G: Goal, A: Assist, W: Win, SO: Shut Out, SOW: Shut Out Win, OTW: Overtime Win

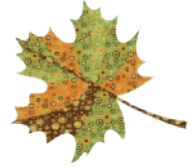
Forwards - G: 1.00 A: 1.00 | Defencemen - G: 1.00 A: 1.00 | Goalies - W: 2.00 | Teams - W: 2.00 OTW: -1.00 SOW: -1.00 | Goal - G: 1.00 | Asst - A: 1.00  
Showing points per game for choices using stats from season: NHL 2016/17 Regular

For more information contact Wally McLean, [wally@mcgmedia.net](mailto:wally@mcgmedia.net)





# Local Legions Raise Funds to Support our Veterans



Newcastle Legion Branch #10 has been serving our community for almost 100 years and we will continue our mission to provide service to our comrades, our community and our country. As legionnaires, we have "pride in our past and faith in our future." We will continue to help our hospital, our nursing homes, our youth, the less fortunate and of course our veterans and their families who need assistance.

Our new project "**Veterans for Tomorrow**" is raising funds to help us carry on as a service club playing an active roll in making our community a better place for all. In the past we have given hundreds of thousands of dollars to assist our community and we will continue to do so. We are asking everyone to support our project by playing the 50/50 each week by putting a Toonie with a red sticker in one of red boxes around the city.

Visit our website at [www.miramichilegion.ca](http://www.miramichilegion.ca).

## Location of the boxes are:

Legion ( Newcastle)	Deals 4 U
Goodie Shop	Nevas Handy Stand
City HALL	Northumberland Co-op Building
Papa Joes	Supplies
Beaubear Coop Nelson	Petro Canada Douglastown
N & J Convenience	Courtesy Convenience Nordin
Curtis Corner Irving	Miramichi Meats Nordin

Chatham Legion Branch #3 supports programs for Cadets, Guides and Scouts, seniors, housing, Long Term Care, youth, education and sports. Our mission is to serve veterans and their dependents, promote remembrance and act in the service of Canada and its communities.

We ask that you support our **50/50 Draw** so we may continue to serve the community by supporting these causes.

Wednesday at midnight the weekly draw will be closed and boxes are picked up from all locations. The draw is every Thursday at 7pm.

One ticket is \$2.00. You are welcome to play more than one ticket a week and pay for more than one week at a time.

For more information visit our website at [www.chathamnblegion3.com](http://www.chathamnblegion3.com)

## Locations of the boxes are:

- The Canadian Tire Gas bar
- Portage Restaurant
- The Royal Canadian Legion Branch # 3 ( downstairs bar)
- Family Conveniences All located in the Chatham district
- Scholtens Groceries located in the Newcastle District
- Sobeys located in the Douglastown District
- City Limits Convenience (Shell) located in Napan



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# Pumpkin Spice Cake

This Pumpkin Spice Cake will fill your kitchen with the sweet smell of Fall baking! Submitted by Georgia Halavrezos, it is one of her family's favourite treats.

## Recipe Ingredients:

3 cups All Purpose Flour  
 1 ½ tsp Cinnamon  
 1 ½ tsp Nutmeg  
 1 tsp Ginger  
 3 ½ tsp Baking Powder  
 1 tsp Baking Soda  
 ¾ tsp Salt  
 ¾ cup Butter, Softened  
 1 ½ tsp Vanilla  
 1 ½ cups White Sugar  
 3 eggs  
 1 can 19oz. / 540ml. E.D. Smith Pumpkin Pie Filling  
 ¾ cup Milk  
 1 cup Chopped Nuts [Optional]

In a large bowl, stir together flour, cinnamon, nutmeg and ginger, baking powder, baking soda and salt, and then set aside.

In a large mixer bowl, cream butter and vanilla until light and fluffy. Next beat in the sugar.

Add eggs, one at a time, beating well after each addition. Add and mix

in pumpkin pie filling.

Add dry ingredients to creamed mixture, alternately with milk, beginning and ending with dry ingredients.

Stir in nuts (optional).

Turn batter into greased 12 cup (3L) Bundt or ring pan.

Bake at 350°F for 55 – 60 minutes or until done. Cool in pan 10 minutes. Remove from pan, cool completely before cutting.

Or, turn batter into greased 13x9x2 rectangular baking pan. Bake 45 – 50 minutes or until done. Cool in pan.





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# Miramichi Emergency Centre for Women Inc.

We believe that violence against women is unacceptable and that nobody deserves to be abused. We believe that children should not have to witness violence, nor live in fear. We believe that each woman has the right to decide for herself the direction of her life, according to her own values and needs. We offer support with the choices she makes.

We offer a 24 hour telephone crisis line (506) 622-8865 or 1-800-888-836-1016 for individuals seeking information, support, and assistance regarding any issues involving domestic violence.

We provide a safe and supportive residence 24 hours per day, 365 days of the year for women who are in an abusive relationship. Women may come with or without their children. Girls wishing to utilize our residential services must be 16 years or older if not accompanied by their mother. Boys aged 15 years and younger are welcome to accompany their mothers. Boys 16 years of age and older and dependents of their mother will be assessed on an individual basis. Note: We are a wheelchair accessible facility.

We also provide two Outreach services to women. An Outreach Worker can visit you to help with doing a danger assessment, develop a safety plan and/ or provide support. Call Jessica at (506) 778-6496 or if you are an Aboriginal woman off reserve or live in Burnt Church, Eel Ground and Red Bank call Jeannie at (506) 627-4743.

## 'ChiBang 2018

'Chibang is a fundraiser event in support of the Miramichi Emergency Centre for Women Inc. and will be taking place on February 24th, 2018 at the Rodd Miramichi. 'Chibang is an evening for both men and women who support the mandate of helping and empowering women and their families in our community. This spectacular evening offers live entertainment (Jeff Hogan), a Chinese auction, a half and

half draw, door prizes and a grand door prize to be honoured to a 'Chibang ticket holder! This will be our second annual 'Chibang fundraiser and we are anticipating a full house with approximately 200 people in attendance.



## Chi Bucks - Where to pay Chi Bucks Toonie:

- Curtis Corner Irving • N & J Convenience (Scholten's)
- Miramichi Meats (Comeau's) • Nordin Esso
- Sobey's (Douglastown) • City Limits(Napan)
- Canadian Tire Gas Bar • Supervalu (Chatham)
- Circle K Irving Blackville • Renous Quick Mart
- Clouds Convenience Red Bank
- Sunny Corner General Store

Toonies are due every Tuesday by 1 pm.

We would also like to share with you what we do with Chi Bucks:

- 5% goes to the food bank
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- Training sessions for staff
- Children's programs (playground equipment, special diets, transportation to school)

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# An Update on the UK Narrow Boat Named Miramichi

Hello Giv'er Miramichi!

I thought it was about time I updated you on our progress with our continued cruising with Miramichi on The English Canals. Since my last report in August 2015 we have covered around a thousand miles of waterways.

Since your City generously provided us with the Miramichi City Pennant, brought over by Heather and Darlene on their visit to London in October 2014, we have been surprised to note just how many Canadians decide to take a holiday on a narrow boat on the UK canals. The name of the boat immediately starts a conversation with them on why we named the boat and did we know the origin of the name. We explain our Father's background and that he was born in New Brunswick and left there from Halifax on 9th December, 1939 during WW2 and how he always talked to us of the Mighty



Bill and Jean Blanchard explore the English Canals on their narrowboat, *Miramichi*.

Miramichi.

This year we have met people from Fredericton, Saint John, and from many other Canadian provinces. This September my brother Zane and I are visiting Canada to fish the Miramichi again and are booked in at the County Haven Lodge in Grey Rapids with Byron and Heather Coughlan. Our wives have decided to let the two brothers fish on their own and will remain in England whilst we explore the province following our fishing. Back in 2013 Peter Murphy and Jeff MacTavish very kindly

provided us with a City Flag and other items of memorabilia, unfortunately we missed each other but perhaps this time we may have more luck.

Best wishes to all of you,  
Your Ambassadors from across the Pond  
Bill and Jean Blanchard



The desire to follow your dream often takes a right turn when you least expect it. Jimmy Makhoul moved from Lebanon in 2009 to Saint John New Brunswick. Once he arrived he met his wonderful wife and they started their family, four beautiful children ages 2, 5, 7 and 15. That's where life took an unexpected twist, Jimmy and his wife Kelly decided to move to Miramichi in 2011 to purchase a business. Pizza Pro was fairly well known at the time but the Makhoul family saw potential and took a chance to be a part of a community. Jimmy and Kelly are active members of the regions sports activities with Jimmy playing in the Miramichi Senior Soccer League and Kelly volunteering with children's activities.

There's no doubt that the Miramichi region is better for the chance they took. Pizza Pro currently employs four people with plans to expand in Spring 2018. The expansion will see them increase their current square footage, incorporate a buffet option and of course the opportunity to hire more employees to account for the increase in business.

Jimmy and his family chose the Miramichi for business reasons but it is the people who have kept them here. When asked what Jimmy likes best about the Miramichi, he proudly exclaims "the people". The Makhouls are just one more example of why immigration matters to our region, without these incredible families taking a chance, we wouldn't see growth in these sectors of our economy.



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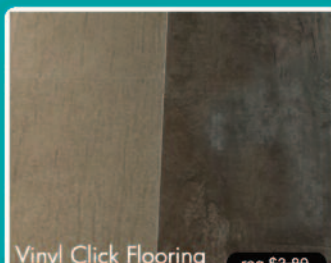
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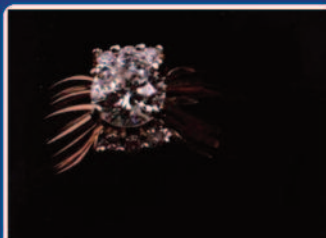


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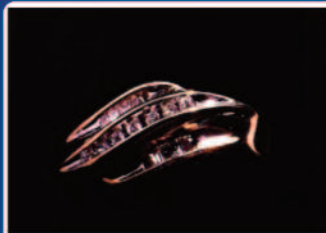
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# Chatham Library Fall Programs

**NOTE: The Chatham Public Library will be closed from September 12 – October 2 for renovations. Thank you for your understanding and support.**

## Storytime (ages 2-5)

This program is designed for children ages 2-5 but is often enjoyed by children of any age. Help your child foster a lifelong love of reading by engaging in stories, games, songs, puppets, crafts, and more! Join us for Storytime every Friday at 10:30am to 11:30am from October 6th to November 24th.



## Colouring Contest October 3-October 21

We are hosting a colouring contest for all ages! Colouring sheets can be picked up at the library or printed off of our Facebook page after Oct. 3. All entries must be received by Sat, Oct 21 at 5pm.

Voting will take place on Facebook from Oct.24 to Oct.31 at noon. Winners will be announced Oct. 31. A prize will be awarded in each age category! Age Categories: 2-6, 7-12, and 13+

## After School STEAM Club

A free drop-in program for school aged kids. Every second Friday starting October 6, 3pm-4:30pm, kids will get will get to explore Science, Technology, Engineering, Art, and Mathematics through various crafts, challenges, games, activities, and more. A small snack will be provided.

**\*\*Reminder:** A child under 12 must have an adult in the library at all times.

## Tween Program (ages 8-12)

Calling all artsy Tweens! Join us for some canvas tote decorating fun on Saturday, November 4 at 11:00am. We will have pre-cut iron on pieces and lots of fabric paint on hand for you to create something beautiful. Pizza and drinks are also included! Must register by calling 773-6274!

## Halloween Costume Swap

Swap your gently used costumes for a "new to you" costume this Halloween!

DROP OFF your gently used clean costume (all sizes!) between October 3rd and October 13th in exchange for a ticket for a new to you costume. ONE COSTUME = ONE TICKET

PICK UP your new to you costume Saturday, October 14th between 10:00-12:00. MUST bring your ticket(s) to exchange! Kid's crafts and caramel apples will also be on hand on pick up day (morning only)!

\*Please keep in mind that you are donating your costume(s) and we cannot guarantee you will leave with a new to you costume.

\*\*Costumes not swapped will be available to the general public (those without a ticket) for a \$5.00 donation between 2:00-4:00 on Saturday, October 14th.



For more information contact the Chatham Public Library at (506)773-6274, drop by the library at 24 King St., Miramichi or find them at [www.facebook.com/chathampubliclibrary](http://www.facebook.com/chathampubliclibrary)



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# Dining & Entertainment

## War Memories In Song/Soldiers of Song

Over 30 years ago the Miramichi Folksong Festival held its first Remembrance Day Dinner/ Concert at the Beaverbrook Kin Centre, featuring music of the war years. This year War Memories in Song will be replaced with "Soldiers of Song" on Sunday November 5th at Carrefour Beausoleil. In celebration of the 150 birthday of Canada, this show is one of many that have been playing across Canada since January.

"Soldiers of Song" is a live performance involving theatre, music and storytelling based on the original works of the Dumbells, a Canadian concert party that entertained the troops on the front line in World War I.

If nationhood was won on the crest of Vimy Ridge, it was the Dumbells who provided the country with its earliest soundtracks. The musical play was written by award-winning author and two-time Juno Award nominee, Jason Wilson. He is assisted by Canadian Storyteller Lorne Brown, Toronto actors

Jim Armstrong and Andrew Knowlton, and Marcus Ali and Parice Barbanchon from the Jason Wilson Band. The talented cast of musicians and actors bring the old comedy sketches and humorous war songs to life. Storyteller Lorne Brown shares stories about his personal connection to the Dumbells.

There are only two performances in New Brunswick, Riverview Arts Centre and Miramichi at Carrefour. The Miramichi show is hosted by the Miramichi Folksong Festival and Carrefour. There will be two options for tickets, one for just

the concert (190 available), \$25 each on sale at Brookdale Flower Shop, Kingston's Car Wash and Carrefour Beausoleil. Option two is Dinner/ Concert tickets (150 available by reservation only, call Susan at 506-622-1780) at \$45. Dinner will be served at 6 pm in the cafeteria area near the theatre. The concert starts at 7 pm.



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<p><b>Caesar salad</b></p>	<p><b>Meatball sub</b></p>	<p><b>BBQ chicken wrap</b></p>





# Borrow. Grow. Repeat. Be a Seed Saver!

Whether you are new to saving seeds or an old hand at germinating and winnowing, everyone is invited to become a member of the Seed Savers network this fall. A special event launching the Seed Saver initiative is planned for both November 2, 2017 in Upper Miramichi and on November 4, 2017 in Miramichi. Use your library card to have access to a selection of garden seeds to plant and grow with the ideal intention of returning the new seeds to one of the seed libraries in the Seed Saver network.

All the seeds in the selection have come from donations from community and market gardens, as well as from Hope Seed, a company based in Nova Scotia that produces organic open-pollinated, non GMO seeds.

Seed saving workshops hosted by Roots To Table (former Northumberland Food Security Network) are also planned over the fall season and in the spring we will be

working with organizations within the Seed Saver network to host "Seed Swaps" events and other opportunities to learn how to grow from seed to ensure a good harvest of produce or flowers.



The primary focus of Seed Savers is learning and education and operates on the honour system. Members are encouraged to learn about seed saving and return high quality, open pollinated, clean seeds at the end of the growing season to keep the library well stocked. For non-expert seed savers, we recommend starting with beans, lettuce, peas, and tomato seeds and learning more about seed saving through the available guides,

workshops, and books. If you are unable to save your own seed or the seeds that you choose aren't listed above, please consider donating a packet or two of commercially grown, open pollinated seeds at the end of the season. Also consider joining the Seed Savers Facebook Group to connect to

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other seed savers, post problems or successes, pictures and get help from others in the local community.

“Seed saving is a vital skill that has been lost to many of us, like a lot of back-to-the-land activities that seem to have skipped a generation or two. Seed libraries provide free access to seeds — and food. They encourage people to dive deeper, to think and talk about things like food sovereignty, food justice and food sustainability — on a community scale. Seed libraries bring people closer together to work on a collective community project and that can help with feelings of social isolation and lead to increased levels of happiness.”

— Lisa Richardson, Pemberton Seed Library

Roots to Table’s Seed Saviors initiative is greatly supported by ACORN’s Stephanie Hughes, the Regional Program Coordinator for Bauta Family Initiative on Canadian Seed Security. She provides resources, materials and ongoing advice to members of our network to help us teach and learn how to borrow, grow and repeat!

For more information contact Michelle Davidson-Legere, Network Coordinator, Roots to Table at 506-626-0235. The Seed Saver Facebook group can be found through the Roots to Table page @RootsToTableDeTerreATable

#### References:

Seeds of Diversity: [www.seeds.ca](http://www.seeds.ca)

USC Canada: [www.usc-canada.org/i-am-a-seed-saver](http://www.usc-canada.org/i-am-a-seed-saver)



On August 20th Bike Miramichi along with Velo NB (sponsored by the City of Miramichi, Fornebu Lumber, Incline Sports and Miramichi Timbr Mart) had their annual French Fort Cove event where Mountain Bike riders from all over the Maritimes come to to ride laps around a designated technical course as many times as they can within four hours.

The event brought to the city 27 solo male riders, 7 solo female riders, 3 under the age of 15, 1 adult team, 1 team under the age of 15, and 2 teams of Youth under 13 accompanied by Adult totaling to 45 riders.

Everyone had fun and we hope to see more riders next year!

Pictured above Team 104 Doug and Kay Jones.

Submitted by Rebecca Janusas Richard



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## Autism Resources Miramichi

# Autism Walk and Family Day - Sept. 30th

The Annual Pumpkin Fling will take place on Saturday September 30th, 2017 at Waterfront Green in Historic Downtown Chatham. This year Autism Resources Miramichi Inc. (ARM) is joining in on the Pumpkin Fling celebration. It is ARM's good fortune to be invited to be part of this wonderful community event and we are very honoured.

We are also hosting our Annual Autism Walk and Family Fun Day in partnership with APEGNB Pumpkin Fling organizers. We urge you to come out from 9:30 am to 12 noon for our fun-filled activities. The walk will begin at 10:30 am. Families, friends and the community are invited to participate. This is an opportunity for all who are affected with Autism Spectrum Disorder to come out for a fun family day. It is also a day for the public to support the autism community. This is an important fundraiser for the centre, and we are asking our community to support us by pledging a donation. Pledge sheets are available at [www.autismmiramichi.com](http://www.autismmiramichi.com)

The children are sure to be excited to play on the free jumping castle or get a free animal balloon from the balloon



artist. In addition we have free face painting. The little ones are sure to love this activity. Enjoy a day of music, and when the tummy is empty, wander over to our BBQ for a hamburger or hot dog.

Kim Harris will be available to take pictures at the fall photo booth. Kim's photos are simply beautiful. A parent or grandparent will be delighted to receive one free print.

The APEGNB Pumpkin Fling will run from 12 noon to 3 pm. The annual event is always enjoyed by all ages. Come out and cheer on the participants!



## The Salvation Army Miramichi Needs your Help this Christmas!

### OPPORTUNITIES TO GIVE:

#### SPONSOR A FAMILY

Provide food and/or toys and gifts for Christmas. Call to register. Families will be assigned to sponsors after Nov 18th..

**CHRISTMAS KETTLE CAMPAIGN** – Nov. 20th – Dec 23rd GIVE THE GIFT OF YOUR TIME - 2 ½ hr shifts Monday through Saturday at several city locations. Call 622-7826 to volunteer.

**MAKE A DONATION – GIFT CARDS** for children and teens, toys, clothing, mittens, or foot items. Monetary donations can be made at The Salvation Army Family Service Office at the address below. Make cheques payable to "The Salvation Army CRC".

**FILL A SUNSHINE BAG** – FILL a cellophane bag with small gifts for Christmas stocking for children or with toiletries for teens. Sunshine Bags of toiletries are needed for men and

women All year round! Pick up the sunshine bags & suggestion list at our office.

#### CHRISTMAS HAMPER REGISTRATION

(Serving Newcastle, Douglastown, Lower Newcastle, Derby, Millerton, Sunny Corner, Chatham Head, Nelson, Lyttleton/Halcomb & C.I. Road)

Monday, October 30th & Tuesday, October 31st, 10am – 2pm, upstairs at Family Services. Please bring: Photo I.D. (Adults), Medicare (for all in family), and Proof of Income.

\* Absolutely no applications accepted after Oct. 31st.

The Salvation Army Community Resource Center  
231 Pleasant Street, Miramichi, NB E1V 1Y6 Tel: 622-7826



[www.MiramichiSalvationArmy.ca](http://www.MiramichiSalvationArmy.ca)



# Wellness Week - Oct. 1st to 7th



## Multicultural Wellness Day

The Multicultural Wellness Day is a FREE event hosted by Be Alive Wellness and its partners. It will be held at the Carrefour Beausoleil School on October 1st from 11 am to 4 pm. Everyone is welcome.

There will be Treaty Day celebrations, traditional dances, storytellers, music and food to taste from cultures around us. Prizes will be drawn throughout the day.

You will have the opportunity to take part in fun interactive activities for all ages throughout the day such as climbing the High Ropes Course, belly dancing show and lessons, Tai Chi, yoga and much more.

It is a great opportunity for all the

communities in the Northumberland County to get together to learn, play and have fun!

The Multicultural Wellness Day will be held in a different location every year to ensure that communities in the Northumberland County have an opportunity to host the celebration.

## 5210 A Way of Life

The 5210 A Way of Life initiative was launched during wellness week 2016, this year we are launching our new website [www.5210.ca](http://www.5210.ca) !



5210 A Way of Life is an initiative that partners with communities across the Northumberland County to promote healthy behaviors among children. It

provides clear goals for families to live healthy every day, and provides tools and resources to community leaders to make changes to their programs, policies, and environments so that the healthy choice is the easy choice. 5210 A Way of Life helps build partnerships and create healthy environments where kids can eat well and be active every day.

## The 5210 A Way of Life messages are:

**Enjoy** - 5 or more vegetables and fruit every day!

**Power Down** - No more than 2 hours of screen time every day!

**Move More** - At Least 1 hour of physical activity every day!

**Drink More Water** - 0 sugar added beverages!

Join us on October 1st during Multicultural Wellness Day at Carrefour Beausoleil for the launch of our new website [www.5210.ca](http://www.5210.ca) and visit the website to pledge to live a 5210 lifestyle!

Come out and celebrate an evening at the

## Chamber Business Award Gala

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# James M Hill Students & Athletes of the 2016-17 School Year

The James M. Hill Student and Athlete of the month is an initiative by the JMH Alumni Association, Kim Harris Photography and the JMH Student Council to showcase the talented young leaders at JMH High School. Every month the teachers and coaching staff from JMH choose one outstanding student and athlete to become the Student and Athlete of the month. The students also suggest people who they feel are deserving of the awards.

Kim Harris donates her time to photograph the students each month and designs the posters. "Being a former Tommy myself I was excited to see this project come to life," says Kim. "Meeting with these students and athletes each month is a lot of fun. River signs does a wonderful job of the

printing and the posters are displayed in the school for a full month, and it is a great way to let the students know their hard work is appreciated and that it is not going unnoticed."

The JMH Alumni Association thanks Kim Harris Photography, Denim Wearhouse, Mighty Miramichi and the students and staff at JMH for making this project so successful.

If you would like to show your support and become a sponsor for next years project, please contact Sarah Mott Russell [sarahandjames@bellaliant.net](mailto:sarahandjames@bellaliant.net) or Kim Harris [kimharrisphoto@gmail.com](mailto:kimharrisphoto@gmail.com) for more information.

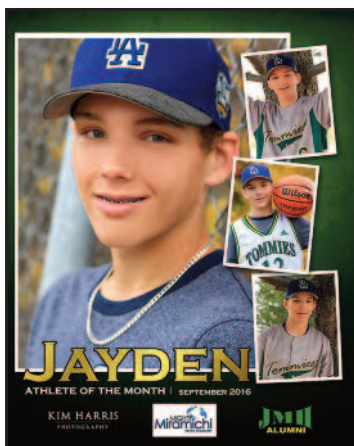
Look for the next issue of *Giv'er Miramichi*, for more student profiles.

**KIM HARRIS**  
CAPTURING Life's LITTLE MOMENTS

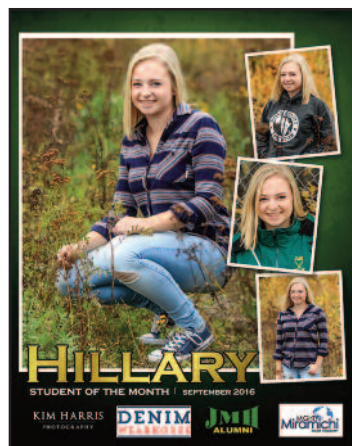
**JMH**  
ALUMNI

**DENIM**  
WEARHOUSE

**MIGHTY**  
Miramichi  
ONLINE COMMUNITY



**Jayden McIntyre** helped the boys baseball team capture the Northern Conference Zone championships this September (2016). He played a flawless shortstop in the first three games, and in the championship game, threw a no-hitter leading the Tommies to a 2-0 victory over Miramichi Valley. Jayden faced the minimum 21 hitters, throwing an efficient 78 pitches, while fielding his position well. He is expected to continue to be a key contributor to the team.



**Hillary Curtis** was this year's student council president and thanks to her positive attitude, the change in spirit around the school is evident and she is leading by example for her fellow students. She spearheaded the 'Happy' video, organized events, and met with the principal to discuss dances, additions to the student lounge and ways to spread kindness. Hillary is also heavily involved in WRED, and is a senior member of the girls field hockey team.

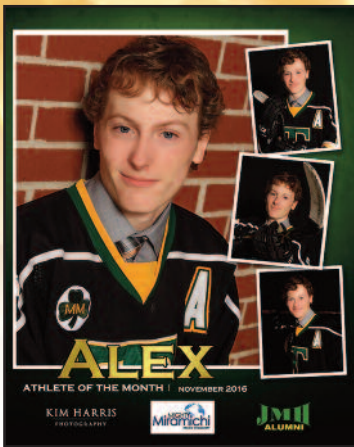


**Abbie Martin** continued to be the most consistent player on the Field Hockey Team throughout October (2016). Being a grade 10 student she took on a very important role with the team this year. She played whatever position we needed her to play and always played hard. She never missed a practice from day one and is the only player on the team to play every minute of all 18 games played this season - that alone is impressive. She also plays volleyball and hockey.

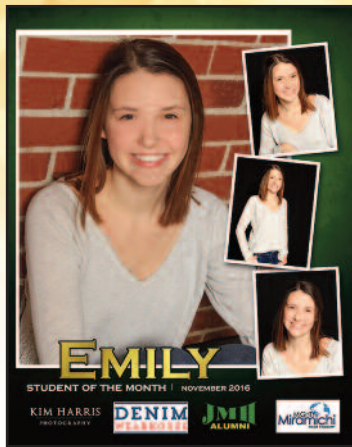


**Maggie Gibson** is quiet, but is a hardworking student with a great attitude. She is always very pleasant when she comes in, in the morning and is always ready to get to work. Maggie never runs away from a challenge, which shows in her grades, and if she does not understand something, she is persistent, in figuring out a way to succeed. Maggie maintains success in school, while being heavily involved with softball, girls hockey, track & field and student council.

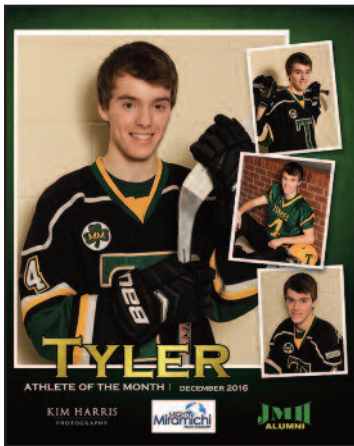




**Alex Preston's** game has transformed from a role player in grade 10, to one of the most valuable players on the hockey team. He's second on the team in scoring and is our top defensive forward. Alex plays in all roles - kills penalties, plays on the point on the power play and in all key five on five situations. His work ethic, and dependability have led to him being selected as a co-captain by the coaching staff. Alex has taken the lead to make and install new stalls for the dressing room.



**Emily Poitras** is extremely dedicated to her studies, school activities and spends countless hours devoting herself to the community of the school. She worked on The Lion King production as part of the make-up team and sold the JMH Christmas Ornaments. She sits as Spirit Head on the Student Council where she goes above and beyond her duties. She always has a smile for everyone and a positive attitude. She is a delight to have on student council and is an asset to the school.



**Tyler Hartt** has had a strong season for the Tommies, with December (2016) being the best month for him and the team. He kicked off the month with a strong Green and Gold Cup, for which he was recognized as a tournament all-star. With just over a minute to play he scored the winning goal vs. Miramichi Valley, propelling them to the semi-finals. In league action, Tyler's hot streak put up seven goals and eight assists, which puts him fourth in league scoring.



**Rachael Hovey** has near perfect marks in all classes, and she goes above and beyond what is required and expected of a grade ten student with all of her assignments. She is so dedicated to her studies that she spends every lunch hour in the computer lab working on assignments and studying for upcoming tests. Rachael also assists her teachers and her peers whenever possible and is in the Drama club. In her community she is involved with Girl Guides and is a lifeguard.

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# Operation Christmas Shoe Box

**Operation Christmas Shoe Box** marks 10 years in 2017. The campaign has served as an outlet for the people of the Miramichi region to show how much we appreciate the many sacrifices our Canadian Military make on a daily basis in order for us to live with the freedoms we enjoy.

Over the past 10 years, soldiers, sailors and air force members have expressed heartfelt gratitude for receiving these special shoe boxes. Most recently, a soldier (Soldier J) who received a shoe box while deployed, reached out to say thank you. He shared with me that as Christmas was approaching, the morale of the soldiers was at an all-time low.

"The parcels could not have come at a better time as it lifted all of our spirits. On Christmas day, Santa gave a shoe box to each of the soldiers. Along with the shoe boxes, we were given a half off to truly enjoy Christmas morning," Soldier J said. He added that many soldiers posted their letters on a bulletin board for others to read and enjoy. These soldiers felt loved and supported and it was all because of the efforts of the people from Miramichi.

Soldier J learned that his shoe box was prepared by a family he had just met prior to his Kuwait departure. Out of over 130 shoe boxes sent last Christmas, he got the shoe box from the family he just met prior to his deployment, what are the chances of

that?

My son, Christopher Hennebury, was my inspiration as he served in the Canadian Military and is now retired. Chris served our country for 10 years and we have served the people that serve our country for 10 years. Rather than ending the campaign, I am passing the torch to another mother of a soldier located in Ontario.



Soldier J with Brenda Daigle

I am extremely grateful to the people of Miramichi for making Operation Christmas Shoe Box such a success. It is because of your effort that we are responsible for putting smiles on over 1500 Canadian Military Members' faces on Christmas morning while serving overseas. It is because of you

that our brave men and women felt appreciated, supported, and loved. My hope in Canada's 150th year is to send 150 shoe boxes and lift the spirits of 150 soldiers who cannot be at home with their loved ones during the holidays.

**NOVEMBER 3rd is RED FRIDAY COMMUNITY PICTURE DAY:** Join us in the NBCC-Miramichi gymnasium at 12:30 pm sharp. Wear red, wave Canada flags, and make sure to smile. If you are a Canadian Military Member, a Canadian Reserves Member, a Retired Veteran or a Legion Member, please feel free to come in uniform.

**NOVEMBER 9th is DEADLINE FOR SHOE BOXES:** Each box will include a Christmas Card with a friendly note from home, Medicated Foot Powder/ Lotion, Power Bars, Sunscreen, Medicated Lip Balm, Wet Wipes, Hand Sanitizer, deck of cards, puzzle books, beef jerky, M&Ms, Werther's Candy. Additional items could include fudge, novels, DVDs, magazines.

A cash or cheque donation is also much appreciated! Please make cheques payable to Brenda Daigle and drop off at the main desk at NBCC or mail to Brenda Daigle at #21 - 80 University Ave., NBCC-Miramichi, Miramichi, NB E1N 0C6. For more information, call Brenda Daigle at 778-6138. Thank you, from NBCC Elves and grateful Canadian Military members!

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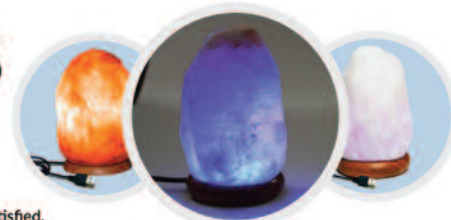
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# This Old Thing

This summer Bernie Colepaugh of the Miramichi Folklore Park in Renous sent a photo of an old thing and asked our



Old Thing from the Summer Issue

readers if they knew what it was.

Natasha Kenny from Miramichi thought it was a Spear/Spike and Farm Tool Punch circa the 1940's, for punching holes in wood, leather or cloth.

Bruce Rendell of Millbank wrote,

"This is a hardwood fid, used for splicing rope and other related rope and canvas work. It is used primarily to wedge open the lays or strands for the splicing process and to untie and hold open knots. Modern fids are also made of plastic or aluminium, or steel. A similar tool made of steel used primarily on steel cable is called a marlin spike."

Mark Smith agreed, "I believe this to be a common tool for splicing rope often referred to as a Marlin spike."

What does Bernie say?



What is This Old Thing?

"This is a marlin spike used on ships for splicing large diameter ropes."

You got it!

This month Bernie has sent another photo ... Do you know what this is? Email your ideas to [submit@mightymiramichi.com](mailto:submit@mightymiramichi.com). Include "This Old Thing" in the subject line. We'll share Bernie's

In our summer issue Gordon Francis submitted a photo of an item he needed help identifying.

Stephanie Anthony responded, "Gordon, I'm guessing it's a rug hook. I did a little rug hooking when I was younger and that's what this took



looks like (mine had a plastic handle though)."

But Twila Gilmore had a different idea, "The instrument in the

photo is a surveyor's scribe. It was used to scribe or write information on a blazed tree or on a surveyor's cedar post

at the corner of a property line. Usually the surveyor's initials and the year of the survey were scribed on the post. Some of these old posts can still be found today."

Thanks for all your responses, we hope it helps Gordon to identify his object.



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# Here We Grow Again!



Lori Murray Wishart has reopened the original Siddalls Jewellery location under **L & A Goldsmith** at 108 Ellen Street "around the Square". The store offers a full line of diamond rings, engagement rings, family rings, grad rings, jewellery sets, and Medic Alert jewellery. She also carries jewellery by Bronzallure, Harley Davidson watches, Bulova watches and clocks, and Citizen watches and clocks. With 15 years experience in gold smithing Lori also does on-site jewellery repairs. Watch and clock repairs are also carried out on-site by the master Roy Siddall. [www.lagoldsmith.ca](http://www.lagoldsmith.ca)  
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**What is This?**

One of our readers is asking for your help to answer the question, "What is this?" Send your guess to [submit@mightymiramichilcom](mailto:submit@mightymiramichilcom)







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*New Arrivals for Fall*



# Submissions



If you have photos, stories, tips or tidbits to share, we want to see them! For photos please send high resolution jpg's (not resized for email) and remember to include your name for the

photo credit and the location where the photo was taken or description of the subject matter. The deadline for the Christmas issue (out late Nov.) is Oct. 30th. Send them to [submit@mightymiramichi.com](mailto:submit@mightymiramichi.com).



Photo by Verica LeBlanc



Ritchie Wharf. Photo by Bonnie Coughlan.



Clarence Tucker with the largest cucumber he ever seen in his garden.



Centennial Bridge. Photo by Sarah Wylde



A curious donkey at MacDonald Farm, Bartibog. Photo by Sharon Stewart





# The views are almost as good as dinner.

Grab a table on our panoramic patio or inside our pristine dining room and soak in the majesty of the mighty Miramichi River. It's the second-best part of dining at the 1809 Restaurant & Bar at Rodd Miramichi. And the first? That would be your bacon wrapped pork tenderloin. Or your cedar planked salmon filet. Or your broccoli risotto cake. Or your... well, you get the idea.

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# Residential Curbside Recycling

Congratulations residents of the Greater Miramichi Region, you have helped divert over 3,035 MT of recyclables from the landfill! That's 6,691,030 lbs since implementation of the Curbside Recycling Program two years ago!

## Recycling Tips...

-  No need to bag your recyclables. Plastic bags are not accepted in the Curbside Recycling Program. You can return used grocery bags to the store to be recycled or use reusable bags. Free reusable shopping bags are available at the Greater Miramichi Regional Service Commission - Solid Waste Services office during business hours.
-  Rinse your containers such as milk jugs/cartons, food cans, shampoo and conditioner bottles, and condiment bottles before depositing them in the recycling cart.
-  Flatten your boxes to give you more room in your cart. Items should not be left outside of the cart as they are exposed to the elements and can become contaminated or soiled.
-  Make sure items placed in the cart are recyclable and not trash. One contaminated cart can cause the entire load to be rejected and landfilled instead of being recycled.

For additional information, visit our website or contact the Greater Miramichi Regional Services Commission - Solid Waste Services.

## Coming Soon... Late October

For more information on your collection schedule, what can be recycled, where other waste should go and much more, download the Recycle Coach app on your Smartphone or your tablet!



Don't have a Smartphone or tablet, contact us to register for telephone notifications of special events, schedule changes, etc.

