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Winter 2018

# GIVER Miramichi

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**A Social Entrepreneur with a Vision**
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for more  
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# Chi Bang 2018 - Feb. 24th



CHIbang is a gala fundraiser event in support of the Miramichi Emergency Centre for Women Inc. It is an evening for both women and men who support the mandate of helping and empowering women and their families in our community. This year's theme is Red & Black.

**When:** Saturday, February 24th, 8pm-Midnight.

**Where:** at the Rodd Miramichi River

## This spectacular evening offers:

- Live Entertainment by Jeff Hogan
- Chinese Auction
- Door Prizes
- Candy Bar
- Appetizers
- Special Martinis
- MC's Michelle Roy and Anne Woods of 99.3 The River
- GRAND PRIZE: Weekend Getaway at Casino NB (includes a 2 night stay, buffet vouchers, \$50 gas card, \$250.00 cash!)

**Tickets** are \$50 each and are available by calling 622-8865 or at the following locations:

- Mill Cove Coffee • Jean Coutu Newcastle and Chatham

We encourage you to join us at this event to experience a fun-filled evening while supporting your local emergency centre for women!

The Miramichi Emergency Centre for Women offers 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



**GRAND PRIZE:** Weekend Getaway at Casino NB - includes a 2 night stay, buffet vouchers, \$50 gas card, \$250 cash!

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.

**Cover Photo:** A sunlit winter trail in Barnettville. Photo by Stacy Underhill

*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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- Perform other duties as assigned by the Commodore



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## Real Estate

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# Events

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

Rodd Miramichi 8pm-Midnight. See page 3 for details.

## **March 12: St. Mary's Annual Irish Dessert Concert**

Sunday March 12th, 2pm St. Mary's Parish. Tickets \$ 15, on sale at St. Mary's Parish office or Brookdale Flower Shop.

Featuring singers, dancers and Irish humor. Desserts of all kinds including the diet conscious. Tel: 622-1780



## **March 17: St. Patrick's Day with Raglan Road 4.0**

Canada's Irish Festival and the Rotary Club of Chatham proudly present Raglan Road 4.0 on St. Patrick's Day! The most wonderful of days falls on a Saturday this year and the beautiful Miramichi Civic Center will host a party to remember! (9pm to 1am) Advance ticket info will be posted on the Facebook event page.

## **March 25: Miramichi Valley High School Spring Market**

Join us Sunday afternoon from 12pm to 4pm. A large number of craft vendors and local artisans and businesses are always in attendance! Call 773-0914 to book a table.

## **Feb 7 to March 14: Ageless Grace Brain Health Fitness Program**

A cutting-edge Brain-Health Functional-Fitness program that activates all 5 functions of the brain, Strategic Planning, Memory/Recall, Analytical Thinking, Creativity & Imagination, and Kinesthetic Learning and simultaneously address all 21 physical skills needed for lifelong optimal function. The focus is on healthy longevity of the Body, Mind,

Emotions, and Spirit. Every Wednesday until March 14 at Golden Hawk Recreation Center. Fee: \$6/session or 8 sessions for \$40. Tel: 773-8908



## **Feb. 7 & 10 Miramichi Ground Search & Rescue Volunteer Recruitment**

- If you're interesting in learning about volunteering with Miramichi Ground Search & Rescue, there will be two information sessions in February: Wednesday, Feb. 7th at 7pm and Saturday, Feb. 10th at 10am. (71 Thornycroft Street) We are actively recruiting new members (who are 18+) who enjoy any of the following: GPS, Map & Compass, Electronic Mapping, Radio Communications, First Aid, Hiking, Camping, Snowshoeing, Hunting, Event Planning, Fundraising, Educating the public, Web Design, Project Lifesaver. Our info sessions are a great way to meet members of our team, check out our new #nbsartrainingcentre, and to ask any questions you have about GSAR. Tel: 626-4511

## **Feb. 10: Smelt Fry**

All you can eat smelts at the Chatham Head Recreation & Community Centre. Includes potatoes, a roll, piece of cake, and tea or coffee. \$10/person; \$10:50 for take-outs. From 11 am to 4 pm (or until we run out). Tel: 622-1865

**Feb. 13: Shrove Pancake Supper**, St. Andrew's United Church Pancake, sausage, baked beans, dessert, tea/coffee or juice. 4-6pm. Free will offering.



## **Feb. 14: Seniors Valentines Dance**

At the Lindon Recreation Center, 1-3pm. Music by Last Call. Admission:\$3. Tel: 623-2300

## **Feb. 17: Dance Back to the 50's**

Celebrate the 50's with fashion, fun and dancing at Esgeenopetitj Lounge! All proceeds go towards the construction of the Shrine. Doors open at 8pm - music begins after bingo. Cost \$5. Prizes for best dressed couple, most original costume and best dancer. Photo booth available. Refreshments and 50's inspired drink.

## **Feb. 24: Chi Bang 2018**

Chibang is a fundraiser event in support of the Miramichi Emergency Centre for Women Inc. and will be taking place at the

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SPEAKERS & TOPICS		
DATE	SPEAKER	TOPIC
FEB. 1	Tony VanBuskirk	Miramichi's Forest Industry: Past, Present & Future
FEB. 5	Ken Walker	A Journey Through Deep Time
FEB. 8	Marjorie Sinclair	The Role of the Railway in Nelson
FEB. 12	George Paul	Traditional Mi'gmaq Culture and Legends
FEB. 15	Tim Humes	The Canoe: Both Element & Metaphor That is Canada
FEB. 19	Tim McCarthy	50+ Years of Softball in Nelson
FEB. 22	Gerard Picot	Alexis Landry & Camp d'Espérance
FEB. 26	Neil Wallace	"Living History. What's That Then?"

**FREE ADMISSION**



# City Hall Updates



## COMMUNITY WELLNESS & RECREATION

Seniors Valentine Day will be held 1 - 3 pm on Feb 14th at the Lindon Rec Center.

Watch for information on upcoming activities for the family to do on NB's new Family Day Holiday.

Check out the March Break activities available on the City's website

The next swimming registration for the Spring Learn to Swim session will be held on Tuesday March 20th online and at the office beginning at 5:30 pm. Visit the website or Facebook page for details. You can see the class options two weeks prior to registration online or visit the Fall and Winter brochure on the City's website.



## PUBLIC WORKS - WINTER MAINTENANCE

The Public Works snow removal crew starts to plow at 3" accumulation and will plow continuous until all streets are plowed full width.

Main arteries and Downtown core receive salt to maintain bare pavement.

Secondary streets and contracted areas receive sand salt mixture during slippery conditions.

Depending on the duration, time and amount of snow, clean up time may vary.

Clean up time expected after a storm is 8am the following day.

### Some helpful hints:

- Adopt a fire hydrant that may be close to your house, it may save you or your neighbor
- If a catch basin is located close to your property and you experience flooding, keep it clear.
- When removing snow from your property, avoid large banks at the end of your driveway. It creates poor visibility for you and when City crews are maintaining streets full width, filling in your driveway is unavoidable.
- Do not place snow from your driveway on the street. This is a safety hazard for the motoring public and a fine is possible.
- During stormy conditions please follow police advisories and stay off the road unless it is an emergency.

To contact Public Works between 8am-5pm call 623-2020 and after hours call 623-2241.

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



# Miramichi on way to Age-Friendly Designation

In April 2017, Miramichi city council adopted a motion to formally join the global movement to become an Age-Friendly Community.

## What is an age-friendly community?

- meets the demands of the aging population and promotes active participation by seniors while meeting its community vision for all ages;
- recognizes and supports the value that seniors have in our society and as a result we all benefit from their experience, wisdom and knowledge;
- supports active aging which leads to a better quality of life. People who lead an active life - no matter what their age - are more likely to have good health, participate in society and have social, financial and physical security.

To accomplish this, an age-friendly community designs policies, provides services and infrastructure, and takes action in areas such as housing, health, recreation, social participation, and transportation to assist seniors to realize their full potential and age actively.

Miramichi city council appointed a steering committee of seniors and stakeholders to implement the Age-Friendly Strategy. The committee will be responsible for assessing how age-friendly the community currently is, and then by engaging seniors, will be able to identify any gaps in service and issues which prevent our senior population from aging actively. In March the committee will be surveying Miramichi residents over the age of 55 years to gather this information.

The aging population trend is expected to continue for several decades due to the aging of the baby-boom generation. In 2016, Statistics Canada estimated that there were 5.9 million Canadians aged 65 and older. This figure is expected to double over the next 25 years to reach over 10.4



million seniors by 2036. By 2051, approximately one Canadian in four will be 65 or older. In New Brunswick, 19% of the population was 65 or older in 2016; this statistic will likely increase to 29.4% by 2036. According to the 2016 Census, 23.8% of Miramichi's population is 65 and over, and that percentage is expected to climb to over 40% as the baby boomers continue to age.

Across Canada and internationally, strategies for supporting the development of "Age-Friendly Communities" (AFC) have been put in place. This global movement, initiated by the World Health Organization (WHO) in the 2000s, aims to meet the demands of the accelerated aging of the world population, and encourages communities to promote the active participation of their seniors, and to achieve the vision of a society for all ages.

For more information contact Jason Walsh, Recreation Director, City of Miramichi at 623-2300.

A photograph of a family sitting on a light-colored sofa. A young child is holding a large bowl of popcorn and a smartphone. Another child is sitting next to them, and an adult is partially visible behind them. The scene is cozy and domestic.

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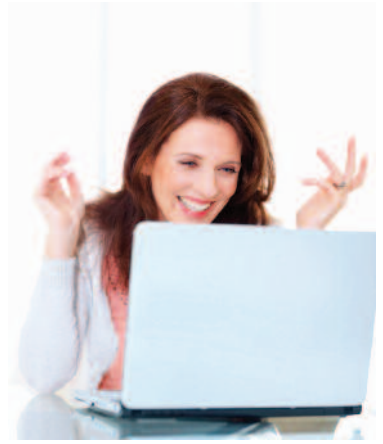
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# Tips to Keep Your Computer Running Smoothly

by Adaptive Office Solutions



Keeping your PC safe and running smoothly begins with conducting certain preventive maintenance actions on a regular basis. Some easy ways to do it are given below:

**Perform malware scans:** Ensuring your PC is virus and malware free is very important to maintain its optimal performance level. Make sure you have proper antivirus software set-up to perform regular malware scans. Also, keep your antivirus software up-to-date.

**Make monthly clean-ups mandatory:** Your PC may be full of useless junk files, old programs, folders that are not needed anymore or even an overflowing recycle bin! Performing monthly cleanups where you delete and clear up anything unnecessary from your computer frees up space and enhances the speed of your computer.

**Backup your PC:** Have a backup system in place so that if something unforeseen happens, your data is safe and your work does not come to a standstill. Make it a habit to keep backing up your data at regular intervals. Having a managed backup system is also a good way to secure your PC.

**Invest in an Uninterruptible Power Supply (UPS):** Sudden shutdowns due to a power outage can harm your

computer. Use a UPS to at least keep the computer on for long enough to shut it down properly during power outages. Also, it is good to get a surge protecting device so that your PC is not affected by sudden power surges.

**Defragment your Hard Drive:** This is yet another good maintenance practice. Running the disk defragmenter substantially enhances the performance of your computer and keeps it running smoothly. Do this at regular intervals for the best results.

**Keep everything updated:** Right from your computer operating system to the software and antivirus – make sure you keep everything updated. Check for recent updates regularly. This will prevent any kind of lagging in your computer.

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# Tax Tips

## Get the most out of your Tax Return

*Tax Tips from Irene McCardle, CPA, CMA, CFP*

A person can earn up to \$11,635 before they pay any federal tax and up to \$9,895 before they pay any provincial tax.

**Seniors** (age 65 and older) have an additional deduction of \$7,225 federally and \$4,831 provincially.

The **seniors tax credit** is clawed back starting at \$36,430 of income, and is completely eliminated at \$84,597 of net income.

If you have eligible **home accessibility expenses**, you can claim up to \$10,000 as a Federal tax credit on your return.

If you qualify as a **first-time home buyer**, you can deduct up to \$5,000 as a Federal tax credit on your return.

The maximum withdrawal from his/her RRSP towards the purchase of a home (**Home Buyers' Plan**) is \$25,000 – contributions to be repaid over 15 years or included in income annually.

The annual withdrawal from his/her RRSP towards the **Lifelong Learning Plan** is \$10,000 with a maximum limit of \$20,000 – repayments over 15 years, conditions apply.

**Volunteer firefighters** and search and rescue volunteers can claim a tax credit of \$3,000 on their Federal returns.

The maximum contribution an employee can make to the **Canada Pension Plan** is \$2,564, or 4.95% of his income – which is matched by the employer.

The maximum contribution to **Employment Insurance** by an employee is \$836.19 or 1.63% of his income – the employer pays 1.4 times the employee amount.

The **maximum RRSP** contribution is \$26,010 or 18% of earned income.

The **2017 Tax Free Savings Account** maximum contribution is \$5,500 with a cumulative maximum of \$52,000 plus repayment of any withdrawals.

*Tax Tips from Court Carleton Accounting & Tax Services*

If you have **Adoption expenses** they could be claimed for a tax credit.

If you have **infirm dependants** under the age of 18 there is a Canada caregiver tax credit of \$2150 or if you have an infirmed dependant over the age of 18 the maximum is \$6883 depending on their income.

If you pay for **Student Loan**, interest payments are deductible, if never claimed you can go back five years.

If you have **donations** they can be claimed for a tax credit, if never claimed you can go back five years.

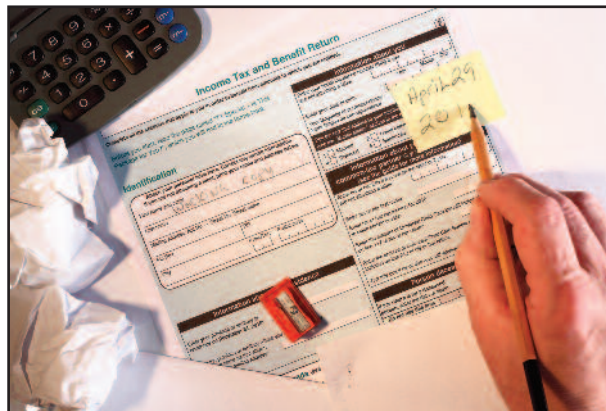
If you have **medical expenses** such as drugs, vision, dental and travel these expenses may be able to be claimed as a tax credit. In addition you may also qualify for

a medical expense supplement.

If you over contributed to **CPP or EI** through employment any excess amounts may be refunded in that year.

If you have working income from employment or business you may be able to claim **The Basic Working Income Tax Benefit** refund, for a single person the maximum is \$1043 and for a family the maximum is \$1894

If you are a teacher there is a **School Supply Benefit** of a maximum of \$1000



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© Peter M Gadd

# A Mistle Thrush Comes to Visit

By Peter Gadd

“Why not make our species first visit to North America to Miramichi, New Brunswick. It looks like a welcoming place”, says the Eurasian Mistle Thrush.

By December 9th 2017 it had made its way to a garden on Manny Dr. in the former town of Newcastle .... “why that’s a nice English name, I will feel at home here I am sure” it may have thought.

Perhaps this was what was going through the mind of this bird as it arrived at what turned out to be its resting area for at least the next 5 ½ weeks at the time of writing. All is green, berries plentiful and all of the other birds, “eh, no problem”.

Come December 10th .... “Uh Oh” it may have thought, ... the green grass had become covered in white and wintery weather arrived. The Mistle Thrush, not one to look back, was not deterred. “I am a tough little one” it demonstrated. And so it continued, through snow storms, severe wind chill, rain and wind, wild temperatures swings and all manner of precipitation, this thrush flourished and in the meantime delighted many visitors from near and far.

It has been seen daily in a four block area feeding on mountain ash berries, basking in the sun, preening, and standing guard over its food. Flocks of Bohemian Waxwing one hundred members strong, American Robins, and European Starlings have all found out that they are no match for this aggressive vagrant when they try to snatch berries from under its “nose”. It seems that it knows there are some long winter days ahead before it can resume its normal foraging in grass and bushes for its balanced omnivore’s diet. Berries will do in the meantime ... “and they are mine, all mine”.

There have been 400 or more visiting birders who have come to see this lost thrush from 7 Canadian provinces and 22 American States. All have been very, very pleased when they have had a good look and all have been very, very grateful for the opportunity. Many knowledgeable birders go to great lengths in pursuing their interest in the beauty, uniqueness and behaviour of their quarry. To see a bird never previously seen on the North American continent adds another aspect. For quite a few visiting birders the Mistle



Thrush was around the 800th, if not the 800th, bird on their North American list and some have seen more than 900. In New Brunswick the records indicate that over many years, 386 species have been reported.

The Mistle Thrush is a little larger than an American Robin, heavily spotted on its chest and belly, essentially brown on its head and back but with white trim on its wing feathers and tail. It is not a brilliantly coloured bird but the word “handsome” applies. Its behaviour is interesting to watch.

Its normal range stretches from Scandinavia to Northern Africa and as far east as the western Himalayan Mountains. It has been reported in Iceland. So why is it here? Most likely it got caught up in a weather system in the North Atlantic in early fall and was carried west by wind currents. Some have said post-tropical storm Ophelia in mid-October 2017 might be responsible.

It is thought that as long as it has a good food supply (mountain ash berries – of which there is a good supply nearby) it is likely to get through winter. It has demonstrated good survival behaviour by usually having coniferous shelter nearby when it feeds, it protects its food supply as mentioned above, and avoids predators such as Sharp-shinned Hawks which it has encountered several times. Will it return to Europe? Probably not.

It is very much a welcomed visitor to our neighbourhood and a delightful representative of the wonders of nature.





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# It's Always Time to Plan a Wedding!

## Wedding Trends

### All you need is love and... FOOD

Food has always been an important part of a wedding, the celebratory feast, breaking bread with family and friends, is a traditional part of a wedding day in every culture.

A growing trend is that couples are wanting to create **new food experiences** for their guests. Think interactive appetizer stations, farm to table dinners serving regional favourites, family recipes, craft beer and signature drinks inspired by the bride and groom. You can't go wrong when choosing local, fresh, seasonal food.

In the mood for a late-night

snack? Set-up a pizza or wing bar, or have your favourite food trucks drop by to deliver some midnight treats.

### Floral Decor Trends

Instead of floral arrangements think floral art installations! Floral decor trends are getting more creative and dramatic in 2018. Want to turn heads? Then turn your centerpiece upside down and hang it from the ceiling! The trend is all about cascading flowers and lots of greenery that will compliment any style be it luxury or rustic.



Photo via  
flowervibestx  
on Instagram

**Wedding wreaths** are a trend that is still going strong! After all wreaths are a symbol of unity - perfect for a wedding! They can be used as props and backdrops for photos, such as a large hoop swing wreath covered in greenery

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# Wedding Trends

and flower accents, or smaller ones hanging from the ceiling or trees. A simple ring made from olive branches or baby's breathe adds an elegant touch to the back of a chair.

Consider a floral wreath in place of a bouquet, whether its whimsical and dripping with vines and greens, or more structured with roses, lace and pearls. Even the groom can wear a tiny wreath of fresh rosemary or ferns as a boutonniere.

Love is the flower you've  
got to let grow. - John Lennon

## Other Trends to Watch

- Daytime weddings serving brunch - think mimosas and a pancake bar.
- Metallic accents are moving away from rose gold in favour of industrial look copper and silver and chrome.
- The classic pearl is trending - in jewellery, head pieces, dress embellishments and adorning bouquets.
- Wedding cakes are coming back and cupcakes are out!



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# *Celebrating Valentine's Day*

## Shine Bright Like a Diamond

by Lori Murray - Wishart

Love is in the air!

With Valentine's Day right around the corner many people have diamonds on the mind. February 14th is among the most common days of the year to pop the big question, but before you get down on one knee there are a few important decisions to make.

With colour, shape, size and style to consider, choosing the perfect diamond ring can be a little overwhelming. Have no fear, we're here to help!

### **Why a Diamond?**

The tradition of offering a ring to the one you love dates all the way back to Rome when the custom was for wives to wear a small ring attached to a key to indicate their husband's ownership.

Many years later, in the 15th century, the tradition grew in popularity and became a romantic gesture among the nobility and the aristocratic class of Europe when the Archduke Maximillian of Austria became the first to commission a diamond engagement ring for his wife.

Again in 1947 the tradition spread even further when the diamond company De Beers launched the slogan "A diamond is forever". This signified the commitment of marriage and



left an impression within the general public of durability and longevity.

Today, the tradition continues!

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Each Canadian Diamond is inscribed with a trade logo and comes with a detailed certificate. This is to ensure the origin and the highest quality.

Once you've settled on the origin of your diamond, it's time to consider the next step.

### Shape and Colour

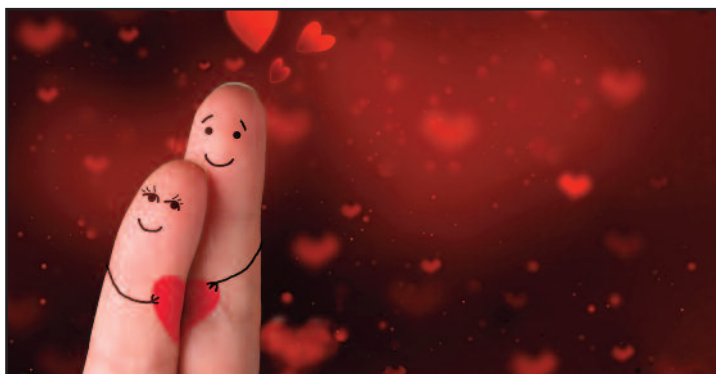
Every woman is unique! Of course, tastes will vary by individual. Overall though, the diamond shape most commonly preferred is round, accounting for over 50% of diamonds purchased. The runner up at over 20% is princess cut (square). The remaining percentage of people are divided among Marquis, Emerald cut, Cushion, Pear, Heart ... and the list continues.

Typically when people think about diamonds they picture a clear and colourless stone. Believe it or not, diamonds can actually come in just about any colour, from red to blue and everything in between! Champagne, chocolate, yellow and especially pink have been growing steadily in popularity. A unique diamond colour can add a lot of charm and personality to any engagement ring.

Expressing your love with a diamond is a tradition that dates back centuries and there is nothing more powerful than the feelings you get when you know that special someone is "the one". Show the one you love how you feel this Valentine's Day.



Lori Murray - Wishart is the owner of L&A Goldsmith, a new local jewellery store located around the square in Newcastle. Lori has over 15 years experience as a goldsmith and can work with all precious metals. She offers a large selection of gold, silver and diamond jewellery and provides a quality in-house jewellery repair service. Contact her or drop by today!  
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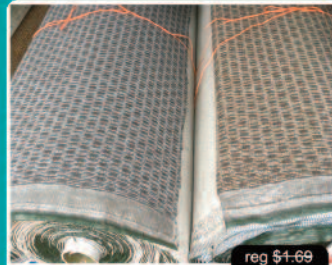
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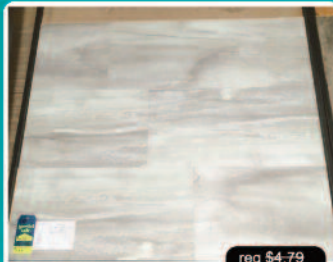
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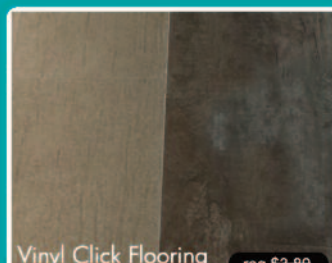
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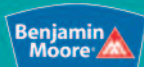
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[governorsmansion.ca](http://governorsmansion.ca)



### Ski and Stay

Enjoy King George Bed & Breakfast's Cross-Country Ski package. Includes a two-night stay, evening meals, and more. Available until March 23, 2018, weather permitting. Package rates start at \$300 plus tax.

[www.kinggeorgebandb.com](http://www.kinggeorgebandb.com)



### Winter Romantic Getaway

Starting at \$260 per couple - Includes two nights in a one-bedroom cottage, couples photo shoot, sparkling wine & chocolate/fruit, use of snowshoes & snow tubes, access to hot tub & sauna. Until, March 31, 2018.

[www.storeytowncottages.com](http://www.storeytowncottages.com)



### Winter Escape Getaway

The Rodd Miramichi River Hotel's Indulge in Romance package. one-night accommodations, champagne and chocolates, a romantic dinner, & more. Available until April 27, 2018. Starts at \$359, per couple.

[www.roddvacations.com](http://www.roddvacations.com)



### Winter Mi'kmaq experience

Experience the traditions of the Mi'kmaq people with Red Bank Lodge's Kesik Keku'lk - Good Winter package. Stay at the lodge, snowshoe to the tipi and more. Available until March 31, 2018 for \$165 per person.

[www.redbanklodge.com](http://www.redbanklodge.com)



### Winter Getaway Special

Stay two nights between Jan 15th and March 30th, 2018 for \$180. Includes queen or king room, breakfast & all taxes. Walking distance to downtown Newcastle and a 10 minute drive to snowshoe and cross-country ski trails.

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# Discover the Trails at

## Miramichi Cross Country Ski Club

By Deana Gadd

There's something for everyone at the Miramichi Cross Country Ski Club. Located in a wooded setting in the Nelson area of the city, the club offers a variety of activities. Some of the choices are snowshoeing on wooded trails with your camera in hand, a family ski that can include taking your toddler in a special pull along sled or going for a vigorous skate ski.

The ski club operates seven days a week, usually with a lodgekeeper present. Evenings see volunteers on duty to welcome skiers, keep the fire going and handle trail fees and rentals. The club has 4 km of brightly lit trails that are open from Monday to Saturday from dusk until 9:30 pm. There is a special night time rate of \$5 that includes a trail pass and rental equipment. The club has rental equipment for all ages for skis (free for ages 3 to 5) and youth and adult snowshoes. Skate skis are available at a higher rental rate and are only in larger sizes, you must have skied before to rent them.



Skiing under the lights at the MCCSC. The club has 4km of brightly lit trails for those who enjoy an evening ski.

The ski trails at the club range from a 0.3 km bunny trail to the 12 km silver trail. Some trails are wider and allow for both classic and skate skiing, while others are narrower and groomed only for classic skiing. The snowshoers have their own 6 km of trails which are laid out in 1km flagged loops.

The ski club has a youth skill development program which is already under way with an annual participation event on Feb. 4th (the Miramichi Ray Thibodeau Loppet) and social events planned during the year.

Cross country skiing and snowshoeing are easy ways to get fresh air and sunshine during the winter months. The ski club members welcome you to join us and find out for yourself!

The club's website is well-maintained and has information on ski instruction programs, rates, trail conditions, maps, online membership registration and more. Find more information at [www.skimiramichi.com](http://www.skimiramichi.com) and on [www.facebook.com/skimiramichi](https://www.facebook.com/skimiramichi) or call the ski lodge at 622- 6991.



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# Dining & Entertainment



## Miramichi Rocks - Talent Search

The Miramichi Rock 'n Roll Festival presents Miramichi Rocks Talent Search!

The competition is held every Saturday night until March 13th at Club 10 Royal Canadian Legion. The talent search is underway and we've been seeing many talented singers and song writers take the stage so far.

Come out and cheer on the contestants and see if your favourite will win the Grand Prize: \$1000

cash plus a song recorded by Jason Barry - Barrytone Studios.

Best of luck to all of the talented contestants! #ChiRocks.

Club 10 is located upstairs over The Goodie Shop Restaurant, Miramichi. Doors open at 7pm. Showtime is at 8pm, weekly! 19 years and older.

To see videos of contestants performances and for more information, find them on Facebook under Miramichi Rocks 2018.





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# Dr. Keenan **meVersion2.0** Personalized Lifestyle Medicine Practice, with a focus on the **Ketogenic Diet**

**Keto and LCHF** - You may have heard these terms buzzing around the Miramichi lately, or perhaps you've heard about it online or in the news. So what is keto and LCHF? Keto is a whole foods diet and is based on the principals of how our ancestors have been eating for generations.

A ketogenic diet is based on low carbohydrate and high fat foods (LCHF). On a low carb diet, you minimize your intake of sugar and starch. As you do this, the levels of insulin which is a fat storage hormone, drop in your blood. This increases your body's ability to burn fat. It makes you feel more satisfied and reduces food cravings. Scientific studies prove that low carb diets make it easier to lose weight and control diabetes.

## What do you eat on a keto diet?

**Eat Real food** - Meats, eggs, fish, plants grown above the ground and natural fats like butter.

**Avoid boxed and processed sugar filled foods** - bread, pasta, potatoes, cookies, cakes, sweets

## What are the medical benefits?

- improvement and reversal of Type 2 Diabetes
- improved hypertension, acne, migraines
- less heartburn
- control of seizures and epilepsy



Photo courtesy dietdoctor.com

- improvement in Polycystic Ovarian Disease
- improved cholesterol levels
- helps with sugar addiction by decreasing cravings
- Neurologic conditions like ADHD, Alzheimer's, Parkinson's, MS, Concussion

## Miramicher's tips about starting the keto diet?

- Eat when hungry until you are full (but not stuffed)
- Drink plenty of water and fluids
- Eat slowly • Keep meals simple
- Avoid fake low carb foods
- Limit eating out • Go easy on yourself!

## What do Miramichi followers like about keto?

- Mental clarity • Increased energy
- Improved sleep • No afternoon naps
- Metabolic flexibility
- Delicious recipes
- Not being hungry all the time

## Is this for me and how do I get started?

If you have diabetes, high blood pressure or are breastfeeding, you should consult with your physician. As you begin a keto diet your requirements for medications will change in the first couple of weeks and it is important to have medical supervision during this time.

## How do I get started?

I currently have two weekly keto programs underway on the river. I have a waiting list for upcoming programs and hope to start another soon. I will be hosting further presentations and Keto Workshops in the upcoming months. I am accepting clients for individual health consultations regarding the Keto lifestyle and other preventive health concerns. For further information check out my facebook page at MeV2 or feel free to email me at [drkeenan@meV2.ca](mailto:drkeenan@meV2.ca) to set up a phone call to see if I can assist you on your road to wellness.

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# Uncovering Artifacts at King Street Elementary

At King Street Elementary we all worked very hard during recess to dig for a lot of different artifacts. We found pipes, nails, plates, springs and metal sticks. With all the artifacts we found, Mme. Robichaud's grade 5 class made an artifact museum.

The students worked very hard to set-up the museum and invited community members to come and help them identify the artifacts they found. A special thank you goes out to all those who were able to attend: Shawn McCarthy (historian), Bernie Coleplough and his friend Melissa (collectors and history buffs), Jennifer Wilcox (Chatham Library, Director), Mavis Williamson (representing Bill Fraser), Dean Mutch (Director of Education), District Technology Mentors, retired teachers Diane Buggie, Rick Hayward and Kora Hayward, and many others.

Our music teacher Mrs. Comeau wrote a wonderful song about the artifacts we found and the kids from our school recorded the song.

To look at more photos and hear our song, go to <http://kse.nbed.nb.ca/announcements/school-artifact-song>

Written by Astrid Canistro and Avery Hunter on behalf of 5 Robichaud.



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Jamie Alexander is an award-winning designer, home decor writer and TV personality that has been named one of the "Top 10 designers in Canada". He can be found from time to time working in the design studio with Julie & Joanne at Décor Haute Look in the scenic town of Neguac.

For more information please visit:  
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# Tips to Fall in Love with Your Home Again.

It's that time of year where winter never seems to end and we can't wait for the brighter days of spring. Until then, it seems like we are cooped up indoors waiting for the snow to melt. I like to think of this time as the perfect opportunity to do a few things indoors around the house. After all, you might as well make the best of this time to fall in love with your home once more.

**Tip #1- Declutter.** As the old saying goes, "out with the old, in with the new".

Yes, I agree we can't be filling the landfills with one-too-many toasters or lamps, but we can donate them to the local thrift shop or food bank. Decluttering is one of the most apprehensive things we do as humans. From the time of birth, we are pretty much programmed to think that we "collect things" or they are our "belongings". Truth be told, I am as guilty as you for holding onto something thinking, "I might use that someday" or "what if my new one breaks". Here is my advice when something new comes into



the house, think about what can go out. In decorating your spaces, stand back and ask yourself, do I need 6 vases all over the house? Or can I gather them together on the dining table to create a focal point. Do my end tables look cluttered or do they look decorated? Often times the simple task of decluttering or rearranging the clutter can leave your room feeling like a breathe of fresh air.

**Tip #2- Refresh.** I like to say this goes hand in hand with "Reduce, Reuse and Recycle".

Often times we look at a tired piece of furniture wondering what to do with it. The piece may be looking tired or dated but with a refresh it could continue to work great in your space. If it is a good solid piece of furniture perhaps give it a fresh coat of paint. I would suggest a paint designed for furniture. Often times when you paint wood that has been stained and /or varnished, regular household paint won't do the trick unless the piece is stripped down to the bare wood. If you're not up for the overwhelming task of stripping your furniture to the bare wood, I would suggest visiting a store like "Crackle & Teal". They offer many options of paints & finishes that are specifically made for furniture refinishing.

**Tip #3- Accessorize.** Good Accessories are the icing on the cake for any room.

When accessorizing any room of your home, I would suggest, like grocery shopping, make a list. Sometimes we get overwhelmed or overzealous when out shopping for accessories and grab the first thing we see on sale. I always say, just because it's a good deal, doesn't make it right for the space. Waiting for the perfect piece will be longer lasting than a cheap find. A couple of things to keep in mind when shopping for accessories: #1- Keep in mind your accent colour. That doesn't mean you have to have the exact same blue, but layer your blue accessories. #2- Shop in the same motif. If the feeling of your room is "ocean side", placing a gothic looking obelisk would seem out of place. Remember where you are going with the room and stick to it.



With the holidays over and the new year in full swing, this is the perfect time to shop for accessories. Older accessories are on their way out at a discount and stores are receiving their new shipments weekly. At Décor Haute Look shopping for new trends, furniture & accessories is well underway. February & March will be the busiest for unpacking the new. Visit with your local home décor shop for all kinds of 2018 trend inspirations and remember your "Decorating shopping List".

Don't let the winter blues keep you from loving your home.  
**Declutter, Refresh and Accessorize!**





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# Meet Unicare's Lisa Williams

## A Social Entrepreneur with a Vision by Kellie Underhill

The house at 540 King George Highway in Newcastle, Miramichi bustles with activity. Passing through several office spaces on the ground floor, upstairs you'll find a large training room where people learn things like First Aid/ CPR and how to properly lift and transfer. This is also where you'll find the office of Lisa Williams, owner and operator of Unicare Home Health Care and Uniclean Solutions.

Petite, friendly, and down to earth, at first glance Lisa mightn't seem like a captain of industry but it doesn't take much conversation before you realize you are in the presence of a great business mogul. In 2018, Lisa's flagship company, Unicare celebrates a decade since she first started the business as a single mother in her living room. She started alone in a 12x12 room and now she employs over 200 people in five locations throughout the province with unlimited expansion still to come.

An educator first and foremost, before starting her businesses Lisa travelled the world, living and working abroad in places like China and the United Arab Emirates. As the regional manager for another company during its start-up phase she enjoyed seeing the business grow, problem solving and overcoming challenges in the company's infancy.

When the young mother returned home to Miramichi in 2007 she wasn't sure what to do next, until her father asked when

she had felt the most happy in her work life so far.

"And I said, actually when I was doing that home care business start-up," she recalls. "And he just looked at me and said, 'Well, why can't you do that?' And I was like yeah, why can't I do that! So then I had a goal. I was going to start my own business."

Running her own home health care business is something for which she has a real driving passion.

"I'm a social entrepreneur," Lisa says. "So I feel like with everything I do I'm helping society become better in some way. I'm helping either the clients that we serve or the caregivers in my employment."

Since starting Unicare, Lisa has helped to change the home health care industry. Educating caregivers and improving their quality of life by getting them better wages and things is a passion.

"I feel very good about what we do here everyday and I think every person here has a sense of accomplishment in helping people live a better quality of life."

In the industry's early days, caregivers weren't trained and a lot of people moved in and out. She estimates the turnover rate was anywhere from 35-40% across the industry. Unicare never had that high turnover. She believes it's been consistently around



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20%, which is very good.

"It's getting better," she says. "Because now they are trained and now they feel more valued. They actually feel like they know what they're doing and it gives them a confidence."

In the beginning, a lot of caregivers were older and more experienced in the workforce. Now a lot of young people are training for a career in home health care.

"These young people coming in want to be trained. They're excited about being trained, excited about their work and they're staying. It's fantastic!"

Still, there's a lot of work to be done and Lisa's main goal is to change the industry. She has already been instrumental in helping to develop government standards but there's more to do.

"I'd like to see caregivers paid better, because it's one of the highest stress jobs. Even though I run this business I have never gone into that part of it, and I don't think I could ever do it. I have the utmost respect for people who can. If we did not have these people, we would not exist. I value everything they do. I want employees to know that, and that I have their backs. I'm a big supporter of my employees. And I just want them to know that we're always trying to do better for them."

Two years ago, there was no training. Now, training happens in English and French about three days a week in Miramichi and she's looking for another building, a kind of school, that will train not only her employees but anyone who wants to learn how to care for a loved one at home, or First Aid, CPR, WHIMIS and other courses.

Last year, Lisa also started Uniclean, a sister company to Unicare, which began with three cleaners and by mid-2017 employed 15. From residential to commercial, Uniclean was born out of Lisa's passion to help people.

"We developed Uniclean out of a need from Unicare clients



Lisa Williams (bottom right), Owner of Unicare Home Health Care Inc. posing with her team.

who wanted to have a bigger clean, a full spring clean or whatever. It's a perfect complement to that, but it's also more of a luxury too for people who work everyday, myself included. I promised myself when I started that if I was going to work all day, look after my son all day, I wasn't going to come home on the weekend and spend it cleaning."

Expansion is also happening. Unicare currently services five areas in New Brunswick – Miramichi, Acadian Peninsula, Bathurst, Campbellton and Moncton. They are expanding into Fredericton this year and Edmundston soon after. But Lisa's expansion vision doesn't end there.

"I see Unicare leaving the province. Maybe down to the States, maybe to Europe. There is no limit," she says. "I think my biggest need right now is labour. I need labour. And in the the next five years, I'm going to need labour like you have no idea. I'm always hiring."

She estimates within the next few years this province won't have enough labour to fill the need.

"We need immigration. Because I need people." So in the next year or two, Lisa would like to do a Trade Mission with the government and explore the possibilities.

"There's so many opportunities. There's so much that needs to be improved. It's endless," she says. "I always thought big, I never thought there were any limits. My thing is always what can I change to make this place better, what can I change to make my parents more comfortable as they age, what can I change so that by the time I get there I am going to be able to reap the benefits of what we did here. I just want to change something to make things better."

Lisa Williams has already done so much and there will be much more in the future. For more information visit [www.unicarehealthcare.ca](http://www.unicarehealthcare.ca) or [unicleansolutions.com](http://unicleansolutions.com)



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# What's Happening at the Library

There's more to your local library than just books!

## Newcastle Public Library

100 Fountain Head Lane, Tel: 623-2450

**Storytime** (Fridays 10:30-11:30 am) is a program for children ages 3-5 and their caregivers to share stories, songs and activities.

**Cinema Saturday** (February 10 from 2-4 pm) Bring the whole family to the movies for free, popcorn included! This month we'll watch Despicable Me 3.

**Team STEAM** (February 7 & 21 6-7 pm) is a chance for kids 6 and up to get their hands dirty while learning about science, technology, engineering, arts and math. Registration required: call 623-2450.

**Freaky Friday!** (February 2 & 16 at 3:30-4:30 pm) Drop-in after school for activities and games as creative as you are. Ages 6+

## Programs for Adults

**Care and Share** (Tuesdays 2 - 3 pm) is a free healing and fitness program for women diagnosed with cancer.



**Conversational French** (Tuesdays 7-8 pm) is a chance to practice your French in a fun and safe environment. All abilities welcome, no registration required.

**Career Information Centre Job Search Skills** (February 22nd 10-12 PM) Registration required: call 623-2450.

**Every Child Ready to Read Workshop** (February 24th 10:30-12:00) is for parents, caregivers and professionals who work with young children. Come learn about early literacy development and ways to support it. Registration required.

**All Ages Welcome - MakerSeries** (Feb. 17, 10:30-11:30) is a chance to learn from a Maker in our community. This month Donna Savoy will teach us how to make mittens without a sewing machine. Registration required: call 623-2450. Ages 10 – Adults.

## Chatham Public Library

24 King Street, Tel: 773-6274

**Storytime** (Fridays 10:30-11:30 am) A drop-in program for children ages 2-5 to foster a lifelong love of reading by engaging in stories, songs, crafts, and more!

**Welcome to Kindergarten** - (Saturday, Feb. 3rd at 10:30am)

A special event for children entering Kindergarten this September. Help your child practice their ABCs, 123s, and other important skills needed for their first year of school. This fun one hour program is completely FREE, so register now at 773-6274.

**STEAM** - (February 9 & 23 at 3:30 pm) A fun drop-in program for school aged kids! Every second Friday at 3:30, kids will get to explore Science, Technology, Engineering, Art, or Mathematics through various crafts, challenges, games, activities, and more. A small snack will be provided.

**Parent/Child No-Sew Snowman Program** Saturday, Feb. 17 at 2:30 pm. Create your very own snowman using socks and rice! One per person. All materials provided. For children ages 5-12 accompanied by an adult. Please call 773-6274 to register.

\* If school is cancelled due to bad weather, our programs will be cancelled for that day too. If you're not sure, give us a call at 773-6274 or check our Facebook page for updates.

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A smiling man with short dark hair, wearing a red hoodie, is looking towards the camera. He is standing in front of a white background with horizontal lines.



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# Painting Your House's Interior by Keltly Druet

A fresh coat of paint is the most inexpensive way to "remodel" a room. If going the DIY route, for beautiful results ensure that the surface to be painted is clean, dry and as smooth as possible. Prepare the room with drop cloths, remove receptacle cover plates, draperies, etc. When it comes to painting, cheap paint can be the most expensive paint. The ingredients in poorly made paints skimp on materials allowing it to fade faster and wash off the walls during cleanings. Good quality house paints will save you money in the end. Don't forget, use the right tools for the job! A good quality brush will last you many projects and garnish great results.

Wondering what paint colors are on trend for 2018? Let me just say that black is back and is here to stay. Have you noticed that black has been taking over spaces in home decorating magazines this past year? We have seen it in all the seasons, this edgy hue is showing no signs of slowing down.

For a striking style statement, check



Above: Dulux Colour, Black Elegance  
Below: Dulux Liquid Metal, Golden Goose



out the Dulux Paint Palette's 2018 Trends Collection Color, Black Elegance. Whether you boldly cover an entire room or easily embrace it on select accents, it's a statement-making black infused with an undertone of deep brown creating a sophisticated setting. Pair this color in harmony with natural wood, whites and neutrals for the perfect contrast.

Looking for the ultimate show stopper? Check out the Dulux Liquid Metal 2018 Color of the Year, Golden Goose. A decadent effect finish provides a contrasting accent of illuminating color-rich texture.

While neutrals are certainly safer, these color trends are inspiring people to take daring risks with their walls. So go for it, give your space a bold facelift in 2018!

Keltly Druet has a love for restoring character buildings and home renovations. She is a furniture paint educator and co-owner of Crackle and Teal. A lifetime DIY'er, you'll find her in the store helping fellow creatives transform beautiful pieces.



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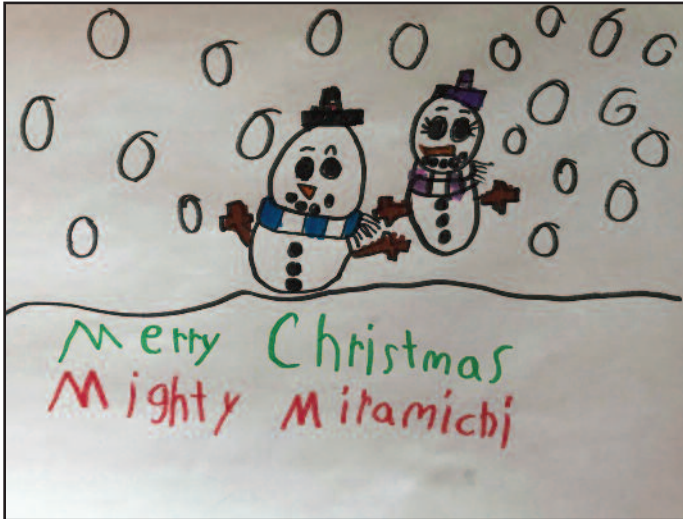
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# Submissions

Send submissions to [submit@mightymiramichi.com](mailto:submit@mightymiramichi.com).  
Deadline for the Spring Issue is April 3rd.

Photos must be high resolution and remember to include you name and where the photo was taken or information on the subject matter.



We were very happy at the MCG Media office to receive this delightful artwork from Adriana Wylie, age 7. Thank you!



Bev Bawn took this photo looking across the Miramichi River toward the Miramichi Hospital.



Hillary MacCallum found these two shells on the beach washed up from the Miramichi River in December, near her home on Water Street.



**Above:** Anthony McLean took this photo while on a walk along the Forest Corner Trail off of Forest Street in Loggieville.

**Right:** Eagle on the Ice by Ritchies Wharf in Miramichi.  
Photo Credit: Billie-Jo Duffy







#### Submitted Captions

Laura Comeau: "And don't forget to pick up the bird seed on your way home!"

Colleen Gorman: "You forgot Valentine's Day again???"

**Above photo** of Cedar Waxwings by Peter Gadd



#### Submitted Caption

Helen Rosengren: "Mating season is a killer."

**Above photo** of a blue jay after a dunk in the bird bath, by Peter Gadd

## Fun with Captions

**I discovered these two photos** in a collection by Peter Gadd of the Miramichi Naturalists Club, and the Blue Jay in particular had me laughing out loud! I asked our readers for clever captions.

Peter Gadd has a very active and awe-inspiring Flickr account with many bird photos he's taken at his home and around Miramichi.

Find more of his photos at [www.flickr.com/photos/pmgadd](http://www.flickr.com/photos/pmgadd)



Wolf Moon of January 2017. Photo by Bonnie Coughlan



Mama bird coming home with supper.  
Photo by Oveline Allain



# Here We Grow Again!



The local Co-Operators Agency is on the Move and will be relocating to 829 King George Hwy, into the Remax building. They invite you to stop in and meet the new financial advisor Paula Savoy-Drillen and her team, France Levesque and Brenda Stewart. and ask about a free consultation. Paula has over 28 years experience in the Insurance Industry, and is also an active member of the Rotary Club of Newcastle and a recent recipient of the Paul Harris Award.

We have one common goal: to be where Canadians are, with the products Canadians need, when they need them, however they want to buy them. You will find a Home, Auto, Life, Investments, Group, Business, Farm or Travel insurance, plan with us that is exactly what you need. Co-operators have been servicing Canadians for over 65 years. As a thriving Canadian co-operative insurer, we strive to raise the bar in how we service our clients, support our communities, engage our employees and promote sustainability. In the past year our community contributions include donations to Rotary Ribfest, Mount St. Joseph Foundation and Miramichi Foodbank



The **new Subway location** is now open in Douglastown. Manager Katlin Morris, former manager of Chatham subway, and Assistant Manager Allison Doyle, former manager of the previous Douglastown Subway, invite you to come in and experience the new store. It is the first drive-thru Subway in Atlantic Canada to have the Fresh Forward Design.

Subway has created a bright new color palette and modern design, inspired by fresh vegetables, that gives guests choices – from how they order, to how they pick up their food, to how they enjoy their meal. New features are self-order kiosks (coming soon!), digital menu boards, usb charging ports at all tables, complimentary Wi-Fi and as always Apple and Samsung Pay options.

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## A Nice Christmas Gift

by Dave Bucklow

As we were enjoying breakfast in the Fundy Line restaurant a couple of days before Christmas, when Roslin Giggie arrived with a large bag of her paintings as presents for the staff and friends. She came with all the fixings to hang them up and what do you know, I was handed the job of attaching the clips right at the table. Just as I finished hammering away on one, Roslin was handing it out to the Staff, and I was banging away on another one.

Well it was a little noisy for breakfast, but the Christmas spirit was in the air and I think everyone enjoyed the fun of it, and looking at the paintings too. A few lucky diners, including myself, also received a painting.

Roslin tells me she started painting at an early age, but gave it up as life became busier with raising a family and working. She spent many years teaching the next generation, but is now enjoying retirement, and has found time to pick up a paint brush once again.





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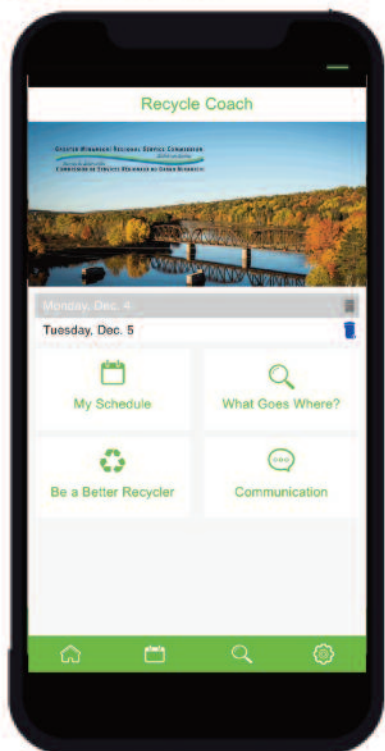


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