

# GIVER

## Miramichi

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**FREE!**  
Spring 2018

### Miramichi RibFest May 25-27

#### INSIDE!

- Miramichi Wellness & Holistic Fair - May 12-13  
**This heart based fair is back for a 5th year.**
- Cole's Garden Patch  
**A Family Farm Born out of Love**
- Mother's Day Specials
- Designer Room Makeover
- An Old Fashioned Recipe ... **And More!**

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At Dream Cottage (New location: by Petro Canada Hwy 11)

# Miramichi Senior Citizens Home

## Celebrating 50 Years

By Jennifer Loucks

**The Miramichi Senior Citizens Home is celebrating 50 years of service to the citizens of Miramichi and surrounding communities in 2018.**

In 1968, this 81-bed nursing home started life as a 66 bed home on the former site of the Alms House (county poor house). In 1985, a 15-bed extension was added to accommodate the WW1 and WW2 contract Vets needing access to nursing home services. This project was spearheaded by local veterans; one gentleman in particular was a Mr. Emmanuel Gaudet, who became a resident of the unit in his later years.

The nursing home volunteer Board of Directors and Administration staff have always felt that providing services to the community was a priority for the organization. Forty years ago a **Meals on Wheels** program was established. This program continues to this day, with an army of volunteers delivering home cooked meals to the clients in the community. 1979 our **Adult Day Care** program was added. This program is unique in the province in that it is the only program where some of our clients who live in the city limits, are picked up at their homes and returned home at the end of the day. For our clients living further away, family members drive them to our home where they too can be part of the program. Day Care clients become part of the nursing home family, taking part in group activities, receiving assistance with personal hygiene if needed and enjoying comradery and conversation with other men and women from the community.

To fill a recognized need in the community and with the assistance of the Chatham Rotary club, the **Life Line program** was established in 1989. Volunteer installers go to client's homes and provide them with instruction and teach them and a family member how to use the units.



The **hundreds of people who have volunteered** their time and skills over the years to help us provide these services are part of the reason for the success and longevity of these programs. We are proud to have had a staff of men and women who have given many hours and years of dedicated service to ensure our residents get the best possible care and enjoy a great quality of life.

As a non-profit organization, we depend on donations and fund raising to maintain these traditions at no cost to our residents. Thank you to the many who have helped fund raise, bought tickets or given a donation. You have helped us give our residents annual trips, and outings to local events and restaurants, to remain active members of the community.

**Our home will be closed in 2019** and as we take this year to celebrate 50 years of service to the community, the Board of Directors and Administration staff of the Miramichi Senior Citizens Home, want to thank the community for allowing us to be such an integral part of the day to day life of Miramichier's for the past 50 years.

*\*Read the full article and see more photos on [www.GiverMiramichi.com](http://www.GiverMiramichi.com)*

*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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## Employment

### JOB OPPORTUNITIES

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# Events

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

## **May 12-13: Fifth Miramichi Wellness/Holistic Fair**

Join us 10am to 5pm each day at the Miramichi Curling Club, 21 Cove Road. Over 40 vendors! See page 8 for details.

## **May 12: Mother's Day Special Bollywood Saree Party**

Treat your mom to a unique event on Mother's Day - an East Indian Cultural experience. Or come with your girlfriends! Learn how to wear a saree, enjoy Bollywood dance and music, Indian finger food and desserts buffet. Sarees are provided for all women and Indian skirts/ scarfs for young girls and teens! Make sure to wear a skirt or pants- T-Shirt or a blouse to tuck-in! At the Chatham Pioneer Senior Citizens' Club, 15 Ellis St, Miramichi, 2pm to 5pm and 6pm to 9pm. Msg Vamsi Chava on Facebook for tickets. Ticket Price - Each \$40, Two for \$70.

## **May 18-20: Metepenagiag Trout Derby**

Pre-register at Metepenagiag Heritage Park. Catch & Release. Tel: 506-836-6111

## **May 19: Timberwolves Dinner and Auction**

Guest Speaker: Wendel Clark. Miramichi Civic Center. Doors open at 5pm, meet & greet, cash bar, viewing of silent auction & live auction items & games. Meal: stuffed Chicken Breast. Evening includes raffles, door prize, auction & dinner. Must be in attendance to win door prize. Tickets \$50, available at PetroCan in Chatham and Newcastle.

## **May 25-27: Rotary Ribfest on the Miramichi**

Its the mouth-watering spring event you've been waiting for, filled with great food, music, and new this year - a rib eating contest! See page 7 for details.

## **May 25-27: Miramichi Stripper Cup**

The popular Bass Fishing Tournament is back! For details visit [www.miramichistrippercup.ca](http://www.miramichistrippercup.ca)

## **May 26: Brunswick 100 and Spring Smash**

Miramichi, Start Your Engines! Eastern Canada's Oldest Active Motorsports Venue will roar to life for its 50th Anniversary Season Opener on May 26th! An exciting afternoon of motorsports action will be highlighted by the Brunswick 100 Street Stock race and the Spring Smash Demolition. Also on the card is the Atlantic Modified Tour, the Mini Stock class, and the Dukes class. Tickets are just \$15/ adults, \$10/youth, \$35/ Family Pass (family of 4), and kids 7 & under are free!

**May 26: Community Yard/Craft/Bake Sale in Upper Miramichi** Yardsales will be all along Route 8 from Nelson Hollow to McGivney, and also at the Woodmen's Museum from 8am to 3pm. To book a table call 506-369-7214. Breakfast from 8-11am at the Woodmen's Museum.

## **May 26: Walk of Hope**

The Walk Of Hope helps raise awareness for those living with Mental Illness. Walk from Wal-Mart to Seaman's Hospital starting at 11am. Tel: 622-1595

## **May 31: Painting from Your Heart Workshop**

Join Pamela Cail, intuitive soul artist for a transformational evening of painting, intention setting, soul enlightening and meditation through powerful heart activating sounds; drums and Tibetan singing bowls. We will then create from the heart and put it onto canvas! At THE YOGA BLOCK, 829-1 King George Hwy, from 6:45 to 8:45pm Tel: 773-9642 \$85 per person. All supplies provided. For more information and to register visit [www.theyogablockmiramichi.com](http://www.theyogablockmiramichi.com)

## **June 16- ALS Walk Strong Fundraiser**

Registration begins at 10am at French Fort Cove. Visit [www.ALSWalkStrong.ca](http://www.ALSWalkStrong.ca) for information and to register. See article on page 21.

## **June 22-23: Rogersville Country Music Festival**

Featuring Musical Guests - Mo Pitney, Hert LeBlanc, Crossover, Brian Mallery, Maurice Belliveau, Shirley Albert, Borderline, Mike LeBlanc, Stephen Kelly and Ivan Daigle. \$70 advance weekend pass. Onsite camping available. Visit [www.rogersvillebluegrass.com](http://www.rogersvillebluegrass.com)



## **June 22-24: Atlantic Salmon Fly International**

The first two ASFI events were held in Seattle Washington, and we're happy to host the 3rd ASFI in Miramichi at the Curling Club on Cove Rd! The best Atlantic salmon fly tiers, creating beautiful hair wing

flies to the most complex, gaudiest Victorian feather wings will demonstrate their skills and share their knowledge on tying and fishing these storied patterns. ASFI 2018 will not only feature world renowned fly tiers from 18 countries, but also have hook making demonstrations, seminars, exhibitors, a kids corner, silent and live auctions, banquet and Atlantic salmon fishing opportunities for our guest tiers and their spouses. Admission \$10/day or \$20/3 days, under 16yrs free. Hours: Friday: 10am-5pm, Saturday: 9am-5pm, Sunday: 10am to 4pm

## **The Heart Intelligence Series ~ Think With Your Heart!**

Two-Part Free Public Presentations presented by Dr. Zbigniew Nowak that introduce amazing new research about our heart's brain, (yes, brain!) and its ability to think, offering a whole new approach to personal health and well-being which can literally change your mind about your health! Tel 506-627-7575

### **Part 1: You are the Creator of Your Wellness!**

**May 15** Chatham Library and **May 30th** Newcastle Library

### **Part 2: You Are Your Own Best Medicine!**

**June 5** Chatham Library and **June 26** Newcastle Library



# City Hall UPDATES

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



## POLICE DEPARTMENT

### 2018 Seniors Police Academy

Open to Seniors within the City of Miramichi who are 65 years of age and older  
Wednesday mornings May 2nd, 2018 through June 6th, 2018

MPF will be hosting an '**Open House**' on Wednesday, May 16th, 2018,  
from 1:30 – 4 p.m. as part of National Police Week.

**Kids n' Kops Program** will be hosted from July 30th, 2018 – August 3rd, 2018.



## FIRE DEPARTMENT

The **City of Miramichi Fire Department** held a **promotion ceremony** on  
Friday March 23rd, at Station #2. Fire Chief Tony Lloyd recognized the  
following people on their new positions/promotions:

1. Jason Brennan, appointed as Full Time Firefighter.
2. Wayne Falconer, appointed as Fire Prevention Officer.
3. Corey Shaddick, appointed as Fire Prevention Officer.
4. Mario Berthiaume, appointed as Deputy Fire Chief.



The New Brunswick Fire Marshall, Douglas Browne, was in attendance. He formally appointed the  
new Fire Prevention Officers, Shaddick and Falconer, as "Local Assistants to the Fire Marshall".  
These new roles work with the Fire Marshalls Office, act on their behalf with regards to inspections  
and compliance to the National Building and Fire Codes in all public buildings, as well as Fire  
Investigations. They will also handle public relations and prevention activities on behalf of the  
Department.



## PUBLIC WORKS

- The Public Works Department is now operating under **summer hours** Monday to Friday 7:30 am to 4:00 pm and can be reached @ 623-2020. For emergencies after hours contact 623-2241.
- **Damages due to snow removal** operation will be reviewed and completed once snow is melted and weather permits.
- **Pot holes** will be completed as soon as asphalt plants are in operation. Repairs will be completed on priority bases.
- Complete inspection of all **street signs** will be carried out and repaired.
- **Streets and sidewalks** sweeping will begin when weather remains above freezing and will continue until completed.
- **Spring clean-up/leaf pick-up** dates will be announced soon on local radio stations, and local newspaper



## ECONOMIC DEVELOPMENT & TOURISM

The **2018 Miramichi Striper Cup** will take place for individual, Family and Youth division May 1st – May 25th, Team Division is May 26th – 27th. This year, Miramichi Marine, Princecraft and Mercury Marine are giving away two (2) boats. Currently registrations are accepted at City Hall and on-line at [www.miramichi.org](http://www.miramichi.org)

The **2018 Jeux l'Acadie games** will take place in Miramichi From June 27th – July 1st featuring 1200 young athletes, ages 12 to 17, from across Atlantic Canada. Events will be held at MVHS, Mames M. Hill, Ecole Carrefour Beausoleil, King Street Turf Field, Dr. Losier Middle School, and French Fort Cove.



## COMMUNITY WELLNESS & RECREATION

Our **summer program registration** for all programs including swimming can be done online starting Wednesday, May 23 at 5:30pm at [app.booking.ca/miramichirecreationpub](http://app.booking.ca/miramichirecreationpub) . For those wishing to register in person, registration will be held Wednesday, May 23rd from 5:30pm-7:30pm, and during normal office hours beginning Thursday, May 24th at Miramichi Community Wellness and Recreation office.

For more information, be sure to check out our **Summer Program Guide** for a full listing of all things recreation for the Summer of 2018, or contact us at 623-2300 or on-line [www.miramichi.org](http://www.miramichi.org)

# Rotary Ribfest on the Miramichi - May 25-27

Ribfest is a professional barbeque competition and fund-raising initiative with all net proceeds from this community event going straight to Rotary projects. Four professional ribbers will be on the **Newcastle Waterfront**, competing for your taste buds, and promising to deliver tender juicy ribs that practically fall off the bone.

**New this year is the Team Rib Eating Contest** happening Saturday at 1pm. Ten teams of four will compete to see who pigs out the fastest. This is a relay-style race, contestants take turns eating 1 rack each of delicious ribs as fast as they can.

**Also New - Hot Tent Parties** will be held at the Ribfest on Friday and Saturday night at 7pm. Enjoy the brew, eat the ribs and dance all night to Miramichi's finest entertainment! Must be of legal drinking age to enter tents.



## FRIDAY MAY 25

5:00pm – 6:00pm: Owen Murdock  
6:30pm – 7:30pm: Music Memories  
8:00pm – 9:00pm: Justin Walls & Sonny Newman  
9:30pm – 12:30pm: Terry Whalen Band

## SATURDAY MAY 26

1 – 2pm: Ribfest Eating Contest  
3 – 4pm: Gary Cook  
4:30 – 5:30pm: Rob Langer  
6 – 7pm: Jack Bowie & Dre Pineau  
7:30 – 8:30pm: Jack Bowie  
9pm – 1pm: After Surf & Dillion Ryan

Dream Romantic

## SUNDAY MAY 28

11 – 12pm: Community Interfaith Service onsite, by the Point Church  
12 – 1pm: Point Church Band  
1:30 – 2:30pm: Ian Mahoney and Roy Wright  
3 – 4pm: Friends with Heart, Sherma LeBlanc, Lynn Jamieson, Dawn McDonald Patterson, Carmel McTavish, Ellen Karasack  
4:30 – 5:30pm: Jessii the Artist

Come and kick off festival season at the Rotary Ribfest on the Miramichi! There will also be a vendors market, children's activities, and a human foosball tournament.

This is a volunteer driven event and we could use your help! To volunteer, and for more information on Ribfest visit: [www.rotaryribfestmiramichi.ca](http://www.rotaryribfestmiramichi.ca) and the Rotary Club of Newcastle Facebook page.



A WEEKEND OF FOOD, ENTERTAINMENT AND FRIENDLY COMPETITION TAKES PLACE ON THE WATERFRONT IN MIRAMICHI. CHAMPION RIBBERS OFFER UP SAVORY BARBECUED RIBS, TALENTED LOCAL PERFORMERS PROVIDE MUSICAL ENTERTAINMENT AND TEAMS COMPETE IN THE HUMAN FOOSBALL TOURNAMENT. THERE ARE CHILDREN'S AND FAMILY ACTIVITIES AND AN OPEN AIR INTERFAITH SERVICE.

MAY 25<sup>TH</sup> - 27<sup>TH</sup>




*All net proceeds go towards funding Rotary projects.*

ROTARYRIBFESTMIRAMICHI.CA

# The Miramichi Wellness & Holistic Fair is Back for a 5th Year - May 12-13th

The Miramichi Wellness/Holistic Fair is back after a two-year hiatus and will be held on the weekend of **May 12-13, 2018** at the Miramichi Curling Club.

Organizer Joanne Maillet is very excited to be back planning the fair. "I took some time off for personal reasons" says Joanne, "and now I am back in the zone and getting ready for a great fair! I invite you to come and discover ways of healing the body, mind, spirit and soul."

The fair will be a two-day event on Saturday and Sunday, May 12th and 13th from 10am to 5pm at a new location, the Miramichi Curling Club (French Fort Cove Eco Centre), 21 Cove Road.

Approximately **40 booths** are booked with various wellness and holistic healers and vendors. Special presentations and free 45 min. seminars will also be held on both days. Stress reduction, therapeutic music, life coaching, intuitive readings, angel therapy, holistic healing, spiritual books, stones, crystals, and essential oils, are examples of some of the services and products that will be displayed at the fair.

The fair will be on **Mother's Day weekend** and Joanne hopes people will take the opportunity to do something different with their moms. "It's a nice relaxing day to spend with your mom or a friend", says Joanne. "and there will be lots to see and do. Many vendors will be giving demonstrations of their services and healing techniques at their booths, the workshops and presentations cover a variety of topics, and there is a food vendor on-site and many gift items available to purchase."

"People are becoming increasingly more interested in alternative and holistic healing and many don't realize the services that are available right here in their



A unique feature of the fair is the 40 foot labyrinth.

own region," Joanne says. "Our last fair was very well attended by the community and we were very pleased with the support. Many vendors said they were consistently busy at their booths for both days, and that is saying something for our little fair!"

The phrase at the top of the vendor application form sums up what the Wellness/Holistic Fair is all about *Let us set our intentions to have our hearts and minds open for Love, Light and Oneness to serve the Greater Purpose.*

"**We are a heart-based fair,**" Joanne says. "Of course we want the vendors to sell their products and services because that is how they make a living, but we also stress the importance of educating the community by explaining what you do and taking the time to make connections with the people who attend the fair."

A unique feature of this fair is the **40 foot labyrinth** which will be installed in the same hall as the booths and open to all attendees to use. Walking a labyrinth is

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**We're at booth #34**



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**See us at the Wellness Fair Booth # 43**

an active meditation that Joanne describes as “a journey within”. You may ask for clarification on a certain challenge or ask for direction in life or a healing. Labyrinths have been used for centuries as a form of relaxation, a form of walking meditation, to evoke mindfulness or even just for fun! Joanne will be at booth #5 right next to the Labyrinth to answer any questions you may have before walking this special path.

The event is open Saturday and Sunday (May 12-13)

from 10am to 5pm, with seminars being presented each day as well. See website for seminar list. Admission is \$5 for adults for one day, and \$8 for both days. Children aged 12 and under get in for free. To give back to the community, Joanne will be donating booths to a couple of non-profit organizations, space permitting.

**For more information** visit the website at [www.miramichiwellnessfair.weebly.com](http://www.miramichiwellnessfair.weebly.com) and Facebook page Miramichi Wellness Holistic Fair.

**Vendors at the Fair** - Find more information about these vendors and the schedule of free seminars on the website [www.miramichiwellnessfair.weebly.com](http://www.miramichiwellnessfair.weebly.com)

- |                                    |                                              |                                                   |
|------------------------------------|----------------------------------------------|---------------------------------------------------|
| -Mastika Boutik                    | -Institut Anahita Institute                  | -Peaceful Creations                               |
| -Nancy et Oscar Bourgeois          | -Perennial Goddess                           | -The Reiki Room                                   |
| -Herbal Medicine Clinic            | -Rebecca Belliveau                           | -UMotivate Me                                     |
| -Energy Artist Joanne Esser        | -Sisu by Rame Bohemian Supply                | -Diamond Lantern Channeling, Hypnosis and Healing |
| -Joanne Maillet                    | -Mind Full of Food                           | -Greg LeMoine                                     |
| -Simply For Life                   | -Kameleon Musik                              | -Stacy Underhill, ThetaHealer®                    |
| -Mystical Horizons Astrology Store | -Otorongo Rocks & Crystals & Mother of Metal | -Victoria Pumphrey Acupuncture                    |
| -Carol Christina.com               | -Log Cabin Lucy Pottery                      | -StarLight Healing & Transformation               |
| -East Coast Medium                 | -Sole Healers Mobile Reflexology             | -Max International                                |
| -Willow Tree Productivity          | -Clairvoyant Medium Ola Cormier              | -Wings of Change Peer Support                     |
| -Wow Mom                           | -A Drop into Health                          | -New Moon Mala Company                            |
| -Hospice Miramichi                 | -Good River Organics                         | -Seven Threads                                    |
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*Stacy Underhill, Certified ThetaHealer®*

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# Real “Good Food” Needs a Real Community Impact

By Rebeka Frazer-Chiasson



Five years ago, inspired by farms across the globe, I started a **Community Supported Agriculture (CSA)** program in Miramichi. The concept was simple yet powerful. People “invest in a share” of the farm during the spring, a time when the farm’s expenses are high and the revenues are low. In return, we commit to growing a share of vegetables and fruits for them and delivering it to a drop off point in the city. This way, we benefit from more secure and stable sales as well as the possibility of growing for people that we get to know over a season. Partners benefit from access to fresh produce that has a significant impact on their health as well as on the health of their environment and community.

With the support of community members in Miramichi, Rogersville and Moncton our CSA program has grown as has, excitingly, the number of new farms and the access to local food and CSAs. That being said, we’ve also witnessed an increasing

interest from multinationals in profiting from consumers’ desire for local food. The term is malleable and for some, has been used to mean nearby rather than locally owned and locally produced. Of course, this can also be seen as good

consciousness and questioning from consumers in terms of stepping back to identify how the term is truly being used and how the dollar that is spent on these goods and services will be distributed.



A veggie bbq, picked fresh from the crops at Ferme Terre Partagée in Rogersville.

news-the fact that multi-million-dollar companies have grabbed onto the term means that our impact, as a citizen led movement, is measurable and perhaps even threatening. The worrying part is that it requires a huge amount of

The food delivery services now available even in the most remote parts of the province (Good Food Box, Hello Fresh, etc) are an interesting example of skillfully crafted marketing but also of the cooptation of the work of producers and eaters within the local food movement. The service supposedly brings you everything that you would find in a traditional farm CSA program with the added benefits of delivery straight to your door, pre-selected recipes and portioned ingredients, and the ability to opt in or out with little notification. At first glance, it’s got it all - local, fresh, and convenient. But to look further is to realize that the ingredients are no different than those offered at our grocery stores. The packaging is nothing short of extravagant with every



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portioned ingredient wrapped, bagged or jarred separately and the kilometres traveled of not only the ingredients but the box itself are considerable. Finally, while the convenience can not be undermined, the cost of this convenience should be examined. When I think past the challenge and occasional stress of feeding the hungry mouths around our table, I feel that the amount of time that we spend thinking about food or directly involved in the process of preparing food is in direct correlation with a healthier relationship to food. The act of cooking should be communal, creativity inducing, encouraging us to seek out recipes and stories whether in books, on the Internet or from our community, connecting us to the land on which the food was grown or to the people that

**Community Supported Agriculture**  
Members pay at the onset of the growing season when farmer's expenses are higher for a share of the anticipated harvest. They then receive weekly shares of vegetables and fruit.

whatsoever an article meant to shame those who have or continue to use these meal delivery services. Rather, it is meant to allow for personal and collective thinking around the true impact of our purchases in a world where words are used to the benefit of those that have the marketing firms and consulting companies to spin them. By all means, if we, as a society, love these services, let's keep using them but let's also not kid ourselves on the fact that those dollars are shooting out of the region

faster than we can say good food box and that what will stay is the growing pile of plastic and cardboard and the growing disconnection between food producers, the art of cooking and us as eaters.



grew it. To me, this is what is at risk when we prioritize convenience over truly honouring the hard work and energy that goes into the production of food and the sustenance of our bodies.

This is not

Rebeka Frazer-Chiasson is one of the founding member of La Coopérative Ferme Terre Partagée a worker's coop in Rogersville that markets their certified organic fruits and vegetables via a Community Supported Agriculture program as well as at the Water Street Farmers Market along with meat and eggs. You can find out more about them at [www.fermeterrepartagee.org](http://www.fermeterrepartagee.org)



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# Protect Your Pet from Poisonous Plants

The Miramichi SPCA has provided this list of the most common house and garden plants poisonous to cats and dogs. These are the most frequently encountered plants and is not a complete list of all poisonous plants. If you believe your pet has ingested a poisonous substance call ASPCA Animal Poison Control Center, 1-888-4-ANI-HELP. For more information visit: [www.napcc.aspc.org](http://www.napcc.aspc.org)

**Lilies:** considered to be highly toxic to cats. Even ingestions of small amounts of the plant can cause severe kidney damage.

**Marijuana:** Ingestion can result in depression of the central nervous system and coordination problems, as well as vomiting, diarrhea, drooling, increased heart rate, and even seizures and coma.

**Sago Palm:** All parts are poisonous, but ingestion of just one or two seeds can result in vomiting, diarrhea, depression, seizures and liver failure.

**Tulip/Narcissus Bulbs:** The bulb can cause intense gastrointestinal irritation, drooling, loss of appetite, depression of the central nervous system, convulsions and cardiac abnormalities.

**Azalea/Rhododendron** - can produce vomiting, drooling, diarrhea, weakness and depression of the central nervous system. Severe cases could lead to coma and death.

**Oleander-**All parts of Nerium oleander are considered to be toxic, as they contain cardiac glycosides that can cause serious effects that include gastrointestinal tract irritation, abnormal heart function, hypothermia and even death.

**Castor Bean:** ingestion can produce severe abdominal pain, drooling, vomiting, diarrhea, excessive thirst, weakness and loss of appetite. Severe cases can result in dehydration, muscle twitching, tremors, seizures, coma and death.

**Cyclamen:** the root is most poisonous. If consumed, Cylamen can produce significant



gastrointestinal irritation, including intense vomiting. Fatalities have also been reported in some cases.

**Kalanchoe:** This plant can produce gastrointestinal irritation, and can seriously affect cardiac rhythm and rate.

**Yew:** contains taxine which causes trembling, coordination problems, difficulty breathing, gastrointestinal irritation and cardiac failure, which can result in death.

**Amaryllis:** Common garden plants popular around Easter, Amaryllis species contain toxins that can cause vomiting, depression, diarrhea, abdominal pain, hypersalivation, anorexia and tremors.

**Autumn Crocus:** Ingestion by pets can result in oral irritation, bloody vomiting, diarrhea, shock, multi-organ damage and bone marrow suppression.

**Chrysanthemum:** These popular blooms, if ingested may produce gastrointestinal upset, including drooling, vomiting and diarrhea. If enough is consumed, depression and loss of coordination may also develop.

**English Ivy:** Also called branching ivy, glacier ivy, needlepoint ivy, sweetheart ivy and California ivy, can result in vomiting, abdominal pain, hypersalivation and diarrhea.

**Peace Lily:** (Mauna Loa Peace Lily) can cause oral irritation, excessive drooling, vomiting, difficulty in swallowing and intense burning and irritation of the mouth, lips and tongue in pets who ingest.

**Pothos:** If chewed or ingested, this popular household plant can cause significant mechanical irritation and swelling of the oral tissues and other parts of the gastrointestinal tract.

**Schefflera** - can cause oral irritation, excessive drooling, vomiting, difficulty in swallowing and intense burning and irritation of the mouth, lips and tongue in pets who ingest.



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Service Advisor

# Outdoor Survival Tips



**Miramichi Ground Search and Rescue (MGSAR)** is a group of approximately 50+ volunteers who are on call 24/7/365 to respond to calls for lost or missing persons. They cover a large area from Boiestown to Neguac and Mount Carleton Provincial Park to Richibucto, one of the larger search areas in the province.

Each year MGSAR members travel to schools and community events for these Adventure Smart presentations, they will also be offering a number of these courses during the **Training Center Open-House on June 23, 10am-2pm.**

MGSAR is also developing a number of instructors for Map & Compass and also GPS presentations where later in the year they hope to be able to provide this training, at a minimal cost, to the general public.

## **Some Survival Tips include:**

- Never travel alone and always let someone know where you are going and when you plan to return
- Be prepared, carry bug spray, sun block and any medication you may require and a small First Aid kit and extra water.
- Learn how to read a map and to use a compass/GPS
- Have a noise-maker on your pack to warn wildlife and attract searchers. Attach whistles to your backpack or jacket.

- Carry a large garbage bag in the bottom of your backpack, It can be used as a ground-sheet, to keep your gear dry, or tear a hole in a bottom corner and use it as a poncho
- Don't sit/lay on damp ground, build a "Nest" from branches, logs, dry grass etc
- Always wear a hat or cap, protection from sun in summer but also prevents heat loss in winter
- After dark, don't wander around, find a dry spot and settled down for the night. Don't panic/be patient.
- Stamp out a distress signal (SOS or HELP) in sand or soft snow, you can also use rocks, wood or any debris or seaweed.
- If you spot a search plane wave your jacket or bright material or make yourself appear bigger by laying on the ground and moving your arms and legs (like a snow angel)
- Batteries in cell phones do not last very long especially in the cold and if you are using your phone for directions/maps. Take a compass or GPS with you.

- If you can start a fire, it is a great light beacon for searchers during a night search, create smoke during the day by adding damp grass/ damp brush or other material to your fire.

For more information find Miramichi Ground Search and Rescue on Facebook or visit [www.mgsar.ca](http://www.mgsar.ca)

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## Grown with Love

# Coles Garden Patch

submitted by friends of Cole's Garden Patch

Well it's spring! A lot of us have been waiting patiently through sunshine, snow flurries and east wind!

Experience the feeling of spring and the smell of warm earth at Cole's, a little gem of a greenhouse operated by a family of three -Kirk, dad and school bus driver, mom Tracy and their 10 year old son Cole. You might be familiar with the Shea family as they participate at the Water Street Farmers Market most Saturdays during gardening season.

In the beginning, this little farm was created through a love story. Two people fell in love and she had a horse. A piece of land was secured with a little house and a barn was built. Their love of agriculture led to them working side by side and increasing their flock to include horses, beef cattle, turkeys, chickens, and a jersey cow

Ten years ago their son Cole was added. He inherited his parent's love of farming and naturally became the CEO. Around the same time, Kirk was diagnosed with neurosarcoidosis, an inflammatory disease that has impacted his ability to walk. He relies on a cane, a battery operated scooter, and his most trusty mode of transportation, a 1971 Massey Ferguson tractor. When Kirk was no longer able to work as a school bus driver, the family decided to expand their love of farming and build a greenhouse.

The initial greenhouse structure was made of wood and rafters, covered in greenhouse plastic and erected on a cold April morning with the help of friends. The greenhouse had a wood stove the first year so needless to say Kirk didn't get much sleep as it had to be tended to every three hours. Tracy found him nestled in the straw on the floor of the greenhouse

fast asleep one night. The young flowers had a great farmer who really wanted them to live that first year.

The Sheas started growing perennials, annuals and vegetable plants. They attended the Water Street Farmers Market that first year and supplied Miramichi Feeds with their vegetable and annual plants each spring. They soon took a leap of faith and built a larger greenhouse with indoor plumbing and electricity. The greenhouse is now in its fourth year of operation.

This year with a good dose of optimism there will be approximately 16,000 flowering annuals, vegetable plants, herbs, perennials, air plants and the largest selection of succulent plants on the river. A few shrubs, soil and organic amendments, garden themed accessories, OSC Seeds and gift certificates just in time for

Mother's Day.. Tracy is in charge of the ordering and carefully researches new varieties of plants.

Cole's Garden Patch opens on May 14th at 345 Oldfield Road. At the greenhouse they accept debit, credit card and cash for your convenience. They welcome questions and will provide helpful pointers on all things growing. Contact them by phoning (506) 773- 4929, find them on Facebook or send an email to [colesgardenpatch@outlook.com](mailto:colesgardenpatch@outlook.com)



### Spring Pot Party – May 18th, 6pm-8pm

Come to the greenhouse with empty pots in hand to be filled with beautiful rich soil and browse the lovely blooms. Chat with other gardeners, sip punch, and learn from the expert advice of visiting plant maven, Jennifer Quinn. Private Pot Parties can also be arranged for groups.

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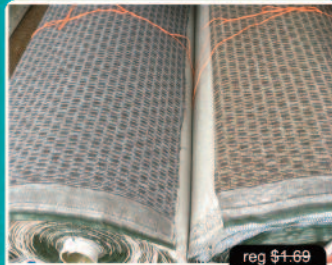
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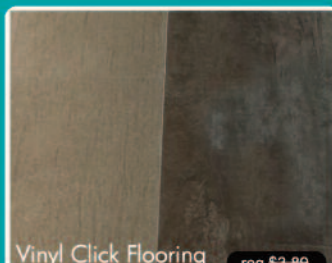


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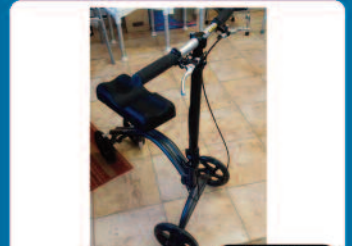
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All alone...  
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You were: our dreaming tree  
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A poet,  
Words trailed you  
Like light from a star  
I heard you  
You were the ship's bell  
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# Mother's Day Dining Specials

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." *Tenneva Jordan*

Anna Jarvis, a school teacher in West Virginia, organized the first Mother's Day in May 1907 in honour of her own late mother. Jarvis decorated the church with her mother's favourite flower, white carnations. Jarvis began promoting the idea of having a formal Mother's Day by writing to community leaders, businessmen and politicians. By 1911, many American states and Canadian provinces had begun celebrating Mother's Day on the second Sunday in May.



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# Old Fashioned Cooking with Darlene

by Darlene Jardine

I love looking through cookbooks, sometimes for hours, so I was delighted when my niece brought me a collection of old Good Housekeeping cookbooks. I got out my vintage egg beater, fresh eggs from the chickens and whipped up a batch of "Crinkles" from the *Book of Cookies*, printed in 1958. I've also heard these called Ginger Sparklers.

## Crinkles

2 1/4 cups sifted all-purpose flour  
1 tsp salt  
2tsp baking soda  
1/2 tsp ground cloves  
1 tsp cinnamon  
1 tsp ginger  
3/4 cup soft shortening  
1 cup brown sugar, packed  
1 egg  
1/4 cup molasses  
granulated sugar for coating

Sift together flour, salt, baking soda, cloves, cinnamon and ginger. Mix shortening, brown sugar and egg until creamy. Mix in molasses then flour mixture. Refrigerate 1 hour or longer. When ready to bake, heat oven to 375°F. Shape dough into walnut-size balls; dip one side of each ball into granulated sugar. Place balls 3" apart, with sugar sides up, on greased cookie sheet. Sprinkle each cookie with 2 or 3 drops of water. Bake 8 to 12 minutes or until done. If desired, flatten balls before baking. Makes 4 to 5 dozen.

**Darlene's Tips:** There is no need to flatten the cookies before baking. For best results line your cookie sheet with parchment paper. Start checking these cookies after 8min, when they crack and are lightly browned on the bottom, they are ready.

Darlene Jardine has worked as a chef most of her life and used to operate Darlene's Tea House in Blackville. She has since turned it into a quaint cottage for rent in the summer. [www.DarlenesCountryCottage.com](http://www.DarlenesCountryCottage.com)



I love collecting antiques, especially kitchen utensils and gadgets. When I first came across this egg beater I didn't know what it was. Then one day I found it in an old Eaton's catalogue from 1901.

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# ALS Walk Strong - June 16th

In June, the ALS Society of New Brunswick and Nova Scotia will celebrate **ALS Awareness Month** by hosting their annual ALS Walk Strong fundraiser.

**The Miramichi ALS Walk Strong event will be held on Saturday, June 16, 2018 at French Fort Cove** with registration beginning at 10 am. The ALS Walk Strong brings together almost 1000 walkers, donors, clients and volunteers in both provinces to raise money and awareness.

ALS (Amyotrophic Lateral Sclerosis), also known as Lou Gehrig's disease, is a fatal disease that attacks and kills the motor neurons in the body, taking away a person's ability to move, to speak, and ultimately, to breathe. The ALS Society of NB and NS is not government funded and provides direct support to 100-150 people living with ALS each year, helping them to navigate through a confusing and difficult disease with dignity and purpose.

This support is most notably supplied by providing much needed medical equipment, which on average would cost \$70,000 per client.

**The ALS Walk Strong is an amazing fundraiser with 60% of proceeds going back into the community** to support individuals with ALS and their families living in New Brunswick and Nova Scotia. The other 40% of the proceeds go to support ongoing ALS research which is happening all across Canada.

**Currently in the Maritimes, there are two teams working to help fight ALS.** Dr Victor Rafuse and his team

in Halifax, NS are working at the Brain Repair Centre on muscle activation in an ALS mouse model with light therapy. Dr. Pier Morin and his team at the University of Moncton in NB are working on a definitive test to diagnose ALS earlier and accurately. **The goal is to make ALS treatable, not terminal, by 2024.**



L to R: Mayor Adam Lordon, Maggie Stothart - ALS Walk Coordinator, and MP Pat Finnigan at last year's walk.

The Miramichi ALS Walk Strong event begins with registration at 10 am. Throughout the event there will be live entertainment, jumping castles, games, balloon animals and "Face Painting by Amy" FREE for the children. A BBQ by Green's Catering will be FREE to anyone (family) with a pledge sheet of \$25.00 or more! This family event focuses on making the day a fun-filled and memorable one for those affected by ALS, their families, friends, caregivers, and community.

We have set Miramichi's goal this year at \$15,000.00! Together Miramichiers can do it! We thank you in advance for your kind support.

## To start fundraising please go to:

1. [www.ALSWalkstrong.ca](http://www.ALSWalkstrong.ca)
2. "ALS Walkstrong - Miramichi" on Facebook.
3. E-mail [Maggie.MKcanada@yahoo.ca](mailto:Maggie.MKcanada@yahoo.ca)
4. Or Call 506-625-1554

Let's all grab our sneakers and get ready to Walk Strong for those who are no longer able to do so! We will meet you at French Fort Cove Saturday, June 16th from 10 am to 1 pm.

Be sure not to miss out on these great upcoming events / Événements à ne pas manquer  
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[Pat.Finnigan@parl.gc.ca](mailto:Pat.Finnigan@parl.gc.ca)

# Why you Should Reboot Your Computer

At the end of your office day you close what you're working on, and head out. The next morning you come in and begin to work, but notice things are a little slow, or your computer just seems "off." Do you know that your computer has been running in sleep mode the entire time?

You should always reboot your computer at the end of the day.

Many people confuse rebooting a computer with sending it into Sleep Mode. Sleep Mode is great if the goal is to reduce electrical consumption. But, if sending your computer into Sleep Mode is an every day occurrence, it can have serious consequences.

If you've ever experienced the following, it may be time to change the way you end your work day...

- In the morning, your computer slows down or freezes up. (Whoops... memory leaks. Firefox has been the poster child for memory leaks on

average PCs.)

- You sometimes get the "Blue Screen of Death." (Uh oh... driver or hardware errors)

- Your WiFi stops working (Ahhh... the driver crashed, or you



have router setting problems)

- Some of your programs are performing differently (Outlook is especially affected by sleep mode)

Rebooting your computer at the end

of each work day generates important updates, runs diagnostics, blocks memory leaks, and cleans the RAM. All of these are key to keeping your computer running effectively and will end up saving you time and money in the long run.

I encourage you to implement a computer care schedule that includes rebooting your computer on a regular basis, because sometimes a restart can do more than you think.

How do you do it? On a PC running Microsoft Windows, you reboot by selecting the "Shut Down" option from the Start menu.

Article submitted by Brett Gallant who is the owner of Adaptive Office Solutions and has been working in the computer industry for over 22 years. Adaptive Office Solutions provides computer repair, backup solutions and onsite IT solutions for your business and home, ensuring your computer stays running and you are worry-free. [www.adaptiveoffice.ca](http://www.adaptiveoffice.ca)

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**Westview Chiropractic Health Centre** is pleased to welcome Victoria Pumphrey, Registered Acupuncturist. Victoria is new to Miramichi and brings with her many years in the natural health field. She is a member of the Maritime Association of Acupuncturists, and The Chinese Medicine and Acupuncture Associate of Canada. Acupuncture has been shown to help insomnia, anxiety, hormonal issues, digestive and intestinal complaints, frozen shoulder, headaches, stress, and many more. Acupuncture is covered by most benefit plans. For more information or to book an appointment contact Westview Chiropractic Health Centre at (506) 773-5053 or email Victoria at: [victoria@victoriapumphrey.com](mailto:victoria@victoriapumphrey.com) [www.victoriapumphrey.com](http://www.victoriapumphrey.com)

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A photograph of a two-story house with a white picket fence in front. A large red sign with white text says 'YARD SALE'.

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A photograph of a man with a grey beard, wearing a straw hat and a red plaid shirt, holding a wicker basket filled with fresh vegetables like tomatoes and leafy greens.

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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.

# Makeover Tips to Give your Room the Designer Look.

For more information please visit:  
[www.decorhautelook.com](http://www.decorhautelook.com) | 506.776.0200 | Twitter  
 @JamieAlexander | Instagram: @JamieAlexanderDesign

Often times clients & friends ask, how do I get the "Look"?... you know the designer Look? My response is always "Attention is in the details, the designer details". During the planning of a room make over there are many things to think about. Contractors, electricians, painters & other trade folk to name a few. We get so overwhelmed in the "process" we forget why we are renovating or designing a new room in the first place. Details, details and more details may add to the pile of what to think about during your room makeover but will definitely give you the most impact to your completed space.

**Tip #1 – Create division**, it can be a good thing when your room is too open. Looking at the family room & living room "before" photo, the room was odd in shape and the furniture out of place. Our clients told us they felt they could never quite seem to get the room right. It was a difficult space to pull together because the two rooms seemed to run one into the other with no clear definition of the space or which room was which. **The solution:** Create an archway that would still keep the rooms "open" but define one space from the other.

**Design Tip:** When you have two rooms this open to one another, keep your colour palette in mind, keep your palette following between the two rooms.

**Tip #2 – Create a home for the TV**, nobody needs to see it when it's not on. Televisions, although an understandable necessity in the family room, can feel like they take over the room. In the "before" picture the TV was placed in the living room because they couldn't find a home for it in the family room. You can tell that it competes with the fireplace for the attention in the room and that when it is off, it seems to be a "black void" in the room. **The solution:** Create a proper home for the TV. In this case, we found a beautiful Canadian made piece that was narrow and perfect to house the TV. Placing the TV in the right room in the right location in the room, makes the room feel well laid out and designed.

**Design Tip:** If the TV cabinet does not close or hide the TV, select a paint or stain finish in a darker colour to camouflage the TV when it is turned off.



As you contemplate your next room make over, make three lists.

**List 1 – the contractor & trade list.** This list is going to have all the info you share back and forth with your contractors.

**List 2 – details list.** In your details list make sure to note the little details you want to have in the space.

**List 3 – the Wish List.** Notes of things you like that you see in magazines, on TV or your friend's house. Make sure you often refer back to your Wish list when discussing you plans with your contractor or when you're compiling your details list. You will find a lot easier to make over your room keeping your notes organized and your mind focused on the "Designer Details".

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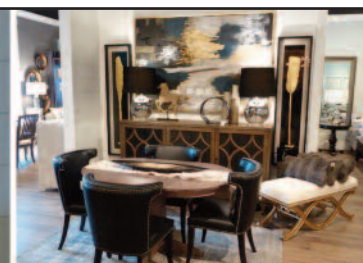
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# Signs of Spring

Send your photos, stories, tips or tidbits to [submit@mightymiramichi.com](mailto:submit@mightymiramichi.com). For photos please send high resolution jpg's (not resized for email) and remember to

include your name for the photo credit and brief description. For summer issue please submit by June 1st.



**Above left:** The Big Dam in Bushville area, by Jean Joudry

**Above right:** Sunset Fishing, by Oveline Allain

**Right:** On the River in Blackville, by Michael Marsland

**Below left:** Lupins, by Cathy Martin

**Below right:** Tulips in the sunset on the Nelson waterfront, by Bonnie Coughlan





**Above left:** Spring Flowers by Sharon Stewart



**Above right:** Striper Cup, by Jeff Pendlebury

**Bottom left:** Centennial Bridge in the fog and clouds, by Camille Breau

**Bottom right:** Beautiful blooms, by Tanya Allen





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Expires May 20, 2018

# Seamans Hospital

The Seaman's Hospital is a National Historic Site of Canada, built in 1830 by the Port of Miramichi. It is the oldest surviving marine hospital in Canada and is the property of Miramichi Heritage Inc.

Miramichi Heritage operates with all volunteer staff and the building is now used as a community center for both young and older folks. Operating expenses are raised through various events organized by the staff or through rental of the building by individuals or groups for such events as weddings, birthday's, retirement parties, dances and so on.

## Upcoming Events

Dances are held the 4th Saturday of the month. Admission is \$8/person. No bar but canteen is available. Live Music with Donna, Tyrone & Friends from 8 pm to 11 pm

Dances: May 26th, June 16th, July 21st, August 18th



Above, the Seaman's Hospital setup for a wedding reception.

In July there will be a Quilt Show and Sale, an annual event that is very well attended by the community and displays beautiful work by local quilters. Find our events listed on [www.mightymiramichi.com/events](http://www.mightymiramichi.com/events)

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Time: 3:00 p.m. - 5:00 p.m.

Location: 328 Main Street (behind firehall)

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