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Read... Canadian Diamonds and Gold pg 12







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Cover Photo: Christmas at MacDonald Farm, photo by Grace Trowbridge

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.

Submissions: email to submit@mightymiramichi.com

Advertising: sales@mightymiramichi.com Phone: 506-352-7668

Twitter: @mightymiramichi

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Mighty Miramichi

PO Box 4166, Station D, Miramichi, NB, E1V 7K9

Web: www.MightyMiramichi.com



Find More Events

www.mightymiramichi.com

Nov 29 - Dec 2: Miramichi Big Brothers, Big Sisters, Boys and Girls Club Festival of Trees A free community event to celebrate the christmas season with beautifully decorated Christmas trees and wreaths, silent auction tree and gift items. Admission is Free and all will be happening at 115 Maher Street, Chatham. Thursday, Friday & Saturday from 12pm to 8pm, and Sunday 12pm to 5pm.

Nov 30 - Dec 3: Elf, the Musical at James M. Hill

RiverMade Productions is proud to present Elf, the Musical! at James M Hill Memorial High School Theatre, 128 Henderson Street in Chatham. The dates are **Nov. 30th**, 7pm-9pm; **Dec. 1st**, 7pm-9pm; **Dec. 2nd**, 2pm-4pm and 7pm-9pm, and the finale is Monday, **Dec. 3rd**, 7pm-9pm. Tickets available online on Eventbrite and at Jean Coutu Newcastle and Chatham.

Dec 1 – Saint Samuel's Roman Catholic Church Annual Christmas Sale and Tea

The tea will be serving sandwiches, dessert and beverages from 10am to 2pm, at 36 Saint Samuel's Street, Douglastown. Call Mary

Buckley at 773-9353 / Email mbuckley128@gmail.com or Adeline Clement Robichaud at 778-8350 to book a table.

Dec 1 – A Handmade Christmas Craft Sale Stop by to see Crafts & Creations from local vendors from 10am to 4pm, at the Nordin Recreational Centre, 24 Nordin Lane. Hope to see you there. For for more information, contact Shelley LeBlanc at 622-3360 or email shel.leblanc@gmail.com.

Dec 1 - Breakfast with Santa at the Woodmen's Museum

From 8am-11am we'll be serving an old-fashioned pancake buffet breakfast - but we will be here to help & make your toast. Includes homemade pancakes, home baked beans, scrambled eggs, bacon, sausage, toast, jams & jellies, apple or orange juice, coffee or tea! Adults- \$10, Youth (12 & under)-\$5, Family- \$20. 6342 Route 8,

Boiestown, (506) 369-7214, email: woodmen@nb.aibn.com

Dec 1 – Christmas Market at Central New Brunswick Academy The annual Christmas Market will be taking place from 9am-12pm. Admission is \$1. Tables are still available for \$10 each. Please call 506-365-2090 to book. Proceeds go to the Class of 2019 graduates. All located at 7263 Route 8, New Bandon.

Dec 1 – Breakfast with Santa at the Tabusintac Community Centre From 8 am to 12 pm noon we'll have breakfast with Santa and Christmas at the Market. Vendors wanted - \$10 per table - Call Gail Harding at 625-2512. Breakfast hosted by the Saint Andrew's United Church Women of Tabusintac.

Dec 1– Owl In Flight-Edie Szabo-Englehart Oil Painting Class It will be held at the Saint James and Saint John United Church Centre, from 10am to 3pm, 556 King George Highway, Newcastle. \$65 per person, and you will be receive a 16x12 completed picture at the end of the class. Call 622-3260 or join Edie Szabo Oil Painting Classes group on Facebook

Dec 1 – 2nd Annual Dinner Theatre

The Doaktown Community Choir present their 2nd annual Christmas Dinner Theatre, full of skits, music and carols. A turkey dinner to be served at 6 pm (the show will follow after at 7 pm). Tickets are \$20 each and can be purchased from Doreen Parker (365-0392), Sheri Robichaud (365-7203) or Linda Gaston (476-4325). Held at the Royal Canadian Legion Branch #23 in our newly-

renovated Main Hall.

Dec 2 - Saint Mary's Roman Catholic Church Annual Christmas Craft and Tea Room

From 11am to 2pm at Saint Mary's Roman Catholic Church Parish Centre, 360 Newcastle Boulevard. Call Susan Butler 622-1780 to book a table or by email at susan.butler@xplornet.com.



Dec 2 and 9 – Miramichi Valley High School Christmas Markets 12pm to 4pm, 345 McKenna Avenue. \$10 to rent a space and \$20 with table. To book, contact Sandra Bruce at 773-0914.

Dec 7 – 2018 Miramichi Parade of Lights

The parade will be held Friday evening and the theme for this year is a Hometown Christmas. Santa Claus is pleased that Pizza Delight Chatham will once again be collecting non-perishable food items for the Christmas Hampers for families in need at Christmas. For info call Mavis Williamson at 778-0900

Dec 8 - 6th Annual Country Christmas Craft and Bake Sale at Darlene's Country Cottage Enjoy a craft & bake sale in an old country setting! We'll have baking: fruit cakes, raisin brown bread,

white bread and rolls, donuts, meat pies, apple pies, pickles, jams, jellies, and variety sweet trays! Also knitting, vintage and hand-made jewellery, assorted crafts, Christmas wreaths, ornaments, arrangements and more! Call 843-7878 for special orders! Location: 186 Barnettville Rd, Blackville. Also visit: www.darlenescountrycottage.com

Dec 8 – Historic Beaverbrook House Christmas Open House

Come and see our historic house decorated for Christmas present and past. Santa's helpers will be serving cider and cookies from 2:00 pm - 4:00 pm. Located at 518 King George Highway, Newcastle – Miramichi.

Dec 8 - And In This Corner! - Yvon Durelle

This production, by the Heritage Players, celebrating the life of the Fighting Fisherman from Baie Sainte Anne, will be held on the 60th Anniversary of his World Championship fight against Archie Moore on Dec. 8th, 1958. Meal will be stuffed chicken breasts and desserts. Call Susan Butler 622-1780 for tickets or email susan.butler@xplomet.com.Beaverbrook Kin Centre, 100 Newcastle Blvd.



Dec 8 – A Very Merry Christmas Dinner and Concert

Come out to the Saint James and Saint John United Centre Centre, located at 556 King George Highway, in Newcastle. The doors open at 5:30 pm and dinner at 6pm. The sounds of Christmas featuring – Ian Craig, Susan Butler, United Harmony, Kimberley Robichaud Shaddick, and special guest, Ted Lynch! The menu will be: Stuffed Chicken Breast, Salad, Potatoes, Vegetables, Dessert,

Tea or Coffee. Tickets are \$30/person (limited number available) and are for sale at Breatheasy Services, Brookdale Flower Shop and

the Saint James and Saint John United Church Centre, or by calling 1-506-622-1598.

Dec 8 and Dec 9 – "Huntin' For Christmas Spirit"

The Whooper Spring Players will be performing this two-act comedy at the Saint Andrew's United Church Center, 143 Main Street, Blackville, on Saturday, December 8 and Sunday, December 9. Both shows will begin at 6 pm with the traditional turkey dinner, dessert, tea and coffee. Tickets will cost \$25 each and will go on sale Tuesday, November 20. For more information, please contact Richard or Alice Gilks at 843-6139.

Dec 8 - Sunny Corner Countdown to Christmas Market

Come out to the North and South Esk Regional High School from

9 am to 1 pm for the Sunny Corner Countdown to Christmas Market! Christmas is just around the corner, we can help you shorten your list with lots of unique gifts. Stop in and support all the wonderful vendors that spend countless hours making their homemade items and selling their products to support their own local families.

Dec 15 - Miramichi Highway Seasonal Market at the Saint James

and Saint John United Centre located at 556 King George Highway, in Newcastle. From 10:00 a.m. to 2:00 p.m., you can find many local vendors, craftspeople and independents! There is something for everyone and new vendors are always welcome! For more information, contact 1-506-625-4960 or email Miranew18@gmail.com

Dec. 16th - "A Country Christmas Celebration"

Lyttleton Pentecostal Church and Little Southwest Baptist Church bring you this musical presentation on Sunday, December 16th at 7 pm at the TGL Theatre at Carrefour Community Centre.

Dec 17 – Christmas with the Ennis Sisters

A special Christmas concert with the Ennis Sisters from NFL, starting at 7pm at Saint Mary's Roman Catholic Church, 360 Newcastle Blvd. Advance tickets \$25.00/door\$30.00, on sale at Saint Mary's Parish Office, Brookdale Flower Shop, Kingston Car Wash and Susan Butler. Hosted by the Miramichi Folksong Festival.

Dec 22 - Sunny Corner Christmas Market

Come out to the North and South Esk Regional High School from 9 am to 1 pm for the last Sunny Corner Market of the 2018 year Lots of vendors to choose from and hope to see you there to help you find your last minute Christmas ideas for your special someone or yourself!



Christmas at MacDonald Farm

Step back in time and experience "Christmas at MacDonald Farm". Take a horse and wagon ride back to the 1800's and see what lies behind the doors of Alexander and Grace MacDonald's historic farmhouse at Christmas time. Tour the beautifully decorated 18th century home and feast on homemade baked beans, brown bread and a sweet treat. Stroll around the farmyard and enjoy the live Nativity Scene and warm your toes around the outdoor bonfire with friends and family.

This event is proudly sponsored by the Miramichi Highland Society.

When: December 1st and 2nd from 12:00 PM to 4:00 PM

each day.

Admission: \$7 per person or \$20 for a family of four. **Where:** MacDonald Farm, 600 Route 11, Bartibog, NB



Pyjama Drive! Donate a pair of new pyjamas and help keep a

child or adult warm this winter!

Sponsored by the Rotary Club of Chatham, the 2018 Miramichi Pyjama Drive is back until December 7th! Donate a pair of new pyjamas – Childrens to Adults XL at one of the following locations:

Lounsbury Chevorlet Buick GMC Miramichi Kia Roussel Volkswagen Towne Ford Trevors Hyundai Trevors Nissan Miramichi Honda Roussel Toyota Towne Chrysler Towne Mazda Trevors Mitsubishi







Old Fashioned Cooking with Darlene

This is a beautiful cookie recipe that I got from my aunt. They are crunchy and full of flavour and it is so easy to "dress them up" for the holidays by adding in cranberries and walnuts, or whatever fruit and nuts you prefer. These cookies won't stay in the cookie jar for long!

Crunchy Oatmeal Coconut Cookies

Ingredients

1 cup butter or margarine

1½ cup brown sugar

2 large eggs, beaten

1 tsp vanilla

2 1/4 cup flour

½ tsp salt

1 tsp baking powder

½ tsp baking soda

1 ½ cup oats

1 cup flaked coconut

Directions

- 1.**Beat** shortening and sugar together until blended. I always do it by hand, but use an electric mixer if you wish, on medium speed. Add eggs and vanilla, beating well.
- 2. **Combine** flour, salt, baking soda and baking powder; add to shortening mixture, mixing well.
- 3.**Stir** in oats and coconut.
- 4.**Shape** into 1-inch balls, and place 2 inches apart on parchment covered cookie sheets; flatten slightly with fork.
- 5.**Bake** at 375° on the centre rack for 8 to 10 minutes.
- 6. Transfer to wire racks to cool.

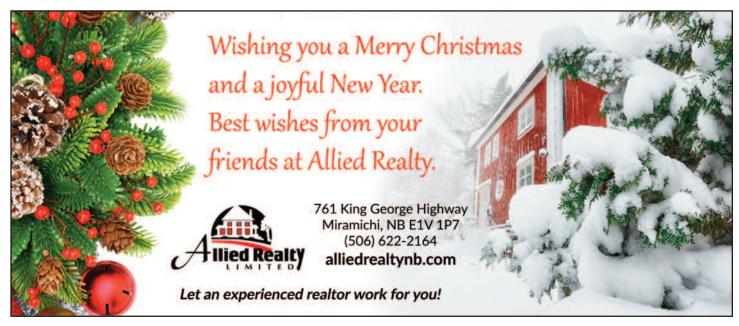


Tip: I put at least two pieces of parchment paper, on my cookie sheet. It keeps the cookies from spreading out and makes them a nice even golden brown on the bottom.

Variations: add mixed fruit, dried cranberries, or nuts

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. Every year she hosts a Country Christmas Craft & Bake Sale at the cottage. (Dec.8th) www.DarlenesCountryCottage.com







Questions or Concerns about City Programs and Services?

Contact Us: Phone: 623-2200 Website: www.miramichi.org



PUBLIC WORKS - MOTORISTS & HOMEOWNERS SHOULD BE PREPARED.

Motorists

- · Allow extra time to arrive at there destination.
- Check local radio station for warning or advisories
- · Be prepared in case of an emergency
- · Equip your car with Winter tires.
- · Slow down and drive accordingly to conditions of the road
- · Allow slow moving plow equipment the right-of-way
- During a major snow event stay off the roads if, at all possible
- After a storm has stopped allow 4 hours for staff to clear the streets
- Complete Storm clean up takes approximately 7 days after a storm.
- Major roadways will be maintained to bare surface weather permitting
- Residential street will be snow packed and sanded as required

During any weather event that may occur, please contact the appropriate departments directly, to address a question, concern or complaint, they will be logged and responded to in a timely fashion.

Emergency: 24/7 911

Public Works Department: 24/7

8am to 5pm 623-2020 After hours 623-2241

Flooding concerns

- Residents should be prepared for flooding as weather changes from snow to rain
- Adopt a catch basin and keep it cleaned out when an event is announced
- Foundation drains should be kept clear and ensure you know its location
- Do not push snow into ditches as it freezes and creates flooding issue for you and your neighbor
- Make sure you check your sump pump is operating properly

Power outages

- · Be prepared for power outages
- Monitor local radio stations, social media, cell phone for update of a major event
- During a major event, be prepared for at least 72 hours: Generator, Gas, Candle, Flashlight, Radio, Food & Water
- Ensure your generator connection is installed properly (prior to event) as per code.
- Never operate a generator inside a building

HUMAN RESOURCES

Summer Student Recruitment – starts the week of December 17th and accepted until February 1st, 2019. **Please check our website www.miramichi.org after December 17th** for further direction.

ECONOMIC DEVELOPMENT & TOURISM

City of Miramichi is in the process of preparing the 2018 Miramichi and Region Visitor's Guide.

Anyone with an event for 2019 is asked to contact Wade Hallihan for consideration of being included in the guide.

Wade can be reached at 623-2158 or wade.hallihan@miramichi.org

COMMUNITY WELLNESS & RECREATION

- The Fall & Winter Program Guide is now available on the City Website at www.miramichi.org
 The Daily info line is 623-2323, Office line 623-2300.
- Holiday Family Skating Party December 15th at Miramichi Civic Center from 2:45 4:45. Santa will be in attendance. Admission is free.
- Christmas Break Activity, Golden Hawk Rec Center, January 2nd, 10:00 a.m. 3:00 p.m. for ages 8 13 years.
- Swimming Registration will be held on January 3rd beginning at 5:30, online and at the recreation office 94 General Manson Way.

Miramichi Athletes to Represent Canada at the Dance World Cup



Five Miramichi athletes have been chosen by World Performers Canada to compete at the Dance World Cup in Portugal 2019. Sydnee Gallant, Tyra Humphreys, Abby Keenan, Anna Sturgeon and Claire Wood, who dance under the direction of Nancy Hutt at Spotlights & Sequins dance studio, auditioned for and were selected by World Performers Canada in August. World Performers Canada Inc. (WPC) in partnership with Dance World Cup Europe, is proud to offer exciting opportunities to competitive dancers across Canada. Their goal is to offer elite dancers the ability to travel to different European Countries to compete on the World Stage in all dance disciplines.

Abby Keenan was the first dancer to be chosen by WPC. In November 2017, she received an invitation to join the ballet team, bypassing the audition process, at the Dance Quest Nationals held at Harbour Station in Saint John. The 16 year old Blackville School Student is in her fourth year of dancing with Spotlights and Sequins. Even though she was granted a spot on the ballet team, she also auditioned for and was chosen for the Canadian contemporary team.

"Dance is my main passion and takes up most of my time and energy," says Keenan. "I would never have thought in a million years that I would be representing Canada on a world stage and I am so excited and grateful to be able to live out such an experience in Portugal. To travel to Portugal will be a once in a lifetime experience that I am sure I will remember forever."

The five dancers spent their Thanksgiving weekend in Toronto meeting the other members of the national team, getting fitted for costumes and Canadian team jackets, and learning the choreography for the routines they will compete.

Claire Wood, the youngest of the Miramichi athletes, is 12 years old and attends Gretna Green School. When asked about their first trip to Toronto she said she is already looking forward to going back. "I had so much fun in Toronto learning from new choreographers and meeting dancers from other parts of Canada. It was also my first time in Toronto and I loved being in the big city. Visiting the CN Tower was a highlight of that trip. I am extremely excited for the opportunity to represent my country. I'm looking forward to performing on the world stage but am also excited to see other countries perform and to explore Portugal."

While in Toronto, not only did the dancers have the opportunity to get to know their choreographers but the choreographers were also given the opportunity to get to know each of the dancers. Heading to Toronto, the five dancers knew the choreographers would be looking for dancers to offer soloist positions. Anna Sturgeon, a 15 year old Blackville School student, had just entered New Brunswick on her drive home from Toronto when she received an email offering her a soloist position on the Canadian contemporary team.

"When I found out I was given a solo I couldn't believe it. I felt proud of myself and that my hard work over the last few years had really paid off must shown and have throughout the practices in Toronto. At first I thought there was a mistake in the had email or we misinterpreted it somehow. But now it's sinking in that I will be representing Canada not only in a group but by myself as well." Sturgeon will learn her contemporary solo when the five dancers travel back to Toronto in February for a second practice with the Canadian team.

Nancy Hutt has just celebrated her 25th anniversary of operating Spotlights and Sequins dance studio in Miramichi. She will travel to Portugal with her dancers and is excited for them. "I'm beyond proud of



Spotlights and Sequins dance Abby Keenan was the first dancer to be chosen by World Performers studio in Miramichi. She will Canada. The 16 year old Blackville School student will be on the travel to Portugal with her Canadian ballet team, and contemporary dance team.

these five dancers. They have worked and continue to work extremely hard. Being able to represent Canada at the World Dance Competition is beyond words. It shows if you want something bad enough you don't have to come from a big city. I'm excited to be in the audience when they compete for their country. We want to make people aware of how great an accomplishment this is for these five young Miramichi girls. I have no doubt they will make this city proud."

Last year 45 nations and over 6000 dancers competed at the 2018 Dance World Cup in Spain. These five athletes are about to embark on the experience of a life time. There is a substantial cost associated with this endeavour and four of the five dancers will be fundraising throughout the winter and spring. They have many fun events in the planning stages and encourage

the entire Miramichi community to watch for these events and please come out and support them and help make their dreams a reality.









What you may not know about

Canadian Diamonds and Gold

By L&A Goldsmith

Canadian diamonds are among the most beautiful and highest quality diamonds found anywhere in the world.

Of the 30% of diamonds that are gem quality and suitable for jewellery, Canada is one of the top three diamond producing countries in the world on the basis of carats produced. Diavik diamond mine which is about 200 miles north of Yellowknife, NWT produces some of the most valuable diamonds which are relatively large with exceptional quality.

Diamond-rich areas weren't discovered in Canada until the early 1990s. However, within 10 years of their discovery, major diamond mines were unearthed and active mining began.

A great deal of emphasis is placed on the Canadian diamond industry as a welcome alternative to the blood or conflict diamonds mined in Africa.

Canadian diamond mines are known to have some of the world's highest environmental standards.

All Canadian diamond mines are overseen by the Canada Mining Regulations for the Northwest Territories. This

program ensures the preservation of surrounding land and aquatic habitats.

Gold is found across the Canadian Shield, in British Columbia and Nunavut, and on the island of Newfoundland.

It was first discovered in Canada in 1823 along the shores of the Rivière Chaudière in the Eastern Townships of Québec. Canada is the 5th largest gold producer in the world, and is the 6th largest in Gold Reserves. Canada sets strict standards for purity and fineness of gold, as specified in the Precious Metals Marking Act.

Buying jewellery made from Canadian diamonds and gold is definately a statement in national pride, and supports

environmentally sensitive and conflict-free mining practices.

Each masterfully cut Canadian diamond is laser engraved with a unique tracking number and is accompanied by a Certificate of Canadian Origin.

Wear your heritage with pride with a sparkling statement piece!

Forever Ice and I Am Canadian are two of the jewellery brands offering Canadian gold and diamond jewellery, that are

available at L&A Goldsmith. Visit them "Around the Square" in Newcastle, where owner Lori Murray-Wishart has over 15 years experience as a goldsmith and can work with all precious metals.





Introducing... GoChi Cooperative Ltd

"Go where you need to go, when you need to get there"

'Tis the season of all things shiny and bright, and with the launch of GoChi, folks on and around the Miramichi will soon have a new option for their local transportation needs.

GoChi is
Northumberland County's
new local community
transportation co-operative
with a mission to provide
efficient, affordable
transportation and
connections to residents
within county lines.



and Northumberland Community Transportation Committee 2018. L to R: Doug Mullin, Terri Cormier, Stéphanie Caissie, Crystal Gulliver, Randal Boothby, Michael Mersereau, Karen Martin, Chanelle Melanson. Missing: Michelle Davidson-Legere, Kim Hotton. Photo Credit: Doug Mullin

Northumberland County has a large, rural geographical area with an aging population spread over miles of rural routes leading to several small urban centres with increasingly centralized public services. Access to transportation becomes the difference between literally living a manageable life or dying a slow death in a community.

"When you are trying to get around to your civic duties and delights, how you get there becomes real important when it comes to participating in your own community", said Stéphanie Caissie, Transportation Co-ordinator for the Northumberland Community Inclusion Network (CIN) and the organizing body for GoChi. New Brunswick has 12 regional community inclusion networks working on the province's poverty eradication strategy through its crown corporation, the Economic and Social Inclusion Corporation (ESIC), established in 2009.

GoChi Co-op services are available to anyone in who needs transportation from one point to another and will be provided by volunteer drivers specifically recruited for this initiative. Membership is open to anyone in Northumberland county and shares can be purchased for a one-time fee of \$10 per share up to \$250. Membership provides access to GoChi services at a reduced membership rate for services as well as voting privileges and the opportunity to be a part of a grassroots community initiative.

While GoChi has its official non-profit co-operative status, services are still in the organization and planning stages. "GoChi will begin with pre-booked, door-to-door within our county." Caissie added. "We look forward to exploring other similar options such as ridesharing, ridehome program and community transportation projects as well as working with other similar transportation groups within Northumberland County and around the province."

To begin, GoChi is looking for dependable volunteer drivers with their own vehicle for the volunteer drivers' program. There will be a paid kilometre rate and insurance differential. For more information, call 210-2468 or email gochicoop@gmail.com.

Find us online at www.gochicoop.com and www.facebook.com/gochi.cooperative.3.

WOW - Working on Wellness

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How An Angel Changed My Life by C.P.

Six years ago, I lost my children, the little bit of self-esteem I had, and my freedom. I was twenty-nine years old, and I was remanded for ten months, awaiting sentencing. I felt hopeless!

After a few months of incarceration, I became so bored that I decided to attend the G.E.D. program at the jail. I knew in advance that I would struggle with Math because I always have. What did surprise me, however, was my struggle with writing; I had excelled at it during my entire childhood.

You see, writing is my true love; it's my safe place. Writing is where the whimsical comes to life and happily-ever-afters do come true, so not to be able to put pen to paper in any kind of order was devastating!



I wanted to give up within the first ten minutes of class – right after I threw a temper tantrum that would rival any toddler! Sensing my frustration, my teacher, Joy, calmly approached me and, with her gentle demeanor, calmed my frayed and haywire nerves. She then patiently encouraged me to continue and I did.

Every day, with Joy's support, encouragement and optimism, I progressed. Within a couple of weeks, I, too, could start to see improvement. I was elated!

It was around this time that there was a province-wide essay competition about how taking the G.E.D. class has changed our lives. Now Joy, being Joy, encouraged everyone in the class to write an essay, but for some reason, she put a special emphasis on me producing one. I was hesitant at first, but because of Joy's relentlessness, I, too, wrote an essay.

A couple of weeks later, I walked into class and Joy was beaming and antsier than usual. When we were all seated, she excitedly proceeded to tell us that I had won third place in the competition. I was shocked and speechless! I had received a personalized letter from the children's author, Sheree Fitch, a book and one hundred dollars as well.

For the first time in my life, three amazing things happened to me: I felt proud of myself for something I had earned because I am talented enough to earn it; second, that someone believed in me enough to encourage me, albeit incessantly, I might add, and not give up on me; and the third amazing thing is the realization that God loved me

enough to send me my very own angel to help me believe in not only Him and myself, but in humanity also. No matter how I acted, what I thought or how I felt, Joy never gave up on me.



Joy always said that if she could change one person's life, it would make everything she does worth-while. Well, I can now proudly say that I'm a writer. No matter where I am or what I'm doing, I will always write. Joy has definitely changed my life!

There are no words to adequately express my gratitude for the impact she has had on me; but now, because of her, I aspire to be as optimistic, encouraging, helpful, but above all else, patient with others. This is how an angel changed my life.

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A Mother's Struggle

by Monique Walker

Living in a house that is in a constant state of renovation, with a 10 month old baby, a 4 month old kitten, 2 dogs and 2 adults; moments of pure and utter peace, as you can imagine, are a very rare treat.

Yesterday however I was treated! Not only was the baby napping but all three pets AND the Hubby were all napping

at the same time! The house was so quiet...wait, no....the cat was purring....and the hubby was snoring....the house was so peaceful. Yeah that's it, peaceful!

I sat on the couch with Joshua sleeping on my lap/arm and the kitten also asleep on my lap purring away.

It was beautiful...But yet, I couldn't enjoy it. The whole time I was trying to figure out ways I could move to put the baby down somewhere to

sleep while I try to get some stuff done around the house. This precious moment of pure and utter peace was ruined by my obsession with using nap time to my advantage rather than just enjoying it. But I ran the risk of waking the baby if I moved and then having to deal with a cranky baby!

It's a struggle I'm sure many moms face. You do so much throughout the day, but yet feel like you've done absolutely nothing! Why? Because most of what we do isn't chores or house hold duties. It's the stuff nobody wants to note as an accomplishment because there's no physical evidence that you did it. (You know besides that fact that your baby is still breathing)

Damage control! We spend the great majority of our days

TRYING to do something as simple as dishes, but every couple of minutes (If that) we have to stop because our babies are CONSTANTLY TRYING TO KILL THEMSELVES!

Seriously! You could wrap an entire room in bubble wrap and call it baby proofed but it won't be! Guaranteed your baby will have hid a shiv in his diaper just for such an

occasion!

Even if you do manage to find a space that is completely safe for the baby to play in, that place will be the last place your baby wants to be. Then you have to listen to them screaming and crying until you're ready to burst into tears yourself and can't take it anymore. You could have sworn it was going on for hours but by the looks of what you got done in that time, it was probably more like 5 minutes.

So you take baby out of the safe zone because you need a break from the cries that break your heart and make your ears bleed. You hold them for a while, comfort them, play with them, feed them, make them feel all around better, but you still have more dishes to do so you say to yourself "I'll just put him with his toys on the floor".

No dice.

The minute you think he's happy with his toys and you go to try and do the rest of those darn dishes, he's on a mission! You just opened that dishwasher and he is gonna claim that thing as his new fort! Grimey knives and all!

So you take him away from the dishwasher, put him down with his toy, and turn around...but he's already racing continued pg. 17





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to get back to the dishwasher, laughing a laugh you can only assume is cute for the sole purpose of tricking you into having a sense of false security, because it is only reserved for moments of the naughtiest intentions!!!!

You do this a few times until either:

- 1. he gets frustrated and starts crying, or
- 2. you get frustrated and put him back into the safe zone, where he also starts crying.

Rinse and repeat.

Sometimes you'll think you got lucky, you put him down with his toys and he seems real content. You get a bit done and you think "gosh he's being so quiet, God I love him! What a sweet boy" so your motherly heart swells and

you wanna sneak a peek at your content little baby. But his back is to you...the back is always to you...because they know...they know that if you see what they have, you'll take it away!...they're sneaky! WHEN THE HECK DID THEY LEARN TO BE SNEAKY! After a while though you just know to be suspicious of the quiet.

So you take away the "danger toy" (ie: phone, electrical



cord of some kind, a disgusting shoe, a small leaf, a "baby proofing" outlet blocker, or in one horrible case...dog vomit...) and go back to what you were doing.

Finally! The dishes are done! maybe we can start on that laundr-GRRrrrRrRRRRRRrrrr.... "was... was that my stomach?" You look at the time.

"HOW THE HECK IS IT 4:30PM? I just finished the dishes from breakfast and last nights dinner!...I SKIPPED LUNCH?!"

You then have to make and eat dinner. After cleaning up the food that mostly ended up on the baby's hands, face, and high chair, you are rightly pooped.

Then someone asks you what you did today...

"Dishes." you say completely and utterly defeated as you look at all the dirtied dishes from the dinner you just ate.

Monique Walker is a 27 year old novice photographer/writer. She just moved to NB from AB this past June after buying the camp her Grammy and Grampie built in the Upper Miramichi area. Visit her Facebook page "City Mom, Country Life".





Rodd Miramichi Welcomes new Executive Chef



The Rodd Miramichi River Resort is pleased to have Executive Chef Brandon Perry on their team.

Originally from the Acadian Community of Petit De Grat, Nova Scotia; Chef Perry has returned home to Atlantic Canada after working as an Executive Chef and Private Chef in Western Canada and Abroad.

Chef Perry's French Fusion specialties are emphasized by his use of fresh, sustainable and local ingredients and are not to be missed.

Brandon Perry is also a published author. You can buy his books on Amazon, Coles, Chapters, and Barnes and Nobel.

For mouthwatering photos of his latest culinary creations, be sure to check him out on Instagram: chef_brandonperry





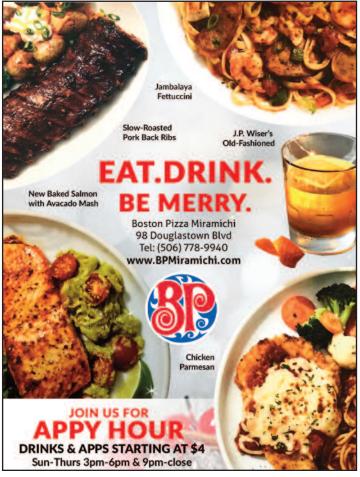












Wings of Change Miramichi

Hope, Recovery, and Connecting with Peers by Stacy Underhill

Strengthening Community Heroes through Constructive Support and Education.

Wings of Change is a peer support group for all First-Responders, Law Enforcement Personnel, Communications Officers, Members of the Military, Healthcare Providers, Child Protection, Animal, Funeral, Correctional, and Judicial Service Workers be they career, retired, or volunteer.

Natalie Harris, an advanced care paramedic and author in Ontario, founded the group after her own struggles with PTSD and overdosing three times. There are several chapters in Ontario and more are being launched across Canada. Currently there is only one in New Brunswick which was started in Miramichi by Niki Breau and Kevin Kavanagh. A chapter will be launched in Dieppe next year.

Niki's career as a correctional officer then crisis worker ended with a diagnosis of PTSD and Moral Injury. Her partner Kevin Kavanagh, a retired correctional officer, also suffers from PTSD.

"When I got triggered, I felt like no one else understood what I was going through, so I started researching support groups" says Niki. For people with PTSD, it is very common for their memories to be triggered by sights, sounds, smells or even feelings that they experience. These triggers can bring back memories of the trauma and cause intense emotional and physical reactions. For more information on PTSD contact the Canadian Mental Health Association (www.cmha.ca).

Niki discovered Wings of Change from Ontario and immediately recognized the amazing support system they offered and asked if she could start a group here. If you have experienced workplace trauma, operational stress and or PTSD, these meetings offer a safe and caring place for members to heal through talk, fellowship and education. "We are about hope and recovery, and connecting with peers whom are suffering with similar operational stressors", says Niki.

The **high suicide rate** among first responders is another reason why Wings of Change is so important. According to the



Tema Foundation, last year there were 58 reported Canadian Public Safety suicides (Paramedics, Police, Firefighters, Military, Corrections).

There is often a stigma on mental illness and on first responders asking for help. "We are perceived as the tough ones" explains Niki. "The perception is first responders signed up for everything they go through, which is far from the truth. We do this to help others and community, no one signs up for the emotional trauma that first responsers suffer after experiencing repeated traumatic events."

"First responders are the ones that help others, and that run to not run from crisis situations. We believe we can hold it together on our own and get through it without asking for or needing help, because we are supposed to be strong. When you are the one that people look to for support, it is hard to accept and admit to yourself that you need help. That is a hard first step to admit to ourselves. But it is the most important step to take."

Niki is passionate about wanting the community to know that the best way to combat mental health stigma is to talk about it. "If you have a loved one who has experienced trauma, and



may be showing symptoms of PTSD, depression, or other mental health issues, share this information with them. If you see they are struggling and isolating themselves, don't let them suffer alone. Talk about it, let them be open and honest, and don't be afraid to bring it up because you might hurt their feelings. Help them find the information they need to get help, before it's too late."

Wings of Change meetings are facilitated by peers, not counsellors, who have experienced similar operational stress. The meetings are informal, yet they follow guidelines and values under the Friendship

to participants and is best discussed with healthcare professionals.

Niki encourages anyone who is considering attending to come, even just once. "You can choose to share with the group, or you can just sit and listen and learn about what resources are available, as well as the proactive tools other peers use to help in their recovery journey. We have people who attend regularly and in some instances it takes a person a year to come to a meeting after they've heard about us. Either way, when they are ready, we will be here."

Model for peer support groups as outlined by the Mental Health Commission of Canada. The diagnosis of a mental illness such as PTSD is not required in order to attend a meeting.

Anonymity, trust, and safety are fundamental components to Wings of Change and the rules are very simple: what we hear here, what we say here, who we see here, stays here.

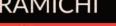
Participants engage in anonymous, solution-based discussion and education regarding any work-related trauma and mental health challenge. Zero 'trauma-talk' (details of any kind about the patient/call) is allowed, as this may be a trigger

Wings of Change Miramichi Meetings are held the 1st Wednesday and 3rd Thursday of every month, 7:30 to 8:30pm at the Nordin Rec Centre, 24 Nordin Lane, Miramichi. Wings of Change Peer Support presentations are also offered to first responders organizations or to those whom aid first responders in any way.

For more information contact Niki Breau at 506-625-9555 or nikibreau@msn.com or visit www.wingsofchange.ca







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Miramichi's Robbie Tucker

Launches Newest Album #5

Robbie Tucker continues to bang against the restrictions of the conventional pop formula. His passion for his touchstones including Roy Orbison, Paul McCartney, and Elvis Presley are evident in his unique brand of pop/folk.

Number 5 is Alive! - review by Keith Elliott

This is unmistakably Robbie Tucker – full of energy, zest for life, and always with a hint of his sense of humor and unique vision. It is a unique blend of eccentric rock and folk elements, with the songwriting sensibilities of pop.

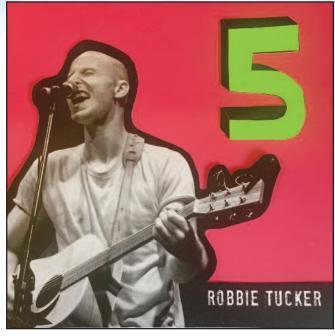
The album kicks out of the front gate with the driving "Dig That Feeling", featuring twangy guitars, harmonica, hand claps, and HUGE vocals. The perfect start!

Next up is "Such Good Friends", a uniquely fun and uplifting song featuring ukulele, whistles, and dreamy Hawaiian-inspired sounds layered on a bed of energetic rock.

In "Only This Fire", we get to hear a slightly different side of Robbie. He leads us on a deep, introspective journey. The song is intimate and epic at the same time, featuring folky acoustic guitars, layers of electronic instrumentation, and beautifully ethereal orchestral samples.

The pace picks back up with the ever-evolving and highly peculiar "With You". Robbie's vocals call out like an anthem, with the music around him sometimes complimenting it and sometimes venturing off into eclectic moments of twisted resampling. This one's a wild ride.

Like the complimenting bookend to "Dig That Feeling", the album ends with another driving rock song, "No Colours Are the Same". At the halfway mark, the rock instrumentation breaks down to just Robbie and his ukulele



and then builds back to a huge chorus before tagging out, ending the album on a very colorful note. All through it, Robbie really digs into his vocal performance for an intense rock sound.

This album definitely does not disappoint. It is everything you'd expect from Robbie's wonderfully magical mind, and then some! - *Keith Elliott*

See for yourself and give it a listen on sound cloud here: www.soundcloud.com/robbietucker/sets/robbie-tucker-5

Also visit his website www.robbietucker.com and Instagram @robbietuckermusic

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by James Fisher, Miramichi Reader

Book Review | Fishing the High Country: A Memoir of the River by Wayne Curtis

Miramichi author Wayne Curtis has always been a prolific author (this is his eighteenth release) whether he is writing prose, poetry or non-ficton, but the past few years have been watershed ones for his faithful readers. And as Mr. Curtis gets

older each new release is more precious than the last one. Fishing the High Country: A Memoir of the River (2018, Goose Lane Editions) is no exception. Some, no doubt will claim it as his best, and I wouldn't dispute it. I think I can safely speak for many that Mr. Curtis is a living time capsule of the Miramichi River ("the mother of all rivers") and its tributaries, for he spans the years from his grandfather's time, through his father's to his own, which is more than seventy years of living and fishing on "the river." As such, his memoirs are valuable to us who may have recently moved here, as well as other old-timers and future historians who may refer to Mr. Curtis' works as representative of a way of life that has been existing, yet slowly evolving over time. The river is the only constant, but it too changes in imperceptible

ways, moving soil and rocks here and there to alter its course ever so slightly.

As Mr. Curtis reflects back on a past that is long gone – but not from his memory - he spins some of the most beautiful imagery due to his being intimate with all portions of the river over the course of his almost eight decades spent here, starting

tackle, when everything river-related was bigger than real life. They were illusions I was trying to make real. [...] We were filled with glee as we anxiously awaited the day when our mailorder tackle would arrive from the post office from Eaton's of

> Canada. In reality, those items were always a disappointment compared to the catalogue photos. But now, of course, trying to resurrect these moments of early childhood is like attempting to recall a life before incarnation."

> Most insightful is Mr. Curtis' thoughts about the time he left the Miramichi to work in Ontario for a few years. Golf became his pastime ("it was my only escape there"), but when he moved back, he found that golf and fishing were not compatible pastimes for him:

> "One breezy June day, I was playing the fourth hole at the local club, and playing quite well for an amateur. But then, through the trees, I saw the sparkling water. On the river wind I could smell the dried algae on the rocks along the shores, hear the chuckle of boats, taste the fish-scented sparkle the sun was laying on the

water, smell the life-jackets and fish-scented scoop nets. And I never hit another golf ball to where I wanted it to go. Nor did I care. The river had beckoned and my golf game drifted into thin air."

I especially enjoyed his thoughts on getting older, not being able to do what he used to do, such as going on expeditions to hard-to-access places:



www.trevorshyundai.com

A Memoir of the River

WAYNE CURTIS

(506) 622-4460

Jamie Alexander is an awardwinning designer, home decor writer and TV personality that has been named one of the "Top 10 designers in Canada". Hailing originally from Moncton, Jamie maintains clients across the country and can be found from time to time working in the design studio with Julie & Joanne at Decor Haute Look in the scenic town of Neguac.

For more information please visit: www.decorhautelook.com | 506.776.0200 | Twitter @JamieLAlexander | Instagram: @JamieAlexanderDesign

Rocking around the Christmas tree, dreaming of a white Christmas and sleigh bells ringing are mere days away. I LOVE this time of year, the hustle, the bustle and my favorite part, decorating. Trimming the tree, hanging the lights and little vignettes of Christmas decorations throughout the house. Year after year, people ask, after all that decorating how do you stay in the Christmas spirit?

Here are my tips for a not so crazy or drive you tipsy Christmas this year (unless you like Aunt Verna's spiked eggnog):

Tip #1- Work with what you have, work with your existing home décor and add the WOW pieces.

Often times folks tend to "over think" Christmas. Over-thinking, makes you feel overwhelmed about the daunting task and it can make you feel underwhelmed when its complete. Leave the stress aside. Work with what you have. For example, if your accent colour is blue, keep

Christmas is Coming! Is your home ready?

Are you? By Jamie Alexander



with it. When you are out shopping purchase some key pieces to work with the blue. Take a look in the photo, you can see in this space we are working with burnt-red cushions on the sofa. We added some key elements to the coffee table in the same of complementary shades of red. Red cardinals, florals and ornaments in a gold bowl really set the tone and add a little more Christmas to the space.



Tip #2- Layer your colours, don't chase the shops for the exact shade of colour.

As humans, we tend to over think colour. Paired with over thinking Christmas, this could lead us to drink a lot more of Aunt Verna's spiked egg nog than we should. Colours, like nature are just fine being layered. As someone



once said to me, "If God was that fussy about colour, all the trees would be the same shade of green." We need not be that fussy about the shade of colour. Layer your accent colour, and the shade there too, together.

Tip #3- Trim your Trees ... Literally.

Tired of that sad looking pine tree in your front yard or your Christmas tree is a little too thick around the middle for the room, this is the perfect time to take out your sheers and give it a little trim. Take the trimmings and pop them into table displays or simply lay them on their side collected together to add that pop of green & Christmas to your displays.

PRO-TIP: This is the time to ask yourself: "To Faux or Not to Faux". My answer: GO-FAUX. Now, more than ever the evergreen trimmings you can purchase are just as realistic as the real thing. Bonus, no needles to vacuum or with friends' allergies cutting their holiday visit short.

I hope having shared my Designer Tips for a sane Christmas that you've found an inspiration or two. Remember,



decorate with confidence and a little less stress this holiday season. Wishing you and your family the Merriest of Christmases. I look forward to sharing more design inspiration with you in 2019.

Keep on Keeping on, Decorate with Style!













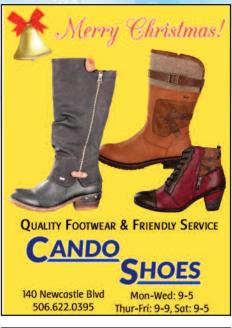




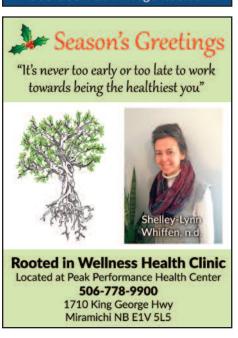






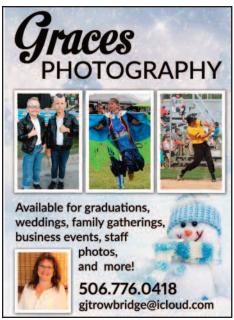
















Submissions - Deadline for the Winter Issue is January 7th, 2019

If you have photos, stories, tips or tidbits to share we always welcome your submissions. Send them to 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 the location where the photo was taken or description of the subject matter.



Saint Michaels Basilica decorated with berries and snow. Photo by Bonnie Coughlan



Sunset Image That Looks Like The Maritimes in the sky. Taken at the Crossroads of the Semiwagan Ridge Road and South Barnaby River Road on September 16th, 2018. Photo By: Anthony William Jeremiah McLean "t-Tone" / McAnth Photo Creations





Photo taken by Monique Walker on the Miramichi River.





Christmas with the Ennis Sisters

The Ennis Sisters will be stopping in Miramichi during their 8th Annual Christmas Tour. The Juno winning trio from Newfoundland will be performing their highlyacclaimed holiday show on Monday, December 17th -7pm, at St. Mary's church, 360 Newcastle Blvd. Miramichi.

From their Christmas originals and holiday classics to their well-timed stories and folkloric recitations, this is a family-friendly show you won't want to miss!

With a Juno Award, SOCAN Award, multiple East Coast Music Awards, and Music Newfoundland and Labrador Awards, The Ennis Sisters are Maureen, Karen and Teresa. Advance tickets are \$25 or \$30 at the door. On sale at Brookdale Flower Shop, Kingston's Car Wash or by e -mail susanbutler@xplornet.com or call 506-622-1780.





Camaro Sue and Molly take a drive down Historic Water Street this past August.

Camaro Sue was out and about town this summer and found himself a girlfriend!

As you may have seen, he loves to go up and down Water Street, hang around the Tim Horton's, and say hello to all the people passing by. His person Jean Joudry says, "by the smiles on

Camaro Sue has Met his Match

their faces, he sure seems to brighten their day."

Jean and Sue were down in front of the Tim Horton's on Water Street, when Susan Sweezey saw Camaro Sue, and brought her dog Molly over. They seemed to hit it off, and Susan put Molly in with Sue to see what would happen.

oric "Lo and behold, Molly stayed put in the car, and even went for a drive with him, exclaimed Jean. "She is the first dog to ever stay in the car, and for sure the first one to go for a drive with Sue in the Camaro!"

Although Sue is nearly totally blind now from his diabetes, he still loves to get a drive in his car. Now that winter is here he'll be putting the car away, but we look forward to hearing about more of his adventures next year!



Camaro Sue visits PetSmart in Miramichi.



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Season's Greetings from the Greater Miramichi Regional Service Commission – Solid Waste Services

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Reuse

Recycle

vs. Single Use Items Reuse

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=



Plastic

Water

Bottles 167







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