

GIVER Miramichi

FREE!

Winter 2019

Published by MCG Media. www.GiverMiramichi.com



INSIDE!

The Miramichi Reader reviews Raymond Fraser's last book,
Through Sunlight and Shadows

Raising Chickens for Beginners
Advice from Miramichi Feeds

- Mary's Tips & Tricks for your Hair
 - A Recipe for Greek Butter Cookies
- and much more!**



Deals-4U.ca **Miramichi's Freshest Produce at the Best Price.**

125 Petrie Street • 506-836-9012

Open 7 Days a Week: Mon-Wed & Sat 9-6, Thurs & Fri 9-8, Sun 12-5





Janice Underhill
Tel: 506-625-4949
Janice@MCGMedia.net



Sonny Newman
Tel: 506-625-6396
Sonny@MCGMedia.net

MCG Media

(Mighty Community Group)

Websites • Advertising • Online Marketing

MCG Media welcomes Sonny Newman back to the team.

Sonny has a business degree from Saint Mary's University and specializes in marketing. He has a passion for Miramichi and it's surrounding communities and loves working with small businesses in the region.

Contact Janice or Sonny to promote your business or organization both online and in print.

- Websites
- Mighty Banner Ads
- Miramichi Marketplace
- Giv'er Magazine Ads
- River Guide Ads

Our advertising consultants will recommend the right package for your marketing budget.

**BOOK NOW for the
2019 Mighty Miramichi River Guide!**

Small Business Starter Package

Get Started Online for as little as \$499

- Includes domain name
- ssl certificate (secure, safe)

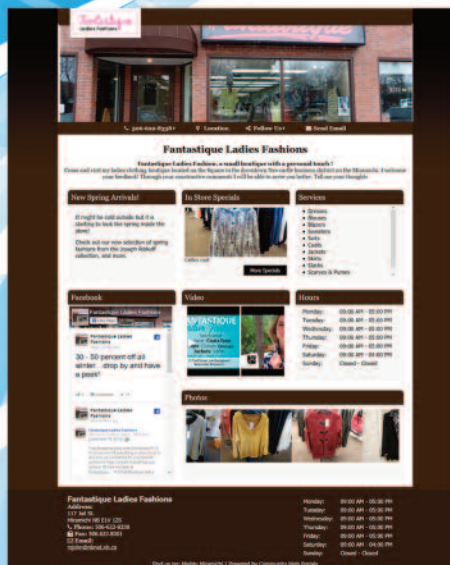
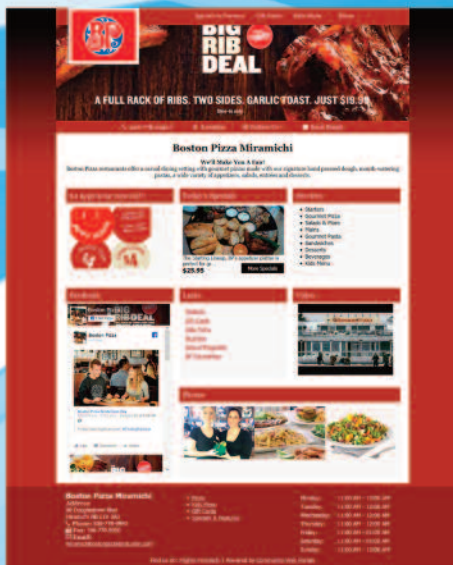
View website portfolio
at www.mcgmedia.net

Have your products listed in
the MiramichiMarketplace.com

FREE CONSULTATION!



sales@mcgmedia.net
Office: 506-352-7668



The Hospice Shoppe

Five Wonderful Years and Counting!

If you love shopping in stores where there's always something new, with real bargains and helpful, cheery staff, then the Hospice Shoppe is worth a visit!

The Shoppe opened in 2013 in historic downtown Chatham, and this summer we celebrated our 5th anniversary - and quite a celebration it was! Our MP, Pat Finnegan, our MLA, Bill Fraser, and our Mayor, Adam Lordon all helped us honour the occasion. Cake and refreshments were enjoyed by the large crowd of our loyal clients, volunteers and supporters who attended.

Specializing in quality, lightly enjoyed ladies wear, men's wear, and shoes, the Hospice Shoppe also offers new handmade crafts by our craft group, Helping Hands for Hospice, artisanal soaps, furniture, housewares and decor items. Because our stock is all donated by our generous donors, every day sees new items arriving. And, best of all, all sales are tax-free, making your Hospice Shoppe purchases even more affordable.



Staffed and managed by a team of dedicated volunteers Monday through Saturday, the Shoppe is always being rearranged with fresh new looks we regularly post on our Facebook page. Please "like" us and share our posts to ensure



The Hospice Shoppe celebrated its 5th Anniversary this summer.

that we keep growing and are able to provide sustainable funding for the essential work that Hospice Miramichi does in our community. All money generated by the Hospice Shoppe goes to funding the programs and services Hospice Miramichi provides, allowing Hospice to offer those programs and services at no cost to our clients. We always need more volunteers, so if you have a few hours a week to spare, please call us!

If you are interested in donating, we accept lightly used and saleable clothing, small furniture and housewares. We will issue a tax receipt for the sale price of the items you donated. Unsold items are in turn donated to another charity so they will always do some good in our community. Call Hospice Miramichi at 773-7607 to get your donor number and drop off your items at 14 Howard Street. That's where another team of dedicated volunteers sorts and prices your items in our distribution centre before delivery to the Hospice Shoppe which is located at 1737 Water Street in historic downtown Chatham.

Cover Photo: Tianna McFarlane captured this photo of her son and friend skating on the Miramichi River.

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
Facebook: www.Facebook.com/mightymiramichi
Web: www.GiverMiramichi.com

Giv'er Miramichi is published and copyrighted by MCG Media (MightyMiramichi.com)

Mighty Miramichi
PO Box 4166, Station D, Miramichi, NB, E1V 7K9
Web: www.MightyMiramichi.com

Classifieds

Sales & Service

Centennial HVAC/R

Ryan Keenan
Red Sealed HVAC/R Technician
506.625.3042
centennialhvacr@gmail.com
Locally Owned & Operated

INSTALL • SERVICE REPAIR

- Refrigeration
- Air Exchangers
- Commercial Rooftop Units
- Heating & Air Conditioning
- Mini Split & Central Heat Pumps

W. FOLEY CONTRACTING METAL BUILDING SYSTEMS ERECTORS

Our projects can range from small box frames to large multi-level crane buildings.

Bay du Vin, NB • (403) 588-7367 • www.wfoley.net



Conroy Construction
Jimmy Conroy
Licensed Carpenter

Over 14 years of experience. Specializing in:

- New builds • Renovations • Steps • Doors
- Flooring • Decks • Siding • Windows

Tel: 506-210-5990 email: jimmyconroy@hotmail.com



Miramichi Inspect .com

Daniel Richard
C-NRPP, WETT, CAHPI
506.627.0807
minspect@icloud.com

- Home Inspection - Bâtiments
- Radon Inspection - Radon
- Wood Energy Inspection - Chauffages aux Bois

SAVE ON YOUR HEATING COST

Mitsubishi, Fujitsu
and more...
Quiet, Reliable, Efficient.
FREE Estimates

All-Air Ltd.
DESIGN • SALES & SERVICE
HEATING, AIR CONDITIONING,
REFRIGERATION & ELECTRICAL
778-1020

16 University Ave.
Miramichi NB
www.allairltd.com

CellMates

- iPhone and Blackberry Repair
- Cell Phone Unlocking

Stephen Pitre - Trained Certified 3G Tech

King George Pawn Shop
303 King George Hwy., Miramichi
Shop: 506-622-0020
Cell: 506-627-9185



SPRING RENOVATIONS

Order early for best price.
Come in and see Paul or Susan.



Northumberland Co-op Supply Centre
254 Lawlor Lane, Miramichi, NB
(506) 627-7722
northumberlandcoop.ca

Events

Find More Events
www.mightymiramichi.com

Feb. 11: Valentine Card Party Fundraiser

Fundraiser for the Saint Mary's Roman Catholic Church Religious Education Programs. The doors open at 6:30 pm, with the games beginning at 7:00 pm. Auction 45's, Cribbage and Bridge! Everyone is welcome! 360 Newcastle Boulevard.

Feb. 14: Valentine Fundraiser

Help support New Hope while showing your sweetheart some love by attending our Valentine's Supper. There will be instrumental music in the background and a rose for your sweetheart. Enjoy your choice of Prime Rib or Salmon Dinner. \$25 /person. Seating is limited, so please fill out the online form to place your order today: www.newhopemiramichi.ca Miramichi Valley Bible Camp at 104 Enclosure Park Road, Derby Junction.

Feb. 16th: Upper Miramichi Family Fun Day Lots of fun to be had! Kettle boil, Scavenger Hunt, Sleigh Rides and Sliding & Fireworks at Holtville in the evening. Storm date February 17.

Feb. 16: Intergenerational Family Fun Day

This event is open to families of children 0 to 6 years of age, and Grandparents are invited as well. Activities include: Bouncy Castle, Zumba, Chair Yoga, Interactive Booths and Door Prizes. Lunch is provided and admission is free. 11am to 2pm at New Brunswick Community College - Miramichi Campus, 80 University Avenue. For info contact Chanelle

Melanson at 1-506-626-3594. Find this event on Facebook.

Feb. 16: Miramichi's 2nd Annual Seedy Saturday

Roots To Table invites you to enjoy a day with fellow gardeners. Vendors and presentations on garden-related topics. Exchange seeds, ideas and information. Learn about community gardens, food security and more. Free admission. Douglstown Community Church (formerly Sovereign Community Church) located at 302 Big Ferry Road. For info call 773-9624. Storm date is Saturday, Feb. 23rd.

Feb. 16: Jimmy at the Vogue Theatre Something Funny Inc. presents Jimmy MacKinley LIVE at Miramichi's famed Vogue Theatre! Jimmy is a professional



stand-up comedian who has been heard across Canada on CBC Radio and SiriusXM. His antidotes as a substitute school teacher and son to his parents will have you rolling in the aisles. He has performed within the Yuk Yuk's comedy club circuit and has starred in a multiple film roles over the years. One night only! Admission \$15. Book now before tickets are sold out!

Feb. 23: Creating Your Life Workshop | Meditation + Vision Board

Join Blogger, Author, and Speaker Sharla Goodwin and get ready to transform your life into a life you want and love! Price: \$60. THE YOGA Block, 829 King George Highway from 1pm to 6pm.

Feb. 23: 3rd Annual Chi-Gala Fundraiser

This Annual event in support of the Miramichi Emergency Centre for Women Inc. includes Live Entertainment, Chinese Auction, and Door Prizes. The Grand Prize is a Casino NB Weekend Getaway. From 8pm to 11pm at the Rodd Miramichi River Hotel, 1809 Water Street in Chatham. Tickets are only \$50 per person and for info contact 1-506-622-6565.

Feb. 23: Kinsmen Club of the Miramichi 2nd Annual Trivia Night

Get your team together for trivia night hosted by Paddy Quinn and Darcey McLaughlin of 95.9 SUN FM. The grand prize draw is a Keg Party and \$200 of appetizers from Mike's Bar and Grill. \$250 per team of 8, and appetizers will be served. To reserve your table call 622-4046 or email: trivia@miramichikinsmen.com. The registration deadline is Saturday, Feb. 16th. Beaverbrook Kinsmen Centre, 100 Newcastle Boulevard beginning at 7:30 pm.

Feb. 21-24: "Neil Simon's The Odd Couple"

Presented by Miramichi Valley High School Drama Club and CM Productions. Uptight and neat Felix Ungar moves in with easygoing and disheveled Oscar Madison after his wife kicks him out. Can two divorced men share an apartment without driving each other crazy! Starring two talented alumni of the MVHS stage (Franky Corcoran and Christopher Cooke), and some of its' finest current talent (Tristan Eisnor, Herschell Berggren, Thomas

Hare, Chandler Rooney, Lauren McCabe and Grace Steeves) it is an event you won't want to miss. Tickets are \$15 and can be purchased at the door. Showtime at 7pm. For info call 627-4083.

Feb. 24: Breakfast and Penny Sale for the Rogersville Scouts

Club D'Age D'Or Rogersville, 10 Rue Saint Joseph, Rogersville, New Brunswick, E4Y 2H2 Contact Cathy DesRoches 506-775-6212 for more information.

March 5: Annual Shrove Tuesday Pancake Supper

At Saint Andrew's United Church, Wellington Street, Chatham from 4 pm to 6 pm. Free-will offering includes pancakes, sausage, homemade beans, delicious desserts, tea/coffee or juice.

March 5: House Concert - Ari & Mia

King George Bed & Breakfast presents award-winning songwriters, chamber-folk duo Ari & Mia, critically acclaimed as New England's Americana sister act. Raised on folk songs and conservatory trained, their voices, cello, fiddle, and banjo intricately combine in original melodies and arrangements that reference the early American songbook and Northeastern fiddle tunes. Limited seating, all tickets \$20 at the door, starts at 7pm. Please call 352-0557 to book your seat.

March 15-16: Tutor Training -

Miramichi Literacy council

Volunteer Tutors needed to teach adults reading and writing. Come and take our free tutoring workshop. You can make a difference. A commitment for one year - 1 hour, once or twice a week. Location: 1733 Water St., Suite 6. Tel: 506-622-4122.

Workshop Dates

Friday Mar. 15th 6am - 9pm, Saturday Mar. 29th 9am - 4pm

Friday Mar. 29th 6am - 9pm, Saturday Mar. 30th 9am - 4pm



March 16: Miramichi's Biggest Saint Patty's Day Bash

Presented by the Rotary Club of Chatham, this event is featuring Raglan Road 4.0! From 9pm to 2am at the Miramichi Civic Centre. (The doors open at 8pm and close at 11:30 pm). Tickets are \$20 and are available at N & J Convenience in Newcastle and at the Family Convenience in Chatham. Proceeds of this event will go to the Sistema Miramichi Program.

March 20: Volunteer / Career Fair

Volunteer Miramichi in partnership with The Chatham and Newcastle Public Libraries are hosting The Volunteer/Career Fair at NBCC from 10am-3pm. This is a free event and open to the public. There will be workshops and 25 booths with volunteer and career information. Find the event on Facebook for current updates. For info call 506.622.6565

March 23: New Hope Miramichi March Family Breakfast and Bake Sale Fundraiser

Serving pancakes, bacon, scrambled eggs, home-made Baked Beans & Brown Bread. There will be kids games and activities and a bake sale with breads, rolls, biscuits, cakes, cookies, squares and pies. Miramichi Valley Bible Camp and Conference Centre at 104 Enclosure Park Road in Derby Junction from 7:30 am to 11:30 am. Visit:

www.newhopemiramichi.ca/fundraisers.html for more information. Cost: Seniors \$6, Adults \$8, Teens (13-18) \$6, Kids (6-12) \$4, Kids (0-5) \$2

March 24: MVHS Spring Market

Annual market with a variety of crafters, artisans and vendors from 12 noon to 4pm at the Miramichi Valley High School, 345 McKenna Avenue, in Newcastle. Table rentals are \$20 each, or bring your own for \$10 a space (limited number available). For more information, or to book a spot, contact Sandra Raymond Bruce at 773-0914.



I encourage you to explore, enjoy and experience all the winter activities Miramichi has to offer.

Prenez le temps d'explorer et d'apprécier toutes les activités hivernales que Miramichi vous offre.

Pat Finnigan

Member of Parliament / Député
Miramichi Grand Lake

50 Chemin Airport Drive
Miramichi, NB E1N 3A7
506-778-8448 1-800-567-5564
FAX: 506-778-8150
Pat.Finnigan@parl.gc.ca

City Hall UPDATES

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 their 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

MIRAMICHI COMMUNITY WELLNESS AND RECREATION

- **Public Skating and Public Swimming** is offered throughout the Winter, for a list of times and locations visit Community Wellness & Recreation at www.miramichi.org
- Be Sure to Join us on **Family Day, February 18th** for FREE Family Skating Sessions
- **March Break** there are many fun events planned. Activities include Skating, Swimming, Special Events, Activity Days and Floor Hockey
- **Spring Instructional Swim Registration** will take place on Wednesday, March 20th
- **St. Patrick's Senior Bingo** - Monday, March 18, 2019 1-3pm Lindon Recreation Center
- For **More Information** on facilities, programs and events contact us at 623-2300 or visit us at www.miramichi.org or follow us on Facebook (Miramichi Community Wellness and Recreation)

ENGINEERING

Station Wharf construction will be ongoing throughout the winter months with pile installations. There are hazards in the work area such as open water and obstructions protruding through the ice. The public is advised to avoid the area and give a safe distance if passing by on a snowmobile. Your cooperation is much appreciated.

April 6: Miramichi Fiddler's Fiddle Do

Come and join us for a lively musical presentation from 2 pm to 6 pm. There will be a pot luck supper following the music. Seamen's Hospital (Miramichi Heritage Inc.) at 12 Vye Street in Douglastown

April 17: Miramichi Annual Career Fair

The Miramichi Annual Career Fair will be held in the gymnasium of the New Brunswick Community College – Miramichi Campus, located at 80 University Avenue, from 1pm to 8pm.

April 20: Miramichi 2nd Annual Wellness Expo

We are back and better than ever with all the tools, products and services you need to live a healthier life! Promoting overall health and wellness for your mind, body and spirit, with guest speakers, exhibitors and an amazing door prize. Tickets: Ages 0 - 17: free and Ages 18+: \$3.00. 9 am – 5 pm At Rodd Miramichi River. Find event on Facebook for info.

April 27: James Mullinger Almost Canadian Comedy Tour at the Vogue Theatre

One of Canada's top comics brings his 2019 tour to Miramichi for a one night only show. British comic James Mullinger will be onstage for a stand-up set you will not want to miss. Tickets only \$20 and are on sale at Creative Grounds Café or at www.thevoguemiramichi.com. Doors open at 7pm and shows starts at 7:30pm. See page 18 for details.

Seniors' Card Parties at Seamen's Hospital

We're open again for another season of Auction 45's at Seamen's Hospital beginning January 8th. Come along for cards on Tuesday afternoons at 1 pm to 3 pm. Play your winning hands with us. Everyone welcome.

Crafts at Seamen's Hospital

The Friends of Seamen's Hospital Craft Group have weekly meetings on Wednesdays at Seamen's Hospital, 12 Vye St, Douglastown. The door will open at 9:30 and everyone is welcome. Bring your project, your lunch and \$3.00 for the day. Come for the day or come to visit and check it out. New members always welcome.

Spring Ahead!



Daylight saving time 2019 in Canada will begin at 3 am on Sunday, March 10

Easter - April 21st, 2019

How is the date determined for Easter? On the Gregorian calendar (the one that we use), Easter is the first Sunday after the Paschal full moon, which is the first full moon on or after March 21. Easter thus always falls between March 22 and April 25.

Theoretically, the Paschal full moon is the first full moon occurring on or after the spring equinox. However, this day can be reckoned in different ways. One way is by looking at the sky, which yields the astronomical spring equinox. But since this shifts from year to year, most people follow the calendrical spring equinox, which is reckoned as March 21.

RADON GAS

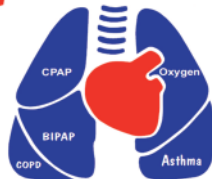
IS THE LEADING CAUSE OF LUNG CANCER AFTER SMOKING

Order a residential radon testing kit online from the New Brunswick Lung Association or at Breatheasy office and pick it up HERE.



LONG-TERM RADON TEST KIT
(testing period: 3 to 12 months)
\$35 each
(includes test kit instructions and lab analysis fees)

Breatheasy



Respiratory Therapy Services

506-773-7001

8 Church St., Miramichi | breathe@nbnet.nb.ca

FREE TESTING

Call Breatheasy today for a free appointment to be tested for Obstructive Sleep Apnea.

www.BreatheasyServices.ca

Life is good when you can breatheasy!

For VOXX products see socknrocks.ca

Beaubear's Island Speaker Series

The Friends of Beaubears Island will once again host Miramichi historians in a Speaker Series during the month of February. Presentations will occur in the library at the Nelson Rural School, 26 St Patricks Drive at 7pm on Monday and Thursday evenings. Upcoming speakers include:

Feb. 11: Brandon Savage – Following in the Footsteps of the North Shore Regiment

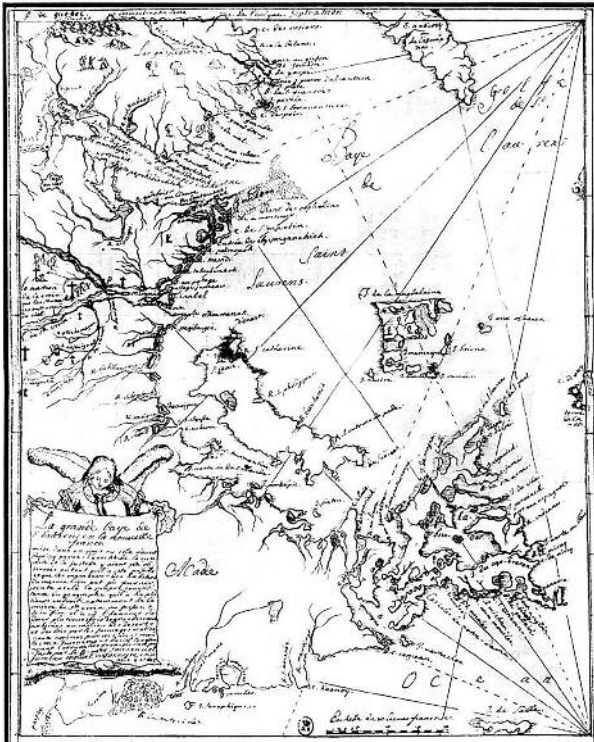
Local history teacher Brandon Savage will recount his onsite and document research into the postings of the North Shore Regiment during peace and wartime. from England through to Germany. Come and hear details of one of Canada's most famous fighting units of World War II. our own North Shore soldiers.

Feb. 14: Henry Collins – Citizen Based Science on the Blessed Basin

Harry Collins represents the Miramichi River Environmental Assessment Committee (MREAC) as its Executive Director. The organization has functioned as a community-based not-for-profit watershed organization since 1989. MREAC's primary objective is environmental stewardship and management of the Miramichi watershed.

Feb. 18: Ken Walker – The Denys Family on the Miramichi 1647-1709 Ken Walker looks back more than three centuries to a time when the domain of Nicholas Denys, governor of Acadia, extended along the southerly side of the Gulf

of St Lawrence, from Miscou Island to Cape Breton. It included a trading post at Miramichi in the 1640s, though the first extensive French establishment on the river was that of Denys' son Richard.



A 1685 map by Fr. Emmanuel Jumeau. It displays a cross-shaped marking over territory above the former town of Newcastle, which some take as an indication of the mission station and fort operated by Richard Denys. (Source: Beaubear's Island Interpretive Centre)

Feb. 21: Gérard Picot – The Bearers of the Cross: The Writings of Fr. Chrétien Le Clercq

Gérard Picot presents a discussion of the writings of Fr. Chrétien Le Clercq, a Recollect Franciscan friar and missionary to the Mi'gmaq in the mid-17th century. He was a chronicler of New France, who wrote two early histories.

Feb. 25: Frances Connell – The Shepherd of the Woods: Fr. Benedict J. Murdoch

Frances Connell presents on Fr. Benedict J. Murdoch, who wrote ten books, his first being *The Red Vineyard* (1923), a spiritual autobiography of his wartime experiences in the First World War. Most of the other works were fictional or spiritual and are less well known.

Feb. 28: Neil Wallace – Pirates! Fact and Fantasy

Neil Wallace doubles down this year with a presentation looking to the Golden Age of Piracy of the early modern

period. In its broadest accepted definition, his conversation will span the 1650s to the late 1720s.

Learn more about this fantastic community of ours and its impact, both across the country and across the globe.

WOW - Working on Wellness

The Voxx STASIS Socks and Insoles, incorporating Voxx HPT is designed for any user who wants ultimate comfort, wellness and performance in whatever they do. Tests show relief from foot pain, increased balance, stamina, recovery, strength and range of motion.

Come into Breatheasy to have your balance tested and enter a monthly draw for a free pair of socks.

NEW! For the hard-working majority who spend the day on their feet.



Socks'nRocks
8 Church St., Miramichi
506-773-7001
socksnrocks.ca

30 day return policy on VOXX socks and insoles if you are not completely satisfied.

Himalayan Salt Lamp - Nature's Natural Air Purifier

- May improve air quality
- Light and color therapy benefits
- Soothing for allergies





Tips & Tricks for your Hair

By Mary Mitchell, Studio M Hair

I have worked in the beauty industry for more than 30 years, as an educator, consultant, art team member and now a successful salon owner at Studio M Hair. www.mstudiohair.com

I am always happy to teach clients how to create ease of styling and good hair care.

One of the most common questions I get is:

What do I do for colour fade? Do I need colour-safe shampoo and conditioner?

Yes, coloured treated hair always needs colour treated shampoo and conditioner. They are designed to put moisture and protein back into the hair using a higher PH in shampoos to cleanse, moisturize and retain colour, while conditioners moisturize, detangle and lock-in with a lower PH. Colour treated shampoos and conditioners will:

- Mend and protect, making the hair smoother with lots of shine.
- Help restore cuticle damage and keep the vibrancy of your colour with less fading.
- Easy comb outs - always comb hair starting at ends working your way up to the scalp.

Always pick a shampoo, conditioner, leave-in, or treatment according to your type of hair.

Now that your shampoo is done, always protect the hair from excessive heat exposure by using a thermal heat protector from roots to ends. Thermal heat protectors come in sprays, serums and creams. Use what is easy for you and please turn the heat down on your dryers and irons. When you don't protect the hair you can lift colour just by using a hot iron.

Your tools do make a difference!

If investing in new irons or blow dryers, try new technology like infrared heating systems. These new tools can:

- Mend and protect by pushing moisture back into the hair while you style.
- Smooths the cuticle and strengthens the hair in half the styling time.
- Provide ease of styling for comb outs, long lasting soft curls, waves or shiny straight styles.
- Lower heat temperatures to safe-guard colours and leave the hair more conditioned.

Always use a nozzle when blow drying to create air control to reduce frizz. It will smooth, polish and shine your finished style.

A good brush is important, there are many types for many different reasons. Today it is the round brush. A boar hair round brush is the best because it is softer on the hair. Hair against hair is more natural, leaving the hair in better condition, smoother, shiny and with no frizz. The more you polish with boar hair, the better results you will have. It is wise to pick a bigger than smaller size when working at home, the bigger brush will help you manage your hair much easier.



**WINDOWS & DOORS • VINYL SHUTTERS • SIDING
KITCHEN CABINETS • RESIDENTIAL & COMMERCIAL**

**Book Your Windows
Now and SAVE 12%**
*Delivery in April

**Ronald Kelly Thermo
2018 Inc.**
1411 Wellington St.
Miramichi NB
Tel: 506-778-8338
Fax: 506-778-8330
rudy@ronaldkellythermo.com

ALLSCO
Trust your family to ours.

FREE ESTIMATES
Lifetime warranty on all parts including the glass.
We Supply & Install

Energy Plus Advantage.

MIRAMICHI
HEALTH TRAINING CENTRE
"Where knowledge and compassion count"

Offering:
• Home Support Services
• Red Cross CPR training

Tel: (506) 773-7971

CPR

www.HealthTrainingCentre.com

Sled & Stay in Miramichi

Snowmobile enthusiasts are loving this weather! If you want to explore the Miramichi region on the trails and end the day with a hot meal and cozy accommodations, the following destinations have a package for you!

Wilson's Sporting Camps in McNamee provides snowmobile rentals and guided tours. Enjoy two nights of luxury accommodations, a reliable two-up touring sled and a professional guide to keep you safe and secure while exploring the back country.

Imagine enjoying a hot breakfast while overlooking the snowy Tabusintac River. **Tabusintac Chalets** are offering a snowmobiler / ATV special which includes a one-night stay in a riverside chalet along trail 48, and all the fixings to prepare a hot breakfast! [\$125 Sunday-Thursday or \$150 Friday/Saturday, up to four guests]

Enjoy groomed trails right to the entrance of **The Rodd**



Miramichi. Their snowmobile packages start at \$130 and include accommodations, a welcome drink and a hearty breakfast.

Motel Beausejour in Neguac is offering snowmobilers a winter getaway package for \$89 / night for two people. Breakfast included.

February 22-24: Tourism Weekend – On this weekend the New Brunswick Federation Of Snowmobile Clubs (NBFSC) offers a free

weekend trail pass (valued at \$80) for visitors from NS, PEI, NFLD, QC, Ontario & New England. to ride any of the NBFSC's 8000 plus kilometers of trails, for these three days.

Information provided by Discover Miramichi. Find these and more snowmobiling packages on their website at www.discovermiramichi.com/snowmobile

House work stressing you out? LET US HELP!

- Seasonal cleaning • Move in/move out
- Residential & commercial cleaning
- Free assessment and competitive pricing

www.UniCleanSolutions.com



CONTACT US TODAY
Miramichi:
506-622-6900
Bathurst:
506-547-4700



Outlander PHEV

STARTING AT

\$42,998

+ FEES & TAXES

TREVORS
MITSUBISHI
DRIVE YOUR AMBITION

1621 King George Hwy
506-352-4460
Sales Open until 6:00 PM
www.Trevors-Mitsubishi.ca



Put More YOU into Your Wedding Day

(Family Features) A wedding day is filled with symbolic tradition, from varied religious customs to the never-ending circle reflected in the rings and the types of flowers accentuating the celebration. Even with all the traditional rituals to consider, nearly every bride and groom can find ways to give their special day some unique touches that reflect their personality and love.

Music sets the mood for every wedding, and it's an easy place to put your own spin on the celebration. Whether you forgo the traditional bridal march entirely or simply look for an arrangement that gives an updated twist to the classic version, let guests know this isn't your average wedding by setting the festivities against a soundtrack that lets your true character shine.

The wedding party is intended to be a collection of those nearest and dearest to the bride and groom, who help ensure the day goes off without a hitch and who lead fellow revelers in celebrating the start of the new couple's life together. That being said, there's no reason this group must be limited to women on her side and guys on his, or even that it's limited to humans – a



beloved pooch can make for an adorable ring-bearer, after all.

Photos lend a personal touch, no matter what your color scheme or theme. Integrate photos of the two of you at various stages of life, together as a couple and with loved ones (perhaps even some you're honoring in memoriam). You can display these at a table with the guest book, as part of the table centerpieces, or even on the gift table. Or take things digital and load all your images into a slide show set to music.

Make favors meaningful. Forgo more common items like bubbles and chocolate, and instead send a little of yourself home with your guests. Maybe it's a memento from a place with special meaning to you both, or a bottle opener shaped like a bicycle to represent the way you met. Just think about the

moments and things that define you as a couple and do some searching online. You'll probably be surprised by how quickly the options pile up.

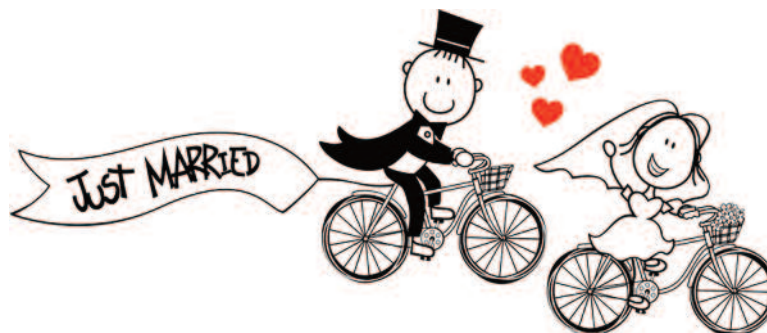
Serve up a menu that shows guests more about your life together. Your loved ones can order basic beef or chicken anywhere. Instead, give them a glimpse into you. Make your main course the same food you enjoyed on your first date or during another monumental moment in your courtship. Or plan the entire menu around a region that you hold close to your heart.

Weddings are filled with traditions, but that doesn't mean you can't put your own touches on the day for a special event filled with memories that are uniquely your own. Find more advice for life's special moments at www.elivingtoday.com.

Have a *Wedding*
coming up?
Let us help make
your day special.

WINEKITZ

Douglastown Plaza • 506-778-9524
www.winekitzmiramichi.ca



Take a Book - Leave a Book at the Free Community Library

A new community-based library has been installed recently at Blackville Foodland. This is a free library for the community and is based on the "Little Free Library" project.

The library belongs to everyone and contains a variety of books for children and adults, fiction and non-fiction. If you see a book you would like to read, take it and return it when you are finished – you do not need to

sign it out. Or if you want to keep it, you can return a different title in its place.

The library is located at the front of the store near the soup nook. The library was brought to fruition by Blackville Foodland managers Naomi and Clem Savoie, Les McLaughlin and Roland Sturgeon.

If you would like to donate more than one book, please contact library@villageofblackville.com for details.



The more that you read,
The more things you'll know.
The more that you learn
The more places you'll go.

Dr. Seuss

MiramichiMarketplace.com/property

Find Real Estate and Riverfront Property, Cottages, and Dream Homes throughout the Miramichi Region.

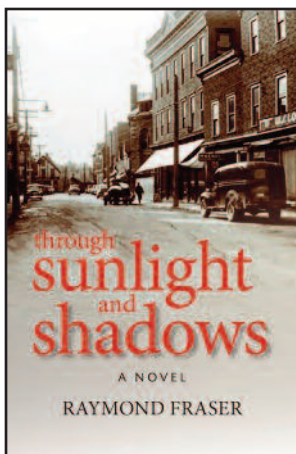
MIGHTY Miramichi
ONLINE COMMUNITY

Quality Respiratory Care

WE'VE MOVED!!
Visit our new location and improve your quality of life!

We offer FREE sleep apnea testing, FREE CPAP trials, and many more respiratory home care services and equipment.

OUR NEW LOCATION:
1 Allan Street Unit C, Miramichi
(in Douglastown behind Sport Chek)
Tel: 506-622-9099 • www.qrc.ca



A Book Review by James Fisher, Miramichi Reader

Through Sunlight and Shadows

by Raymond Fraser

Sadly, *Through Sunlight and Shadows* would prove to be Raymond Fraser's swan song, as he passed away just a few short months after its publication. It is his fourteenth book of fiction and is an all-new volume of "memoirs" of his fictional/semi-autobiographical character, Walt Macbride. While regular readers of Mr. Fraser's will be familiar with Walt in all his manifestations, his youngest days growing up in Bannonbridge (an alias for Chatham, NB) are lesser-known. Here, he begins at his earliest recollections:

"I really don't know what age I was during the times of my earliest memories. I don't know the age I was when I learned what age I was or when I did learn when it meant something to me other than a reply if someone asked me. I certainly had no notion early on of what a calendar constituted. All it was to me was a nice picture on the wall with mysterious markings beneath it."

So you can see that Mr. Fraser starts his (Walt's) recollections very early on. While living in the town of Bannonbridge ("the greatest place in the world to grow up in"), his house had no running water, no plumbing and no central heating other than a wood stove. The youngest of three, he had two older sisters. They shared half of a house with the Flynn's who had 10 children, so Walt was never short of friends and playmates.

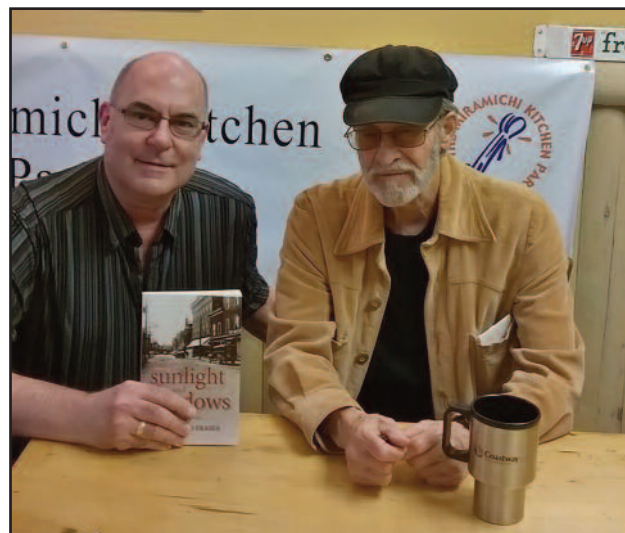
Later on, Walt reflects on childhood vs. adulthood:

"A couple of years later, when I'd learned to read, I loved to lie abed on Saturday mornings and read the stack of comic books that I'd traded for with my friends. It was such a luxuriously happy thing to do....Saturday morning, no school, no getting up when I wanted to sleep in, nothing to do but lie in bed and immerse myself in one comic after another.... You just don't get that depth of happiness as a grown-up. It's a gift children have, pure joy with no price to pay. In my experience, adult happiness is invariably a prelude to some calamity or other."

While *Through Sunlight and Shadows* is full of growing up in a simpler time and is full of boyhood antics like climbing on roofs, making tomahawks to fight a mock war with the kids over on Victoria Street, learning to skate with dull, centuries-old skates and so on, it certainly makes for some genuine and inner-directed reading, even if you grew up in a later time period, such as I did. When I read of Walt getting his first new bike (a tricycle), I can think back and vaguely recall my own trike and a seven-year-old Walt being given a new baseball by a college student was a real treat.

"I was so proud of that ball. I kept it for years and never once used it. I don't know what I was saving it for, but I saved it. It was like getting a piece of the Holy Cross to me."

Then I look at kids today who have expensive hockey sticks, baseball gloves, skates worth hundreds of dollars, snowmobiles, dirt bikes and four-wheelers, I wonder if they have missed out on something growing up. Do they appreciate all they are given? My family was considered middle-class in the sixties when I grew up. I was given the basics, but I had to earn an allowance and learn to save up if I wanted something. Or get an after-school job when I was



James Fisher and Raymond Fraser at the book launch for *Through Sunlight and Shadows* in 2018.

older. I never learned to save, and I have more than I need, really. I'm at the stage of life when I need to downsize, but it's so hard to let go of things. They keep my memories alive.

You can see how reflective Mr. Fraser has induced me to be. I'm sure all mature readers will appreciate *Through Sunlight and Shadows*. It makes a nice companion for the memoirs of fellow Miramicher Wayne Curtis who grew up in a more rural setting in roughly the same time period. Walt Macbride becomes a colourful character as he grows up and deals with school, girls, college, getting a job and battling his addiction to alcohol and trying to become a writer. They all make for good reading and knowing they are heavily based on Mr. Fraser's actual life experiences, it makes them all the more valuable.

James M. Fisher is the owner and editor of The Miramichi Reader, which promotes Canadian literature, and primarily that arising out of Canada's vibrant east coast literary scene. For more book reviews and author interviews visit www.miramichireader.ca



SAMSUNG

LOOKING TO UPGRADE YOUR APPLIANCES OR ELECTRONICS?
LOOK NO MORE! THE FUTURE IS HERE!

WE WORK TO HELP YOU
REALIZE YOUR UNIQUE
VISION FOR YOUR HOME.

Our staff is more than just
design conscious, they're dream
conscious. They're ready to
listen to your individual needs
and help you organize and
obtain all of the pieces that
make up your ideal home.

RENAUD'S BRANDSOURCE
IS A SAMSUNG DEALER



SAMSUNG



LOVE IT. LIVE IT.

2351 King George Hwy., Miramichi, NB
Phone: 506-773-9400

WWW.RENAUDSFURNITURE.COM



MiramichiMarketplace.com

Shop Local!



Deals-4U.ca

Salt & Pepper or Mild Wings



1.5 kg
Fully cooked

\$12.99

Canola Oil



3L
Cholesterol
& Trans Fat Free

\$6.99

Pork Riblets in brine



\$9.99

Apples



Cortland or MacIntosh
Per bag

\$2.99

Bananas



Per lb

79¢

Lynch's Gourmet Sauce



375ml
Chipotle, Maple Chili
or Srirachi

\$3.49

Brown Sugar Ham



approx. 700g

\$3.99

Mug Treats



Chocolate PB Brownie,
Hot Fudge Brownie,
Blueberry Muffin or
Chocolate Caramel Cake

\$2.29

125 Petrie Street
506-836-9012

Open 7 Days a Week
Mon to Wed, Sat 9-6
Thurs & Fri 9-8, Sun 12-5

No rainchecks. While supplies last.



IPONE Snowmobile Synthetic Oil

Strawberry smell.
1L or 4L Quantity
Pricing Available



Baffin Snow Boots

**SAVE
40%**



Canadian Brown
Sizes 8-14
Reg \$150.00

\$90.00



Snowmobile
Ice
Scratcher
Dura Flex

\$80.00

HJC CS-R2
Electric
Shield
Helmet



Gloss Black
LG, XL, 2XL
Reg \$220.00

\$160.00

NEW FOX CLOTHING & ACCESSORIES ARRIVING DAILY



8 Gordon Rd, Miramichi, NB
506-773-9565
MiramichiMotorsports.com

2010 Toyota Corolla CE



\$6,900.00

2013 Ford Escape



\$13,995.00

cars • trucks • vans • SUVs

2014 FORD F150 XLT



\$25,995.00

2012 Chevrolet Traverse LTZ



\$13,900.00

Find the right auto in your backyard!

www.miramichimarketplace.com/autos

Free Trail Pass at Miramichi Cross Country Ski Club with a NB Library Card

The Miramichi Cross Country Ski Club has teamed up with local libraries to offer everyone with a New Brunswick library card the opportunity to check out a day pass for the club's ski and snowshoe trails. You can visit one of the three libraries in our area (Newcastle Public, Chatham Public and Carrefour Beausoleil) and request the pass. If you do not have a library card you can easily get one.

The trail pass can be redeemed that day or at a future date and includes skis or snowshoes at no charge. With 25 km of ski trails and 6 km of snowshoe trails you can easily find a trail to your liking. The trails at the club are wooded and thus protected from the wind.

The library program allows for only one use per season per person and each member of a group will need to check out a pass with their library card.

Snowshoeing and cross-country skiing are excellent forms of exercise and winter recreation and this is an opportunity for an introduction to convenient facilities located in the city limits.

The ski club has equipment for rent for all ages from 3 and up and for those



aged 1 to 3 there is a sled (pulk) that a toddler may be placed in and pulled by an adult skier but you should be comfortable on skis before trying this.

If you want to redeem the pass it is best to check with the clubhouse to see that we are open - call 622 - 6991 or check our Facebook page or website

www.skimiramichi.com

The trails may not be open at night for a while as the severe windstorm in November caused a great deal of damage to the lighted trail, however repairs will be made.

The ski club is a busy place during the winter and this will be our last winter in our cozy but aging clubhouse as new facilities are planned. The clubhouse is equipped with a washroom, seating area and a kitchen where you can purchase a tea or hot chocolate.

Enjoy winter in 2019 by "checking out" a pass at your library and "checking out" the ski club!



The card is free for New Brunswick residents and landowners. You will need to provide a piece of identification and proof of local address when you register for a card at the library. The signature of a parent or a guardian is necessary for children under 13.

We have the right AWD for your Winter Driving at the right Price!

Brandyn Jardine Paul Bowes Drew Hunter Chris Savage Rejean Savoie

TOWNE CHRYSLER

1155 King George Hwy
Route 8, Miramichi, NB
Tel: 506-622-3900
1-866-740-3900
www.townechrysler.ca

**NEW DEALERSHIP, NEW ATTITUDE,
NEW DEALS... COME ON IN!**

CHRYSLER DODGE Jeep RAM

James Mullinger brand new tour show **ALMOST CANADIAN** hits his beloved Vogue Theatre, Miramichi Saturday 27th April 2019 at 8.00pm

James says: "Miramichi is one my my favourite places in the world and has been since I first moved to Canada five years ago. I have performed there many times including when I recorded my live stand up special Maritime Directions in 2016. Miramichi audiences are unlike any other and I adore them. It's the coolest place in the world, has the coolest mayor in the world and has the coolest audiences. It is also home to the best coffee shop in the world owned by my mate Victor who also runs the Vogue. Miramichi audiences are the best and I promise to bring my A-game to give you the best night of stand up comedy you'll see this year! May I also say congratulations on having the best curling complex in Canada. My goodness, I love you Miramichi."



raising money for charities and non-profits. James has raised more than \$100,000 for Maritimes charities. He has also become one of Canada's top comics, being nominated for both a Just For Laughs comedy award and a Canadian Comedy Award for Best Live Show.

He is also a much sought after corporate clean comedian and keynote speaker on the subjects of marketing, media and uplifting positivity celebrating where you live and work. Performing his keynote speech 'Anything Is Possible' for companies as varied as Irving Oil, TD Canada, New Brunswick School Board, Moosehead Breweries, and hundreds more.

This special show features brand new material as well as some of his classic routines including Maritime Directions.

British comedian James Mullinger has taken Canada by storm. Sold out shows across the country, appearances on CBC's The Debaters, movies, TV shows, festivals, awards, magazines, stand up specials – since moving to Atlantic Canada four years ago he's done it all.

James is one of Canada's biggest cheerleaders. He loves it here and spends his time promoting it across the world and

Book now for this show, it will sell out! Tickets are \$20 and can be purchased at Creative Grounds Café, 55 Cunard St across from the Vogue or online at www.thevoguemiramichi.com

Visit www.jamesmullinger.com for videos, social links, tour dates and more.

**RIVERSIDE PUB
& COASTERS LOUNGE**

**RESERVE A TABLE
NOW FOR YOUR
SPECIAL EVENING.**

2546 King George Hwy. Miramichi NB
506-773-6100
www.Riverside-Pub.ca

Dining & Entertainment

Timber Ship Brewing “We aim to make quality beer and share as much of it as we can with our community.”

Timber Ship Brewing is a small-batch brewery that opened in January in Miramichi. A passion project for four friends in the region, it is the culmination of many months of work that they are thrilled to share with the public.

The Timber Ship Brewing crew consists of 2 couples/friends/beer lovers, Darren and Gillian Row, Jeff and Erin Savage. “It was during a 3 day canoe excursion that we decided to stop just talking about bringing craft beer to Miramichi and started seriously discussing plans about how to make this brewery a reality. Once we returned from the trip we began to move forward and never looked back. The four of us are all full-time professionals and are very goal oriented. We bring our individual strengths and valuable experience to the brewery.

The debut beers from the brewery are Dungarvon



Hopper IPA (6.0% abv, 64 IBU) and Broken Paddle Pale Ale (5.3% abv, 40 IBU), Ballast Island Blonde (5.2% abv, 20 IBU) and Miramichi Irish Red (5.2% abv, 25 IBU) are available on tap at the Piping Plover Gastropub. In January Dungarvon Hopper IPA became available on tap ANBL Newcastle for you to grab a growler to take home and enjoy!

Timber Ship is concentrating on distributing 20 litre kegs to local bars and restaurants for now and who knows, a taproom might be in the future.

For more details, see the Timber Ship Brewing Facebook page.

Source: Atlantic Canada Beer Blog www.acbeerblog.ca

Photo: Timber Ship Brewing Facebook page

New Take-out Window Now Open For Your Convenience!

All ATV and Snowmobilers welcome!

Pub981.com (506) 776-8981

981 rue Principale, Neguac, NB Pub981@gmail.com

15% OFF
To All Snowmobile & ATV Club Members

Stay overnight at Motel Beausejour and enjoy 2 traditional breakfasts, all for only \$89.00!
*double occupancy only

MOTEL BEAUSEJOUR 
486 Main St, Neguac
Restaurant: 506-776-9000
Motel: 506-776-8718



www.chezraymond.ca



Bring Your Special One to BP and Celebrate the evening.

\$1 from every pizza sold supports a charity in your community.



98 Douglastown Blvd
Miramichi, NB E1V 0A3
Tel: (506) 778-9940
www.BPMiramichi.com

Kourabiedes Recipe - Greek Butter Cookies

by Georgia Halavrezos

Kourabiedes are traditional Greek melt in-the-mouth cookies that Georgia makes as a special treat for her family. Kourabiedes resemble light and airy shortbread but are made with the addition of almonds. Almonds are the most important ingredient in Kourabiedes and provide the cookie's signature almond flavour.

Ingredients

1 pound of Unsalted Butter
1 cup of Sifted Icing Sugar
4 Egg Yolks
4 tablespoons of Whiskey or Brandy
4 tablespoons of Freshly Squeezed Orange Juice
1 teaspoon of Almond Extract
2/3 of a cup of Finely Chopped Almonds
4 ½ cups of Sifted Flour (Two cups of All Purpose Flour and Two and a half cups of Cake Flour)
1 teaspoon of Baking Powder
Whole Cloves
Sifted Icing Sugar for dipping the cookies.

Instructions

- Cream butter and one cup of icing sugar until light and fluffy [Five to ten minutes]. Add egg yolks, flavorings and almonds, beating until well blended.
- Gradually add the sifted flours and baking powder.
- Beat until well blended. Pinch off pieces of dough, and roll into small balls.
- Pat gently between your palms and place one inch apart on a ungreased baking sheet.
- Place a whole clove in the center of each cookie.



- Bake in 350 ° F degree oven for ten to fifteen minutes or until cookies are very lightly browned.

Allow to cool slightly before removing from the baking sheet. Transfer to a cookie rack and let cool completely. When cooled completely, dip each individual cookie in sifted icing sugar. Store in sealed cookie tins.

Enjoy!

A photograph of two people wearing helmets and winter gear riding a snowmobile through a snowy, forested landscape. The snowmobile is white and black, and it's kicking up a cloud of snow. The background shows a line of evergreen trees under a clear sky.

Have That Winter Feeling? Meet the Winter 18/19 Collection Bring Yours Home Today

©, TM and the BRP logo are trademarks of Bombardier Recreational Products Inc. or its affiliates.

CITY ARGO
AND MOTORSPORT

2436 King George Hwy
Miramichi, NB
(506) 778-8497
cityargo.com

SEA-DOO can-am ski-doo

The Salt Spring National Art Prize Calls to Artists Across the Nation.



Submissions are now open for the prestigious 2019/2020 Salt Spring National Art Prize (SSNAP). Salt Spring, a small Canadian island known for its large artistic community, created this exciting national art competition in 2015 to celebrate and promote the importance of art in Canada. As one of the largest national art prizes in Canada, the third biennial event offers \$40,000 in prize money and significant national exposure to artists.

Open to all Canadian citizens and permanent residents of Canada over the age of 18, the call to artists working in the visual arts runs from January 10 to May 31, 2019. SSNAP offers financial prizes, an artist residency, and national exposure to artists. The month-long exhibition of some 50 finalists and the many associated events enhance public dialogue on art. SSNAP Director Ronald T. Crawford says, "What makes the Prize unique is what has led to its success. It is a community-based event created by artists for artists. It invites established and emerging artists of every medium into the same Canadian artistic dialogue." The 50 finalists' works chosen by our national jury are selected through a fair, open and blind jury system.

Crawford further adds, "An exciting change for 2019 is the allocation of \$10,000 to subsidize the costs of shipping finalists' work to Salt Spring to further encourage submissions from artists in eastern Canadian and remote communities. We also aspire to bring the winners across Canada, with the Victoria Art Council Gallery confirmed as our first stop for January 2020."

Judy Anderson, from Calgary Alberta, retells her experience as a 2017 SSNAP Finalist and Prize Winner; "I applied for SSNAP on a whim. What resulted was an amazing experience, especially the residency on Salt Spring Island. It gave me uninterrupted time to start a new body of work and the island's art community was incredibly welcoming, inviting me to events such as art critiques, art screenings, studio visits, openings etc.

SSNAP welcomes Canadian artists world-wide to submit original two-dimensional and three-dimensional works, with the call for submissions now open through to May 31, 2019.

For more information about SSNAP, including artist submission and selection process, jury bios and event dates, visit www.saltspringartprize.ca.

WASH OFF THAT WINTER SALT!

Winter Wash Specials: Truck/Van \$34.95 SUV \$29.95 Car \$24.95



349 King George Hwy, Miramichi, NB
DIRECT: 506 622-7091 TOLL FREE: 1-855-256-7100
EMAIL: service@rousselvw.ca • www.rousselvw.ca

Raising Chickens for Beginners



When it comes to chickens there's no in between - people are either really enthusiastic about chickens, or indifferent to them. If you've ever dreamed about having your own chickens and don't know where to start, this article is for you! We talked to the folks at Miramichi Feeds and asked them some common questions about raising chickens.

What are the requirements for a chicken coop?

A chicken coop should provide a place for hens to lay their eggs, to roost at night, and protection from predators. For laying hens you need a minimum of 2 to 3 square feet per chicken. If you are not letting your chickens run loose through the day, you should have a fenced in area for them to run around on the ground.

What kind of wire do I use for their enclosure?

There is a variety of wire available and the size you need depends on the type of predators you are keeping out. If you have a backyard coop in the city you may not need as much protection as someone living in the country surrounded by woods.

Do I need a heat lamp on the chickens?

Only chicks require a heat lamp until they develop their feathers. Grown chickens do not need a heat lamp, even in the winter. Make sure your coop is free of cold drafts and they will be fine.

What do I feed them? Can I feed them table scraps?

Yes you can feed them table scraps. Chickens will eat anything and everything. If you let them free range (run loose in the yard) they will forage for food and eat bugs, grass, weeds, etc and get the nutrients they need naturally. Also provide them with store bought feed to supplement their diet. They will not overeat. They only eat what they need to match their nutritional requirements.

A full grown laying hen that is only

given feed and is not foraging will require 125g of feed per day.

Chickens also require fresh water. You can simply give them water in a dog bowl or purchase an automatic waterer. In the winter the water will freeze, so monitor it and provide them with fresh water frequently or heated water bowls are also available.

I heard feeding them crushed eggs is good to give them calcium, is that true?

They do provide calcium but it isn't a good practice because it gives the chickens a taste for egg shells and they might start eating the eggs they are laying. Instead you can give them ground oyster shells and bags of shell mix are available for sale. Chickens will balance their own diet and will only eat the amount of shells they need to get the right amount of calcium for egg production. The older ones will eat more because they need more calcium.

How long after I get chickens will they start laying?

Chickens will start laying eggs at 20 weeks old. If you buy them at this

age there might be a slight adjustment period before they start laying, especially if they were traumatized in the move.

What is the benefit of free ranging chickens?

When you first get your chickens, wait a week or 10 days before you start letting them out to run, this gives them time to regard their new coop as home. Then gradually start letting them out a bit longer each day. They will quickly get into a routine and return on their own at dusk each night to the coop.

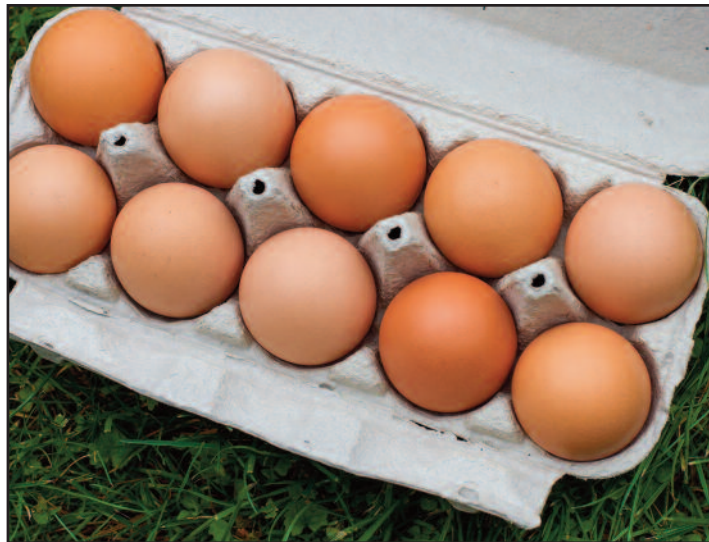
Chickens are happier when they can run around and forage for food. It gives them exercise and allows them to get the nutrients they need naturally. Keep in mind that they will most likely get into your garden and flowers and eat your plants unless you protect them with fencing or chicken wire. You also need to make sure the chickens are safe and not exposed to predators.

Do I need a rooster?

If you only want chickens for egg production then no, you do not need a rooster. If you want to set your own eggs and hatch chicks, then you need a rooster.

Will I get eggs everyday?

You will get an egg every day from each hen. In the winter months as daylight hours decrease so does egg production, providing a natural cycle of rest for the chickens.



If you are interested in raising chickens and require more information, you can contact Miramichi Feeds. They have everything you need to raise chickens, from feed and watering devices to chicken wire and egg cartons – and of course the chickens! See prices in ad below. Their staff is very knowledgeable and can put you on the right track to raising healthy chickens, whether they're laying hens or meat kings. Miramichi Feeds is in the Chatham Industrial Park at 145 Dan Cripps St. Tel: 506-773-3070. www.miramichifeeds.ca



7 YEAR LIMITED POWERTRAIN WARRANTY

MAKE YOUR JOB EASIER

ONLY \$65 A WEEK

Mahindra

EMAX25 N9 DPF

1585 rue Principal
Neguac
506-776-4339

LES FRERES G&G BROTHERS

310 Dalton Ave
Miramichi Industrial Park
506-622-8810


Visit G&G Brothers Today! www.ggbrothers.com

Chicken Price List 2019
(N.B. Turkey Marketing Board – Charge for service)

Turkey	1 Day	\$4.22 +.20 + .03 (HST)= \$4.45
Turkey	4 Week	\$6.62 + .20 +.03 (HST)= \$6.85
Meat King	1 Day	Male \$1.55 Female \$1.50
Meat King	3 Week	Male \$4.05 Female \$3.95
SASSO Meat Bird Mixed Only	1 Day	\$1.55
Laying Hens Red or White	19 Week	\$10.25
Red only Rooster	19 Week	\$9.50
Ducks	1 Day	Mixed \$4.50
Quails	6 Week	Mixed \$3.50

Must be ordered by April 12th first order. Second Order May 14th.
DELIVERY DATE: You are to pick up chicks May 17th before 11:00 a.m. or they will be returned. (Second-order June 18th)
PLEASE NOTE: Miramichi Feeds Inc will not be responsible for loss of birds after they have left the property. Please check your orders before you leave the mill.

50% DEPOSIT NONREFUNDABLE IS REQUIRED!!!



MIRAMICHI FEEDS
LOCALLY OWNED ... LOCALLY OPERATED

145 Dan Cripps St.
Chatham Industrial Park
Tel: **506-773-3070**
miramichifeeds.ca

Activities at the Chatham Public Library

February & March 2019

Storytime (2-5)

This drop-in program is designed for children ages 2-5 but is often enjoyed by children of any age. Help your child foster a lifelong love of reading by engaging in stories, songs, crafts, and more! Fridays @ 10:30.

After School STEAM Club (5+)

A fun drop-in program for school aged kids! Every second Friday at 3:30, kids will get to explore Science, Technology, Engineering, Art, or Mathematics through various crafts, challenges, games, activities, and more. A small snack will be provided. Every second Friday @ 10:30.

Tween Scene (8-12) - Pull String Bag Decorating

Tweens (ages 8-12) are invited to come decorate their own pull string bag. A small snack will be provided. Saturday, February 9 @ 2:30. Please CALL 773-6274 to register. Spaces are limited.

Movie Night @ your Library!

Join us for movies at the library! We will provide popcorn & drinks but feel free to bring a blanket/pillow and make yourself comfortable!

Tuesday, February 19 @6:00 - Jurassic World: Fallen Kingdom (PG)

Three years after the destruction of the Jurassic World theme park, Owen Grady and Claire Dearing return to the island of Isla Nublar to save the remaining dinosaurs from a volcano that's about to erupt. They soon encounter terrifying new breeds of gigantic dinosaurs, while uncovering a conspiracy that threatens the entire planet.

Tuesday, March 5 @6:00 – Ralph Breaks the internet (Wreck it Ralph 2) (G)

Video game bad guy Ralph and fellow misfit Vanellope von Schweetz must risk it all by traveling to the World Wide Web in search of a replacement part to save Vanellope's video game, "Sugar Rush." In way over their heads, Ralph and Vanellope rely on the citizens of the internet — the netizens — to help navigate their way, including an entrepreneur named Yesss, who is the head algorithm and the heart and soul of trend-making site BuzzTube

Tuesday, March 19 @ 6:00 – The House with a Clock in its walls (PG)

A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world.

Welcome to Kindergarten

This is a special event for children entering Kindergarten this September. Help your child practice their ABCs, 123s, and other important skills needed for their first year of school. This fun one hour program is completely FREE, so register now by calling us at 773-6274. Saturday, March 29 @ 10:30

The Chatham Public Library is located at 24 King Street, Miramichi. For more information call (506) 773-6274 or visit them on Facebook

www.facebook.com/chathampubliclibrary

What do you need to hit the trails?



Use your public library card
to get a FREE day of skiing or snowshoeing and rentals
from the Miramichi Cross Country Ski Club!

Visit the Newcastle Public Library,
Chatham Public Library,
or Médiathèque Père Louis Lamontagne
during the 2018/2019 ski season and
check out 1 free pass per library card.

Passes are valid for one entry to the Miramichi
Cross Country Ski Club trails, plus equipment
rental (subject to availability) during the
2018/2019 season.

One pass per library card only!



This & That...

My New Years resolution came to me in a dream.

In this dream, my life slowed down. Way down. In this dream, I am prepared for the long winter. My chores are done including a wood shed full of dry firewood in which I will feed my old wood cook stove. The smell of baking bread bellows from the oven and the light from the burning log flickers through the glass of the stove's door. In this dream I sit in my cabin upon my hill watching the river empty into the harbour. I watch the water rushing as if it was in a hurry to get to the harbour before the final unfrozen days of winter. I watch the storm in the comforting heat of the wood cook stove.

My final years of my life are finally slowed, my stress is non concerning. Only this moment is important. This moment is not fleeting but sustained and repeats itself. And only when I had my fill of this special moment my attention is turned to melancholy and nostalgia. And in these long winter nights I have the time to do justice to my own private thoughts and reflections of my life. What I did wrong, what I did right and my final search for God. And in my dream, the long winter days provides time to plan for the coming spring work so that I can start this lonely bliss and contentment of winter all over again.

May your vision for 2019 be pleasant for you to think about. After all it is only you who it has to satisfy.

Submitted by Ray
www.lostcaper.ca

Meet Our Community Champions - Alzheimer Society of New Brunswick

The McEachern family who owns Estey's Fish and Chips in Miramichi (a seasonal business) donate all of their tips to the New Brunswick Alzheimer Society. They have been doing this since 1998, some of their patrons are aware of this relationship with the Alzheimer Society, and choose to donate to the McEachern's family efforts. We just received their donation for this year for the amount of \$4989.15... bringing their 20 year total to \$63,383.01!

Alzheimer Society
NEW BRUNSWICK



944 rue Principale, Neguac
Tel: 776-0200

Decor

Haute Look

decorhautelook@gmail.com
www.decorhautelook.com



Here We Grow Again!



The Piping Plover GastroPub was born out of a creative meeting between friends Ryan Doucet, Paul Shanks and Treena Sutherland. The idea was for a Gastropub where Great Food, Great Drinks, Great Music and a comfortable atmosphere could exist together. The menu offers finer dining options as well as traditional Pub Style food, with a little twist. Striving to serve the tastes of your childhood, along with refined palate pleasing options, they serve old fashioned baked beans with brunch items, and their fish is battered with a 40 plus year old Miramichi recipe. They also serve wine, cocktails, martinis and a HUGE selection of Craft Beer including Miramichi's own Timber Ship Brewing. Find them at 295 Pleasant Street in Newcastle and visit them on Facebook.



Close to Home Gifts was opened by Juanita Tremblay with a focus on selling Canadian made and locally handmade products. Juanita is very passionate about selecting the best quality products for her customers. Each item is hand selected by her, and she researches new items to ensure they meet her standards while maintaining her number one priority of buying Canadian, and supporting local suppliers and artisans as often as she can. As one customer said "it's like she took all my favourite things and put them into one store!" The store carries jewellery, fashion, purses, beauty & bodycare products, furniture, art, candles, pottery, savoury & sweet treats, local made soap, wood carvings and more. Located at 2281 King George Highway, www.Closetohomegifts.com



OPENING WINTER 2020



Parkland
ON THE RIVER

A new retirement living community coming soon to Miramichi.

Enjoy services, activities and amenities within steps of your private suite. You'll enjoy the convenience of housekeeping and linen laundry service, freshly prepared meals and one simple monthly bill that includes all utilities, communication services and so much more!

Have peace of mind knowing friendly and professional staff are on site 24 hours per day and additional services and care are available should you need it.

Join us for our first information sessions

We will be accepting the first deposits.

Wednesday, February 20, 2019

2 p.m. *or* 7 p.m.

Location: Rodd Miramichi River, 1809 Water St, Miramichi

Spaces are limited. For more information about Parkland, or to RSVP, please contact Kristina at kcomuzzi@shannex.com or 506-778-7275.

2386 King George Highway, Miramichi
ParklandRetirementLiving.com

Global Styles
Be dressed for less

Going South SALE

Come in early for the best selection!



16 University Ave, Miramichi, NB
506-773-7595
www.globalstylesmiramichi.com

CONTACT US FOR ALL YOUR TRAVEL NEEDS
including our specials on all inclusive vacations to escape the snow!



Maritime Travel
We Know Travel Best.

2485 King George Hwy
137@martimetravel.ca
(506) 622-1100 • Toll Free 1-800-561-5770
www.maritimetravel.ca

SNOWMOBILER'S SPECIAL
2 Bedroom Chalet

Sunday to Thursday **\$125** +tax
with Breakfast for 4 Persons

Friday and Saturday **\$135** +tax
with Breakfast for 4 Persons



Find us on Trail 48
Riverview Drive
Tabusintac NB
506 779 8222
visit@tabusintacchalets.com
www.tabusintacchalets.com

TABUSINTAC Chalets

f G

Fantastique
Ladies Fashions

117 Jail St., Miramichi, NB E1V 1Z6
506-622-8338
www.FantastiqueFashion.com

Check Out Our Spring Arrivals!



Joseph Ribkoff

Great Selection of Vinyl Records
WE BUY...GIVE US A CALL!!

McLean's Vintage Style ANTIQUES
www.vintagestyleantiques.com
@vintagestyleantiques

McLean's Vinyl Shop
We Sell & Buy



1730 Water Street
506-624-7253
www.vintagestyleantiques.com



40% OFF Winter Stock

peek-a-Boutique
Unique Children's Clothing

87 Henry St, Miramichi, NB • (506) 622-8714
unique@peekaboutique.ca
www.Peekaboutique.ca

Locally owned and operated.

Looking to upgrade your computer skills?

Contact Miramichi Adult Learning Inc. to find out more.

 **MALI • AAMI**
Building Skills for Success! • Bâtir ses compétences pour réussir!

Melanie Flanagan - 506-778-6998
melanieflanagan2@gmail.com
www.miramichiadultlearning.com



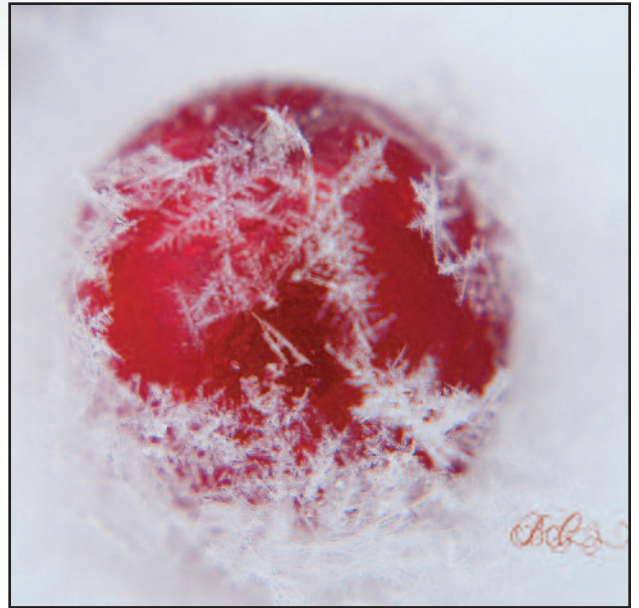
Submissions

Send submissions for the **Spring Issue** by March 8th, 2019

If you have photos, stories, tips or tidbits to share we always welcome your submissions. Send submissions 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.



Photo by Hillary Maccallum



Snowflakes by Bonnie Coughlan



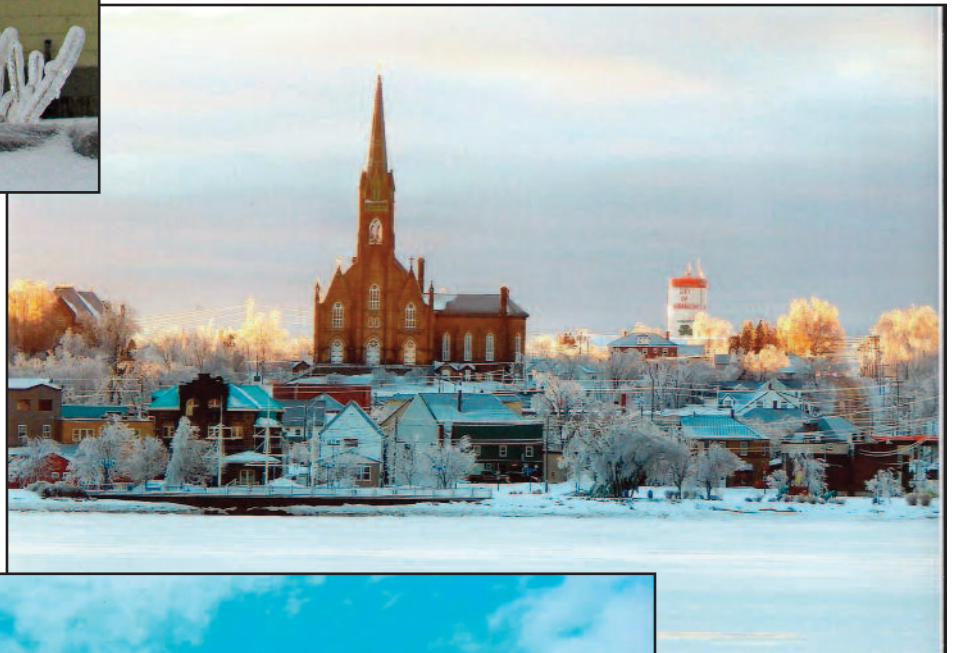
Sunrise at Ritchie Wharf by John Hayward



Above: Icy statue outside St. Michael's Museum.
Photo by Anthony McLean



Photo by Oveline Allain



Above: St. Michael's Basilica on a winter morning.



Left: Icy trees on University Avenue.

Photos by Sam Smith



A foggy winter morning at Ritchie Wharf
Photo by John Hayward

CAPITAL
FOODSERVICE
For all your Retail and Foodservice Needs
www.capitalfoodservice.ca

Applicators of **3M** Commercial Graphics

Get Noticed. We can help.

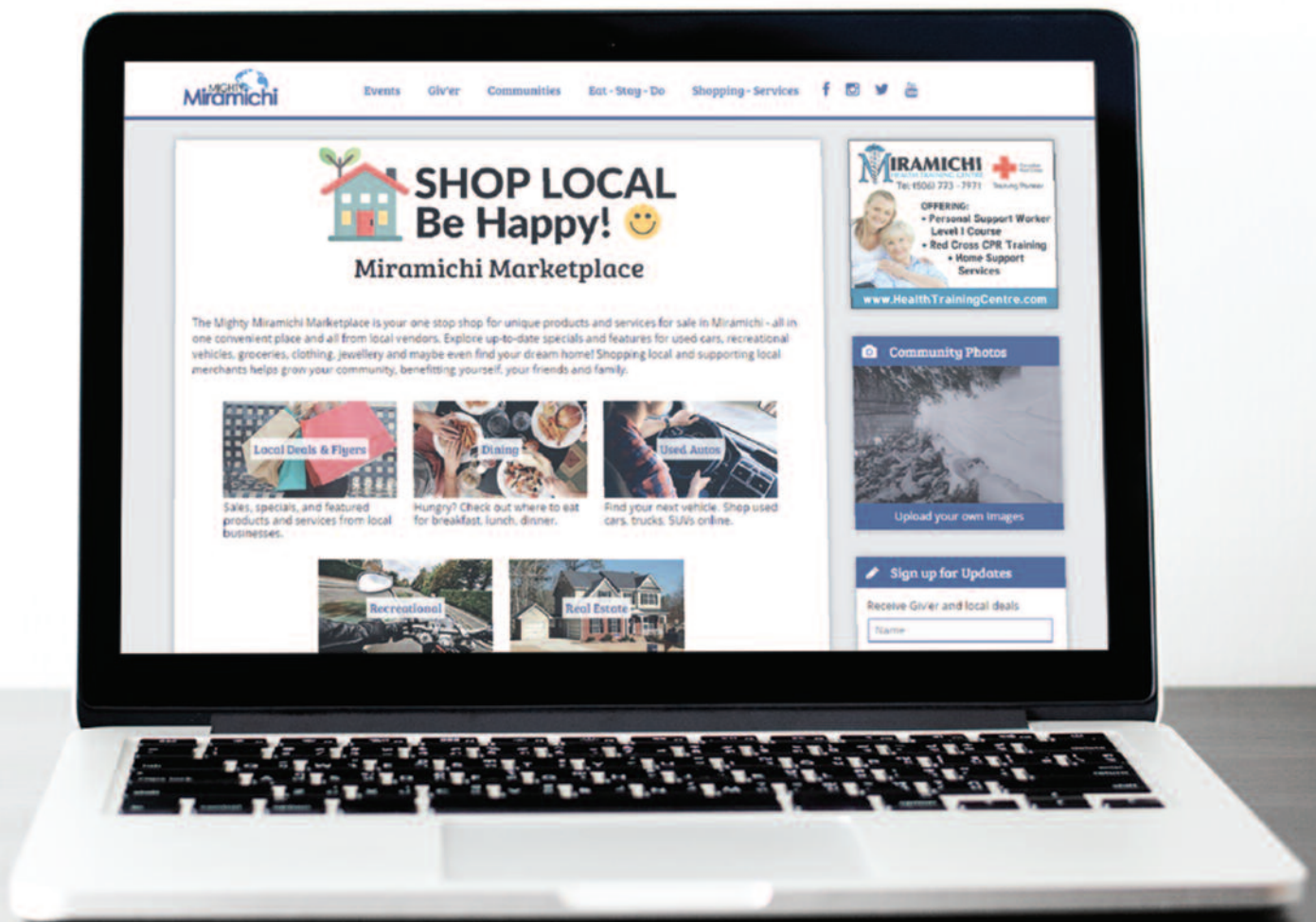
Vehicle Wraps • Fleet Graphics • Signs • Banners • Graphic Design • Wall Murals • Floor Graphics

taylordigital.ca • 778.9111 • 1.888.666.9110

126 Dunn Street, Miramichi NB

MiramichiMarketplace.com

SHOP THINK SUPPORT LOCAL



Find your Used Autos, Local Deals, Dining,
Recreational, and Real Estate Listings

MiramichiMarketplace.com

Do your part, recycle and compost what you can! Avoid single use-items.

How much time does it take for these items to breakdown in the landfill?

Landfilled Waste Decomposition



6 months



1 to 5 years



5 years



5 years



200 to 500 years



450 years



550 years



200 to 1000 years