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Cover Photo by John Hayward



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The Miramichi SPCA needs your Help!

The Miramichi SPCA is a non-profit organisation who takes care of cats, dogs, rabbits and other animals who do not have a forever home.

We have recently completed a **large renovation** to our facilities that has freshened up the shelter and allows for us to house many more cats and dogs than ever before! With this **increase of animals**, the need for donations is so much greater!

Did you know that the shelter does NOT receive any Government or Municipal Funding? We received a grant to cover only half of the renovation costs but that is it (Unfortunately, this renovation went over budget and we had to use all of our savings to pay for it). We rely on our fundraisers and the generous public to cover the costs of vet bills, food, utilities, employee wages, insurance, fees, and more. It's a daunting realization to be honest. That's why we cannot stress enough how important it is to think about us when you're thinking of donating to a worthy cause.

To put things in basic numbers, our need is roughly \$10 000 per month. \$120 000 per year.

So now you're wondering, **how can I help?**

We have a wonderful on-going weekly fundraiser

called **Kitty Kash**. For a toonie, your name goes into the pot to win the weekly 50/50. Wondering how to sign up? Check out our Facebook page or call the centre at 506-622-0645 to speak with our Executive Director, Jennifer Arseneault. We are encouraging the public to **PRE PAY** due to the current COVID 19 situation.

We had some amazing fundraisers planned however they have been put on hold due to the current health crisis. **Your support is crucial right now**, as we are strapped financially and are unsure of our future.

Everything we do is to help the animals. Our animals do not choose to be in this situation and we care and love them as if they are our own. We want to thank the Miramichi community for all that they have done for us to date. We wouldn't be open without the support from all of YOU!

Please check out our Facebook page or call the shelter at 506-622-0645 to find out how you can help support us. Thank you!

Kelly Moore-Dennis,
Secretary of the Board of Directors,
Miramichi SPCA

Cover Photo: Lupins, a familiar sight in Miramichi in spring and early summer. Photo by John Hayward.

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

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Events

Dear Reader,

In light of so many events being cancelled there will not be a regular events section in this issue. Any dates mentioned in articles/submissions were verified prior to going to print, but since nobody can be certain how things will unfold, please check with the organizers closer to the dates to confirm they are still happening. Also visit our website at www.GiverMiramichi.com where we will post updates about rescheduled events as they are received.

Thank you, and we hope this issue finds you safe and well.

- the crew at MCG Media.

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Helping People Look and Feel Amazing by Living Longer

Since opening in June 2017, Simply For Life Miramichi has had two major renovations and expansions. Samantha Siddall, Franchisee, and her family moved back to Miramichi three years ago after being with the franchise in Alberta for four years. At that time, Simply For Life Miramichi was only a satellite office, open once a week with Vince coming from Bathurst to see clients.

Simply For Life offers **customized nutritional plans** based on real food from the grocery store. There are no required supplements though some natural supplements are recommended depending on the client's situation. Clients have full access to My SFL online and weekly consultations with their advisor where they discuss how their week went, challenges they might be facing and goals. The program (influenced by the Mediterranean Diet) has been successful in helping many clients with conditions such as diabetes, digestive issues, high blood pressure and more. The first consultation is always free so potential clients can meet an advisor to discuss their needs and see if the program is a good fit for them.

Their **Natural Market** carries a variety of healthy foods and snacks including keto, gluten free, vegan, low carb and many more options. Simply For Life also works with local producers such as Siddall Beef and has a freezer stocked with a variety of their products. They also sell NB chicken, and Halcolm Honey products, to name a few. They have teamed up with Chef Pat from Carrefour Beausoleil to offer nutritious Meals To Go, one of the most popular products. The Natural Market is open to the public and currently offers deliveries.

The newest renovation includes a full kitchen space designed to teach cooking classes. Simply For Life holds a variety of workshops in this space and also rents it out to others.

Simply For Life has a mission to help people look and feel amazing by living longer through their nutrition program and by offering good food through their natural market.

Visit them at 385 Pleasant Street (access from Ledden Street) with any nutrition questions and to check out the Natural Market.



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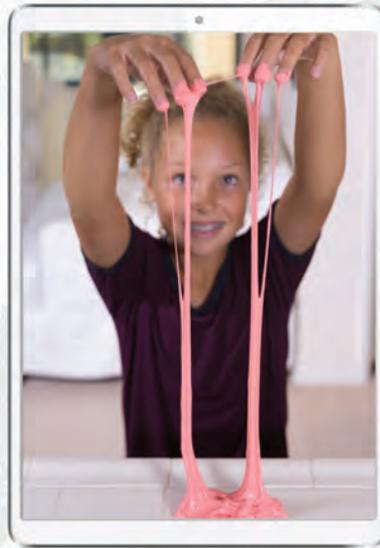
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Book Review of *MIRAMICHI LADS & LADIES: We Will Remember Them!*

By Robert McKay

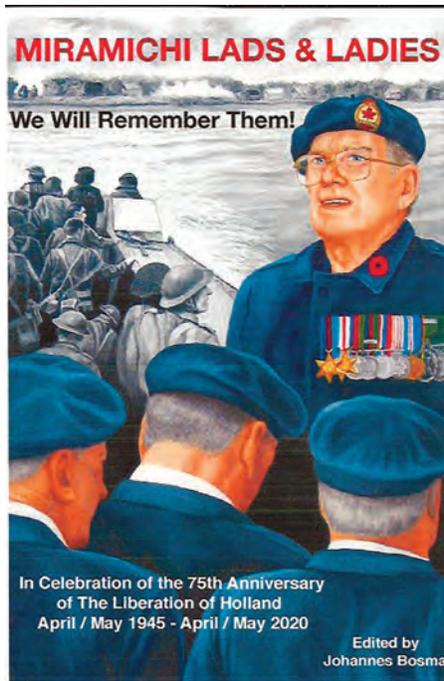
MIRAMICHI LADS & LADIES: We Will Remember Them! edited by Johannes Bosma is a book primarily about the courage and sacrifices of New Brunswick's North Shore Regiment and some others; soldiers from Campbellton, Bathurst, Newcastle, Chatham and points in between.

They answered the call to fight an evil that threatened the very basic freedoms of democracy in Canada and throughout the world.

The front cover of the book is a painting by Susan Moar showing Lieutenant Fred F. Moar and his brave comrades on parade, superimposed on a landing craft preparing to disembark and charge across to the beaches of Normandy. One can only imagine the frantic beating of their hearts as they approached the beach and waited for the ramps to drop, knowing that their lives could end that fateful day.

The book's back cover shows a painting of Norman E. Savage by war artist Dr. Charles F. Comfort. Norman was called aside, had his portrait done, and was immediately sent back to battle.

This collection of war stories about Miramichi men and women, and some others who stood by them, shows clearly



the dangers and suffering they endured.

Much loved and respected North Shore Regiment Chaplain, Father Raymond M. Hickey, wrote in his book, *The Scarlet Dawn*, that the Regiment "was to write its name in the fadeless ink of human blood on the shores of Normandy and in the annals of the world."

Included in this book are the stories of the suffering and courage of civilians of European countries, such as Holland, the homeland of Editor Johannes Bosma's family. Despite the risk, for example, Bosma's mother and father helped to hide a young Jewish girl from the Nazis.

In conclusion, this interesting book will make people who read it more thankful for the sacrifices of the

Canadians who we're involved in the war effort, particularly for the important role played by Miramichi lads and ladies in the North Shore and other Regiments.

A book launch will be announced at a later date. If you would like Johannes Bosma to keep a copy of the book for you, contact him at 773-5174 or bosmajo14@gmail.com

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Hospice Miramichi

Online Info Session April 16



In recognition of **National Advance Care Planning Day**, Hospice Miramichi will be hosting a public information session on **Facebook live on April 16th** at 7pm. Tune-in and discover important information concerning the “gift” you can give your family in the event you are unable to make your own decisions concerning your future health care. Connie Doucet will be facilitating this presentation.

As Hospice Miramichi Inc. does not charge for our services, fundraising is key to our existence.

A list of our current and upcoming fundraisers are below.

Helping Hospice Bucket of Bucks toonie draw; we have decided to suspend our Bucket of Bucks toonie draw until the COVID-19 threat dissipates. Although our toonie draw has become a critical part of our monthly income, we feel it's imperative to limit the exposure of our staff, volunteers and the



community. All toonies that were played for March 25th will be credited for the first week that we resume the draw. All those who pre-paid will be credited for the weeks that pass without the draw. By taking this action Hospice Miramichi can increase the social distancing within our organization and the community.

She Shed Draw; tickets for this fundraising event will tentatively go on sale in April with the draw being held at a later date. Tickets are \$25 each or 5 for \$100 and will be sold online and by phone until the COVID-19 threat has resolved. This 10' x 16' back yard oasis is beautifully decorated and

fully equipped with a hammock, Keurig, TV and a bar fridge. This beauty is also insulated, fully wired and topped with a metal roof. We will only be selling 1500 tickets this year and as we sold out last year the public is encouraged to purchase their tickets early. Keep checking our website at www.hospicemiramichi.com for updated information on this draw.

Butterfly Release; this year's release will tentatively be held at the Loggie House on July 19th 2020. Butterflies are \$20 each and must be ordered a month in advance. Registration and pick up for butterflies will take place between 1130- 12 noon. The release will take place at 1pm. Butterflies can also be picked up that day and released elsewhere. More info will be posted on our website www.HospiceMiramichi.com closer to the date of the release.

Our Hospice Shoppe has been closed temporarily due to the COVID-19 pandemic. The Shoppe has been a major source of revenue for Hospice Miramichi Inc. however we felt the need to protect our volunteers and customers and the community from the threat of illness. Check out The Hospice Shoppe Facebook page for updates on the reopening of the Shoppe. We want to take this opportunity to thank our loyal customers for their patience and continued support.

The public can assist Hospice Miramichi Inc. by making online donations by phone at 773-7607 or on our website www.HospiceMiramichi.com. Donations are tax deductible. Please remember that someday we all may need the services of Hospice.

If you belong to a seniors group, social group or a service club and would like a presentation to find out more about Hospice Miramichi, our programs and our plans for the future contact Connie Doucet RN,CHPCN(C) at 773-7607 or connie.doucet@hospicemiramichi.com



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Tai Chi and Qi Gong

Staying Fit While Standing in Place

By Mary E. King

Tai Chi is a slow moving, breath-focused exercise or series of exercises exhibiting a number of postures and movements all oriented to enhancing relaxation, balance and physical function. As an internal and mindfulness practice, Tai Chi and Qi Gong also help the practitioner with focus, stress, anxiety and depression. Evidence is growing that this ancient art may boost the immune system and bring benefits to the heart, lungs, and kidneys.

Tai Chi is practiced both for its defence training and health benefits. As a martial art, it is practised for a variety of personal reasons, competitive wrestling in the form of push hands (tui shou), demonstration competitions, achieving greater longevity, and weapons training such as War Fan and Sword. As a result, a multitude of training forms exist, both traditional and modern.

Where to find Qi Gong and Tai Chi Training

In Miramichi, classes are offered at the Goldenhawk Recreation

Center by instructor Dave Bucklow, ranging from beginner to advanced levels. Classes are 9:30 – 11 am as follows: Monday (Beginner), Tuesday (Advanced), Wednesday (Intermediate). There are also many training and information videos on YouTube to get you started.

Dave has been holding classes on the river for 30 years and has attracted a faithful membership over this time. Students come for different reasons but they all enjoy the healing and health benefits to their mind, body and spirit, and of course, the social aspect of the club.

Here is what a few of the students had to say about the classes.

Jill Sharp - I am now in my ninth year of Tai Chi here on the Miramichi and still loving it.

One of the many advantages of Tai Chi is that you are using every muscle in your body with graceful movements, as compared to walking which is a healthy exercise, but uses only the same muscles each time. All movements in Tai Chi are done



within your own capabilities so there is not extra stress on your body. “Chi” is your life energy and after completing even a single class, you will find yourself more energized throughout the day!

Our instructor, Dave Bucklow, is an excellent teacher and very patient, and is more than willing to

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spend time explaining the benefits of each movement.

In the summer months we meet outdoors at Ritchie Wharf, where we practise Tai Chi in a beautiful setting overlooking the scenic Miramichi River. It really is lovely and everyone enjoys it. Occasionally, after Tai Chi, we will all head over to the Goodie Shop for an enjoyable breakfast or lunch.

The social aspect of our Tai Chi group is also very important, as we share lots of laughter and many informal chats; this has led to many lasting friendships.



Above (L-R): Mary E. King, instructor Dave Bucklow and Jill Sharp at the weekly Tai Chi and Qi Gong class in Miramichi.

Mary E. King - I came to Qi Gong because I couldn't do yoga anymore. I was having mobility problems and I couldn't get up and down off the floor fast enough to take part in yoga class. I still wanted to do a discipline, not just take part in an activity class. In Qi Gong, we stand in a circle and we do each exercise four times. We try to do each exercise mindfully and think about the muscles that are stretching. We do each exercise gently, to about 70 per cent of our ability. Over time, as a person gets stronger, that 70 percent is more and more of your overall strength. We pay attention to our breathing, and we think about "chi", life energy, that is all around us. Yi precedes chi . . . mind precedes energy. We picture cleansing ourselves with positive energy, like taking a shower, but a shower with golden, healing energy, not water. Of course, participants still have to take showers with water too – after class!

After Qi Gong our class takes a break and then we set up for Tai Chi. This is a different formation on the floor. There are many facets to Tai Chi in our club: the short form has 48 moves, the long form has 108 moves, and then there are different moves for the fan and the sword. I guess it is the kind of discipline that you can spend a long time learning if you want to. You have to memorize the moves; there is a pattern to it, but not an obvious pattern, and the moves are repeated. Breathing, balance and coordination, all come together

in a kind of beautiful choreographed dance. I am to the point now where the move feels natural, but I am not at mastery level yet! I look forward to each class.

Keray Harris - I am a recently retired labourer – construction worker. As such, I had several decades of work in the industrial sector, and over time I have amassed various aches and pains, not to mention allergies and injuries, and above all, the aging process. What Tai Chi and Qi Gong bring to me is a wealth of benefits, such as becoming aware of stress responses, a focus on the ACE process (Anticipation, Control/Communication and Elimination), a process whereby "chi" or life energy is moved or dispensed. The art I practise has allowed me to control and eliminate certain ailments and psychosomatic illnesses from my body. Pain lets you know you are still alive,

continued page 13



Ashley Hallihan, Inspiring Young Entrepreneurs at BHS

By Deanna Nordin

Blackville school is a K-12 school situated in the little village of Blackville. Within this school there is a new learning facility called the BHS ICE Centre. The **BHS ICE Centre** focuses on **Innovation, Collaboration, and Entrepreneurship**. Here students are encouraged to participate in activities where they create products in a Makerspace as well as their Entrepreneurship classes.

In the Fall of 2018, Blackville school gained a new teacher that would **change the way students learned**, one class at a time. That teacher's name is Ashley Hallihan. When Mr. Hallihan arrived at Blackville school, he pitched the idea of the **Makerspace** to our principal and other staff members. The students and staff at Blackville really enjoy Mr. Hallihan's classes as well as his personality, saying things like...

"He adds a lot to our staff which helps keep our students engaged, he connects well with his students and isn't afraid to take chances." - Rodney Buggie, Blackville School principal.

"He's a nice guy and gives us opportunities to create things we have a

passion to create." - Cassidy.H

"He Inspires us to try new things."
- Kiara.M

"Mr. Hallihan inspires his classes to be creative as well as try to and achieve the impossible." - Caleb.G



Ashley Hallihan cutting the cake at the grand opening of BHS ICE Centre last year.

Students that participate in the Makerspace classes have access to equipment and materials that support project ideas. Students in grades 3-5 are focusing mainly on the basics of code, this includes playing a computer game

that involves coding to control a character's actions and movements. Children in Middle School have completed the **Young Entrepreneurs Program** as well as explored coding basics and robotics. Students at the High School level have the opportunity to participate in the **Co-op (MAKE) 120** class, which emphasizes project-based learning, and students also have the opportunity to develop their innovation in the **Entrepreneurship 110** course.

Entrepreneurship Showcase

Mr. Hallihan's Entrepreneurship class had planned to host a market where they could sell and showcase their hard work to the community. However all such activities have been cancelled by the Department of Education. Mr. Hallihan says they are now hoping to have an opportunity for the public to view and possibly purchase student products online before the end of the school year.

The students have developed products such as custom painted phone cases, t-shirts and hats with original designs, wooden signs, and much more.



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but Tai Chi to me has allowed me to work around that pain so that I don't have to be constantly seeing medical practitioners. Chi in Tai Chi means life energy, and the Chinese originators of it include it as one of the 4 points of Traditional Chinese medicine (TCM) ...seeing life energy flowing through every aspect of our being, through meridian networks or energy pathways. Stress loads up and diminishes the health of the individual when blockages occur. My goal in the daily practice of Tai Chi and Qi Gong is to establish a smooth, easy flow of life energy. Tai Chi makes me feel good.

World Tai Chi & Qi Gong Day

Usually held the last Saturday in April, this year it will be on May 30th. Groups all across the world host public teach-ins and demonstrations, creating a worldwide wave of Qi and health education.

Each year on this day, at 10am, Dave Bucklow and his students offer a free Tai Chi & Qi Gong demonstration and participation outside at Ritchie Wharf Park in Miramichi. Everyone is welcome to attend, observe, ask questions, and participate.

For updates on this event and more information on Tai Chi & Qi Gong, visit www.taichidave.ca and



Above: Members of the Miramichi club hosting their annual public demonstration at Ritchie Wharf Park, as part of World Tai Chi & Qi Gong Day.

www.worldtaichiday.org.

New members are always welcome to attend the local classes. Contact Dave Bucklow at 506-622-7124 or dbucklow@msn.com.

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To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

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By joining Canadians who make their gardens wildlife-friendly, you help increase suitable habitat for local and migratory wildlife, some of which may be species at risk.



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To Apply: Visit the Canadian Wildlife Federation at: www.CanadianWildlifeFederation.ca/Certification and complete an application.

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The advertisement features a woman with short brown hair and glasses, wearing a red zip-up jacket with a logo on the chest. She is standing in front of a yellow house with a white garage door. The house has a sign that reads "NORTHUMBERLAND TIMBER MART". The text "Susan has a large selection of garage plans to choose from." is overlaid on the garage door. At the bottom left, the phone number "(506) 627-7722" and website "northumberlandcoop.ca" are listed.

Meet Bruce Harrison, Artisan Knot 'n Butt Wood

by Stacy Underhill



If you've been to a market or craft sale in the past year, chances are you've come across Bruce Harrison of Knot 'n Butt Wood. His tall stature and twinkling smile are surpassed only by his booming voice and personality – and the quality of the wooden pieces he creates.

Bruce makes a variety of wooden jewellery and trinket boxes, bowls, plaques, candle holders, cutting boards, platters, signs, and more, as well as special order commission pieces.

He describes his work as functional yet funky, which can be seen in the photos here. The style of his piece's ranges from artsy and whimsical to more traditional designs such as men's valet boxes. Often his boxes contain unexpected shapes and hidden drawers and pull-outs.

Bruce recently moved to Miramichi from Fredericton. His grandparents and mother were from Loggieville and he's happy to be living in Miramichi where he has fond memories of visiting as a kid.

Being a fan of Bruce's work, I asked him a few questions about what he does.

Describe your process, of creating a piece, from inspiration to finish.

I get an idea for a design and work it out on my sketch pad first. Then I go through my wood and see what would work the best. Sometimes the inspiration comes from the

wood itself. I look for wood with character; look at the piece for awhile, hold it in my hands and decide what would do this piece justice and bring out its unique qualities and beauty.

My main tools are the deep throat band saw and a large scroll saw. I laminate pieces of wood into blocks, then go on to the sanding and finishing.

What types of wood do you like to use?

I prefer to use locally grown wood such as maple, birch, oak and apple. The more character the better such as curly, birdseye maple, live edge or an interesting grain.

When did you start woodworking?

I have always worked with my hands since I was a kid but started with wood in my early twenties. My first piece was a simple plaque with an Irish verse. I remember living in an apartment in downtown Fredericton and started carving in my bedroom. What a mess; at least the room mates thought so. There was saw dust and shavings all over (he says with a grin).

How has your woodworking evolved over the years?

I took a basic and advanced wood turning course at the NB College of Craft and Design in Fredericton about 30 years ago when they had the huge woodshop. Other than that, I've been self-taught in many techniques.

For years I built furnishings such as coffee tables, deacon benches and jelly cupboards. After years of that I became

bored and decided to get more creative and funkier and took to making the art pieces. I like having hidden elements to a piece, like secret drawers or incorporating shapes from nature, as in the leaf bowls.

Is your family artistic/creative?

My mother did paintings late in life and my grandfather did detailed rug hooking and woodworking. My father was a very talented musician and played the trumpet in a large band, so I guess the arts do run in the family.

Why do you do what you do?

Its my enjoyment, or a mental yoga, I love that you never know what the piece of wood will give you, and there's the satisfaction of creating something unique. It is important to enjoy yourself and love what you do. I was lucky that I found my passion early in life, but everyone has a talent, its yours to find.

Bruce's work can be viewed on his Facebook page: Knot-N-Butt Wood Bruce Harrison, and inquiries to purchase pieces can be made there. He will be participating in the Miramichi Art Studio Tours this summer (July 25-26) welcoming everyone to come and visit his workshop in Derby on those days. He also sells at the Newcastle Farmer's Market on Friday's and in the summer, he is at the Newcastle Friday Night markets, Downtown in the Square.



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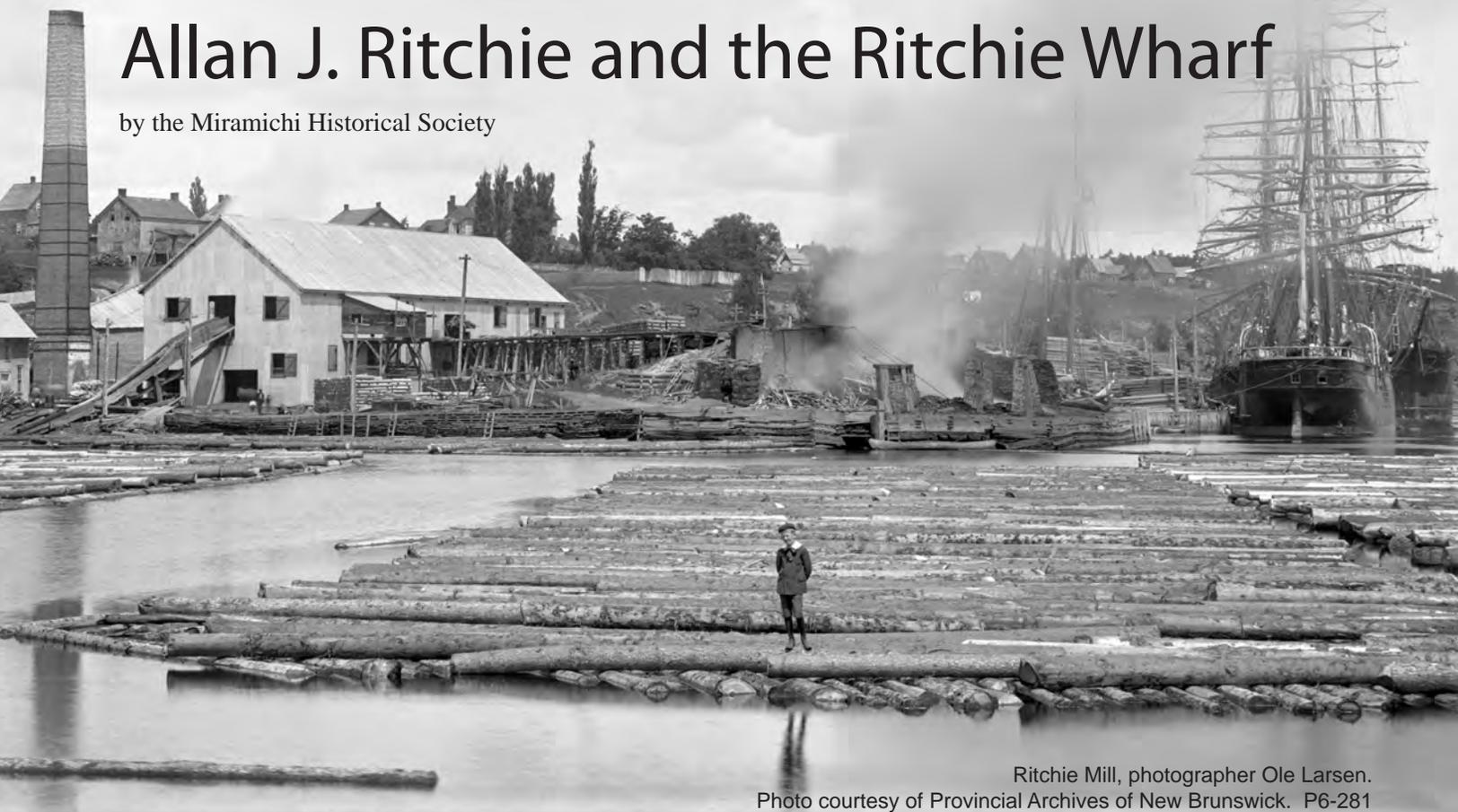


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Allan J. Ritchie and the Ritchie Wharf

by the Miramichi Historical Society



Ritchie Mill, photographer Ole Larsen.
Photo courtesy of Provincial Archives of New Brunswick. P6-281

Have you ever looked up at the sailing masts on the Ritchie Wharf recreation area and wondered why these are a prominent feature of the site? Easy enough to connect water and sail in our minds but why here and why is the Ritchie name attached?

On this site in 1872 stood a mill site, a recent purchase by two young brothers Allan and Robert Ritchie. They erected a new mill and went into the business of cutting, sawing and exporting lumber harvested on the Miramichi. Allan was 24 at the time and as the years passed, he and his brother became the second most successful lumber exporters on the Miramichi after J.B. Snowball & Co. of Chatham.

A fire destroyed the new mill but it was rebuilt and in full production again by 1874. They had extensive timber rights on the Northwest Miramichi River and the Little Southwest and employed hundreds of woodworkers. By 1878 the Ritchies were the largest shippers of lumber through the port of Newcastle, loading 20 ships out of 49. A second sawmill, purchased in 1881, increased their output and by 1890 the firm was loading 51 ships a year with as many as 16 in port at one time. What a sight this must have been, tall masts crowding the wharves and the hustle and bustle of men at work, the smell of fresh lumber filling the air! Fire again destroyed the mill but a new one was constructed, bigger and better and by 1897 was cutting an average of 10 million board feet yearly, the largest output in Newcastle.

The Ritchies were large and successful as lumber exporters but they also excelled in their employment practises. They were among the first locally to pay their

workers in cash rather than vouchers which could only be redeemed at the company store. The Ritchies had a retail store in Newcastle, situated on today's Newcastle Boulevard opposite the Square, but preferred to allow their workers to make their purchases where ever they wished.

Allan Ritchie went on to become a member of the Legislative Council of New Brunswick in 1890 and he also served in 1899 as the first mayor of the newly incorporated Town of Newcastle and on the town council for 8 years. He was a member of the Masonic Order and the Highland Society.

Allan Ritchie died in 1916, predeceased by his brother and partner who had no heirs. The business was left to Allan's three sons but it did not survive the hard times in the lumber business of the 1920's. The company was sold to the International Paper Co. in 1927 and the mills were dismantled in 1929.

The Ritchie name survives in the street name Ritchie Avenue, and in the waterfront park and recreation area the Ritchie Wharf. The wharf is still used by boaters and there is the occasional sailing ship to raise her sails and drift out into the tide, no doubt dreaming of days long gone. The Ritchie family home still stands on King George Highway, a gracious architectural reminder of 19th century elegance.

The Dictionary of Miramichi Biography by W.D Hamilton and *Workin' in the Woods* by Gerry Parker were consulted for the information in this article, along with the files of the **Miramichi Historical Society**.

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Jerrica Manderville, On Finding Her Voice

By Stacy Underhill

Just two years ago, Jerrica Manderville was petrified to present a project in front of the people she grew up with at school.

Now, at 14 years old, she has found her confidence and will be one of the inspirational Speakers at WE Day 2020, October 8 in Saint John, NB.

"It all started in December 2018," says Jerrica. "I did a school project for a Power Play Young Entrepreneur Fair and I was recognized by co-founder Bill Roche who said I inspired him. Along with four other students, I was chosen to be one of the first Power Play Young Entrepreneurs Ambassadors. Soon after I was asked to speak at WE Day."

As part of that school project she started a business called Para Power. Jerrica created and sold bracelets made from Paracord and was in the top three sellers in the program.

Her second business, while in grade seven, was started with a classmate. "BHS Operations was a variety company, we sold magnets, pins, stickers and even custom clothing. After awhile it became a little too much for us so we shut it down, because by this time we wanted something new," says Jerrica. She then went on to win a District Starfish Award, for making a

difference as a young entrepreneur.

Jerrica was also involved with starting a podcast, The Eagles Nest, with another classmate. They've interviewed everyone from students at



Jerrica Manderville, 14 yr old student at Blackville High School, chosen to give an inspirational speech at WE Day in October.

Max Aitken Academy to Nikki Reyes, a sports announcer from Sportsnet. It can be heard at www.bhsice.com.

It is through these projects and accomplishments that Jerrica has gained confidence. "I found my voice in the last two years," says Jerrica. "Aside from the awards and accomplishments, I've accomplished opening up and being Jerrica. I became more confident in myself with this program. I'm no

longer the girl who hides her feelings inside and stays in her room with headphones on, to tune out the world. I found myself through this and now to be able to tell my story in front of over 8,000 other people at WE Day... I'm back on track to be the girl I want to be."

And who is the girl she wants to be?

"I want to make a difference in this world. I hope to be a girl people look up to. I always have had that dream since I was five, I want to be a somebody. I want people to think "Jerrica changed my life"."

Today she is focused on her schoolwork and grades, already mapping out a path that will lead her to university and the career she wants.

"My dreams and plans for my future are to be successful. I want to be a paramedic, to earn a good income and make a difference in this world. More than anything though I want to be a mother, to raise sticky little kids and be a wife to someone.

Her advice to others? "I just want people to realize to take that risk. Take a risk to make a difference in someone's day. Make them smile, make them laugh and just be an overall good person."



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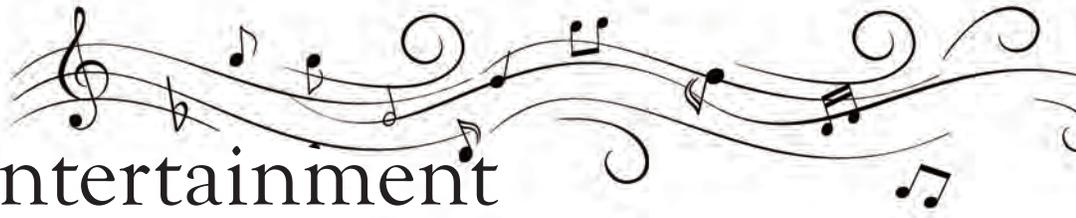
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The 38th Annual New Brunswick Country Music Hall of Fame Induction Ceremonies, Banquet and Gala Concert will be held on Saturday, October 17th in Miramichi.

All events, including the wrap party will be at the **École Carrefour Beausoleil**, 300 Beaverbrook Road, Miramichi.

The meet and greet is at 4 pm, a banquet will be served at 5 pm and a concert at 8 pm.

Tickets are: \$65 for a full gala package by reservation only by contacting Susan Butler at 506-622-1780 or email: susan.butler@explornet.com and \$25 for concert tickets in advance and \$30 at the door.

Tickets are selling quickly for this year's

Gala! Have you got yours yet?

This years inductees include:

- Flo Durelle – Dieppe, NB
- Cheryl Ellis – Moncton, NB
- Gary Hooper – Saint Stephen / ON
- Blaine Morrison – Miramichi, NB
- Elmo MacDonald (Posthumously) – Fredericton, NB

This event is **sponsored by:** Miramichi Folksong Festival, Towne Chrysler, Howard Johnson, City of Miramichi, Province of New Brunswick.

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Speedway Miramichi 2020 Schedule

by Denver Matchett

With the summer of 2020 fast approaching, management at Speedway Miramichi are pleased to unveil the 6-event slate for demolition and stock car events at Northern New Brunswick's home for Motorsports. When the 1/3-mile oval on the McKinnon Road roars to life in May, it will mark the 38th consecutive season of action for the 52-year-old venue.

Speedway Miramichi's 2020 schedule is subject to change without notice. Start times and race lengths will be released in the coming weeks.

Please stay tuned to our website www.Speedwaymiramichi.com, Facebook page (Speedway Miramichi Inc.) and our Instagram feed ([speedway.miramichi](https://www.instagram.com/speedway.miramichi)) for all updates regarding action at Speedway Miramichi.

An action-packed summer will feature the ever-popular Demolition events headlining the six-pack of shows, along with the close quarters stock car action from the Atlantic Modified Tour and local house classes in the Street Stock and Mini Stock divisions. In addition, a new Bombers class will debut in 2020, replacing the former Dukes division as a cheap and easy entry level division.

The season will kick off on Saturday May 30th with the sixth running of the **Spring Smash** season opener. The 2019 running of this event was one of the wildest in recent memory, delivering many thrills and spills before Joey Pitre survived to emerge victorious. Stock car drivers will also get



Speedway Miramichi will roar to life with 6 big events planned in 2020, including the year end Street Stock 100 as part of "The Very Best Fall Shootout." Photo credit to Mike Francis / Racin' Photos

their first chance to hit the track in a bid for glory in 2020, with what promises to be a history making day with the debut of the new Bomber division. The start up entry level class will be joined by Street Stocks, Mini Stocks, as well as the opening round for the Atlantic Modified Tour!

Unique to Speedway Miramichi, **The Day of 8's** will return on **June 20th**, as demo drivers compete in the only figure 8 enduro in the Maritimes! Last year it was Jacob Smith prevailing

victorious in The Day of 8's finale. Preceding the demolition action will be the 3rd running of the Mini Stock Classic – a 50 lap show for Mini Stock competitors – as well as Street Stock and Bomber action.

The lights will come on for night racing at the speedway on **July 25th for the Mid-Summer Madness event!** An old-fashioned demolition derby will headline this event, along with the Atlantic Modified Tour.

The popular **Kids Day** event will return on **August 8th**. While an autograph session and many kids' activities will be part of this show, there will still plenty of business to take care of with this event being the penultimate points event for Demolition competitors. While the stakes will be high for Demo drivers, stock car drivers will also get up on the wheel with all classes taking to the track to thrill fans.

September 12th promises to be an event for fans to circle on their calendars, with the **Back to School Smash** championship demolition. This event will see a driver record

continued page 24

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Draw for a 2020 Hyundai Venue

Tentative draw dates:

May 22 - \$1000 | July 31 - iPad

Oct. 9 - Grand Prize, 2020 Hyundai Venue

We are unsure when we can get out into the public to sell tickets and therefore our draw dates are tentative at this time.

In mid-April we will confirm the dates for the walk and draw, or reschedule them. Please check our Facebook page for updates. www.facebook.com/miramichissnb

The IG Wealth Management Walk for Alzheimer's

Tentative Date: May 31

This is our largest event of the year. We know it's possible that this year we may not be able to come together in person, but if we cannot, we can still come together in spirit in a sign of solidarity and hope for those living with dementia.

We are currently planning alternative ways to come together, perhaps virtually. Please stay tuned for more information and keep **May 31st** free in your calendar!

In the meantime, please visit www.walkforalzheimers.ca to register and start fundraising online! Let's come together, NB, and ensure that those living with dementia know they have our support.





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their name into the history books as the 2020 champion, joining an exclusive group of legends. The finale points night has historically been famous for having sparks fly! This event will also feature round 5 of the 2020 season for the Street Stock, Mini Stock, and Bomber divisions, as well as the fourth stop for the Atlantic Modified Tour.

Speedway Miramichi's marquee event will wrap up the season on **October 2nd and 3rd. The Very Best Fall Shootout** has rapidly grown in recent years, headlined by extended distance features and large car counts. With drivers, fans, and media from all corners of Atlantic Canada flocking to Miramichi to participate in this show, and many already talking about the 2020 running, this event will be bigger and better than ever! The storylines are typically aplenty for this race, as along with the competitive 100 lap Street Stock and 50 lap Mini Stock races, the Atlantic Modified Tour will contest their season finale and crown both a track and tour champion. In addition, this event also features the year end Demolition Blowout – the final kick at the can for Demolition competitors in a non-points winner-take-all showdown!

Before the action heats up at The Very Best Fall Shootout, drivers will get an all-important shakedown on Friday night, **October 2nd**, with an open practice session followed up by a small celebration in the pits.

2020 will bring a new look and branding to the **Atlantic Modified Tour** which has an impressive core of Miramichi talent. After teaming up with Bryn Enterprises for the 2020

season, the tour will bring an exciting and improved product both on and off the track. Speedway management will be working closely with the new promotional team on many exciting initiatives for fans! With 5 dates on the north shore, including the season opener and season finale book-ending the year, the ground-pounding tour will produce many highlights once again in Miramichi.

Heading into the 2020 season, Kevin Tucker (Demolition), Joe Hoyt (Modifieds), Chris Wilson (Street Stock), JR Lawson (Mini Stock) and Robert Legere (Dukes) enter as the **defending track champions**.

2020 Speedway Miramichi Schedule

May 30th – Spring Smash – Demolition, AMT, Street Stock, Mini Stock, Bomber

June 20th – The Day of 8's – Demo Figure 8 Enduro, Mini Stock Classic, Street Stock, Bomber

July 25th – Mid-Summer Madness Demo – Demo, AMT, Street Stock, Mini Stock, Bomber

August 8th – Kids Day – Demo, AMT, Street Stock, Mini Stock, Bomber

September 12th – Back to School Smash Championship Demo – Demo, AMT, Street Stock, Mini Stock, Bomber

October 2nd – The Very Best Fall Shootout – Practice Night

October 3rd – The Very Best Fall Shootout & Demolition Blowout – Demo, Street Stock 100, Mini Stock 50, AMT, Bomber

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How to Adapt to a New Way of Working

By Adaptive Office Solutions

The recent outbreak has challenged us all and is changing our business landscape. For most businesses to continue to function they have had to find new ways for their employees to be productive. Now, team members are working from home, which means their remote office includes significant others, children, and maybe even pets. Without the right collaboration tools, this could lead to a feeling of chaos.

So, how do we maximize our productivity and balance work home life in this new reality we all face? Now more than ever we must enlist helpful business collaboration tools to keep us connected not only with our team, but our clients as well. There are countless remote tools that make it easy for employees to be connected to their office computer system, that also bring team members together so they can collaborate.

For example, you can replace in-person meetings with voice or video conferencing via zoom; which streamlines text, voice, and video, all on one platform.

There are other business collaboration tools that can simplify access to email, calendars, documents, and file sharing. For example, Microsoft Teams, Google's G-suite, or Slack, allow businesses to create team channels. Employees can use a single sign-on to access business tools and data. This improves efficiency and increases transparency. Team members can also be given the ability to remotely access their work computers with tools like Logmein, Teamviewer, Gotomeeting and more.

Some other great collaboration tools are: Basecamp (for project management), ToDoList (for productivity), TeamWork, Hub Staff or Time Doctor (for time management), Evernote (note sharing app), and iDoneThis (an accountability and reporting tool).

There are also Virtual Desktops, in the cloud, that allow users to work separately from their personal computers. The software virtualizes the user's unique desktop environment at any workstation. All the data and applications are stored on a central server. Users access apps, folders, and toolbars from anywhere, with a consistent, secure experience.

Using a cloud-based solution also provides peace of mind. While remote workers access the corporate network, the sensitive data isn't stored locally. So, businesses needn't worry about the loss or theft of sensitive data.

Worried that your employees will be "goofing off?" Don't be, a Harvard Business School study found that people who work from home are more productive than they are in an office setting. Remote work is good for employers and employees alike. Not only does it lead to higher productivity, and happier workers, it helps to sustain our local, national and international economy.



In short, the most important thing to remember, during this unprecedented time, is to do the best you can to maintain a balanced lifestyle. While you work, remember to take brakes. Enjoy your family. Go for a morning walk. Email or call family, friends, and co-workers to maintain a sense of community. Although we have been asked to distance ourselves socially, we must remember that we're all in this together. Soon, this too shall pass. And you just may have discovered a whole new way to thrive during uncertain times.

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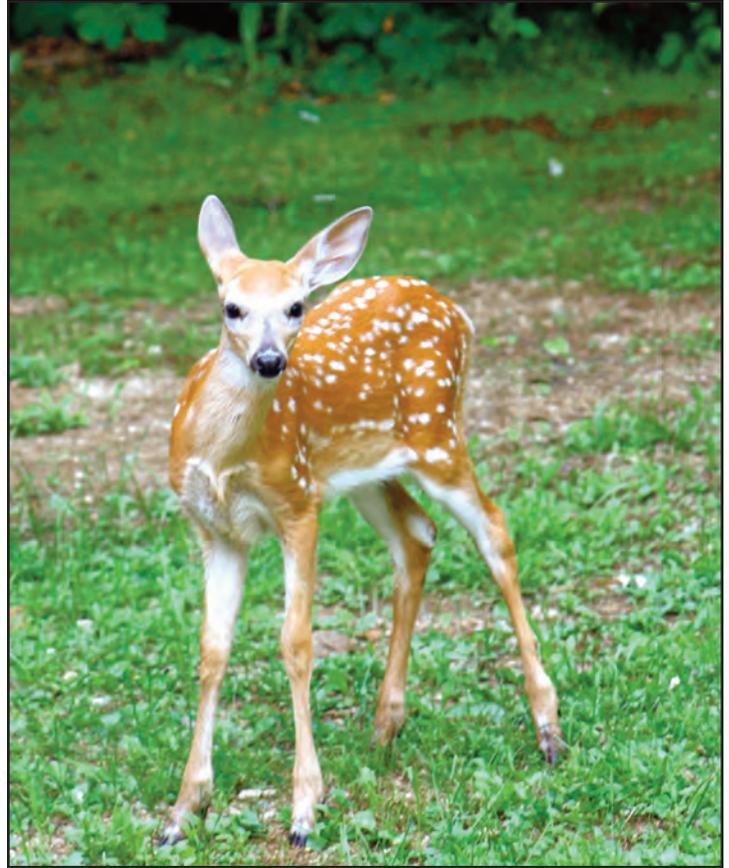


Submissions

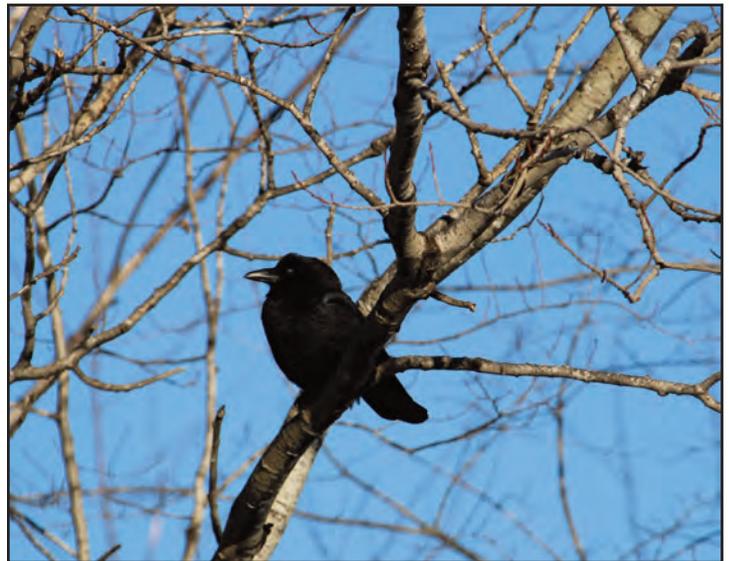
If you have photos, stories, tips or tidbits to share we always welcome your submissions. Send submissions to submit@mightymiramichi.com. For photos please send high resolution jpg's (not resized for email) and remember to include your name for the photo credit and the location where the photo was taken or description of the subject matter. Deadline for submissions to the summer issue of Giv'er is May 29.



This Cooper's Hawk visited our bird feeders on February 21st. Most Cooper's Hawks go south for the winter but occasionally some stay around if they can continue to hunt successfully. One of their best food sources in winter then are backyard feeders! - Peter Gadd



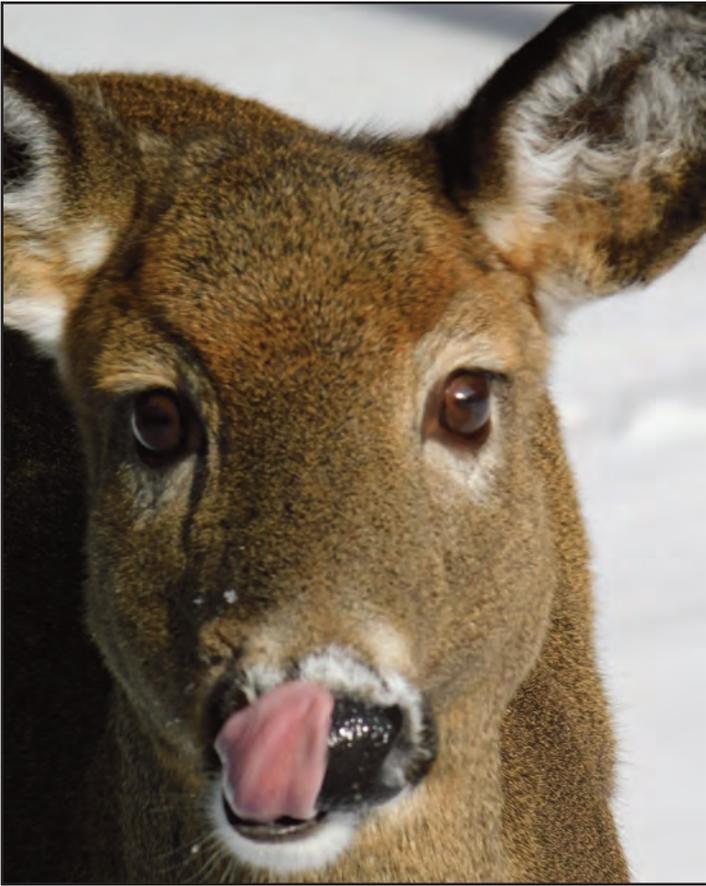
Fawn in Douglasfield by Robbie Stewart



Above: Mr Crow, photo by Edna Dennison



Left: Coyote staring into the trail camera, photo by Brian Donovan.



Momma deer enjoying an apple, photo by Pauline Merrill



Train passing through Derby Junction at the Enclosure.
Photo by Bruce Harrison



Prelude to May. Painting by Anne Maloney Assaff



St. Michael's Basilica in spring. Photo by Bonnie Coughlan.


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Contact us for additional information on how to reduce your organic waste or attend any of our upcoming Composting Workshops this spring (dates & locations to be determined).