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# A Message to Fellow 2020 Graduates

By Victoria McDonald

Graduation is a time that everyone remembers. No matter if it is two years ago, or twenty. The feeling of turning that tassel from left to right is a moment that sticks with you until

the very end. It is a feeling of accomplishment, proud that thirteen years of work finally paid off. When you get that taken away from you, heartbreak cannot explain the emotions you feel. The novel coronavirus changed everyone's way of living, but it shook the graduates of 2020 to the core.

In March of 2020, the graduating class was told news that would devastate them: our senior year was cut short, stolen from us. Our lives had been leading up to the moment we would get to walk across the stage and enjoy every activity that came along with it. Prom, a theatre arts class production, a theme week in honor of the senior class, and whatever else came along with it. June of 2020 was our month, our final farewell to our high school career. We didn't know that day at the end of March would be our last day with our friends, the last time we would sit in class together, and the last time we would walk the halls of our high school.

We heard our rounds of "It's not that bad" or "People are dying, it could be worse" and of course, it could be worse; we still had the right to grieve over something we worked so hard for. We sat in our houses, sad over the last few memories we could have made with our friends. Some worked, some got laid off, and some took up hobbies. Along with losing the end of our senior year, we had to learn how to do online school in what seemed like a single night. We were in a world where we had to alter our everyday lives to accommodate a new and likely permanent living style.

In late April, it was announced that schools would not be

able to host a prom. Students that bought their dresses and had appointments booked were forced to cancel, some of the boys rejoiced in the fact they would not have to wear a suit on a hot summer night. Deep down, no matter how relieved they were, it still stung. It was one other thing that everyone else got to experience that got taken away from us. We felt hopeless, believing all we would get was a diploma in the mail and a congratulatory Facebook post. Then, as cases began to dwindle down, the parents became more comfortable with hosting a drive by prom. As we moved into the yellow zone of the recovery phase, the schools also announced that we would be permitted to have an outdoor ceremony if we followed social distancing guidelines.

On Monday, June 15th all the graduates of North & South Esk Regional High School gathered at the Red Rock Lodges for prom pictures. We then travelled to the Sunny Corner Arena to stand in the parking lot, where over 200 cars drove through in a parade to support us. The \$1000 dresses did not go to waste, and the students felt a little more at home knowing we still got to have a 'prom'. On Thursday, June 18th, we gathered behind the high school, six feet apart, and were called one by one onto the stage to receive our diploma. We got pictures, scholarships, and even had a few laughs. We got to see our entire class together one last time.

In 2020, the graduating class had their senior year stolen from them by a global pandemic. Despite that, our generous community believed that we still deserved to have as much as we could get. Together, they pulled together and showed us support and gave us something we would remember for the rest of our lives. Our graduation year might not have been the same as years before, but it will be one of the most memorable ones. We have a story to tell our children in years to come. After the grief and the heartbreak, we were taught how to live in the real world before we even had to leave high school, and I would not have it any other way.

Cover Photo: Escuminac Beach, photo by Monica McIntyre.

*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

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## August 26: Women's Institute of Rogersville Weekly Wednesday Craft Sales

The Women's Institute of Rogersville will have a Craft Sale each Wednesday of every month. The centre is opened every Wednesday from 10 am to 3 pm. They are situated at 11117 rue Principale Unit 1, Rogersville. In case of bad weather, the event will be held indoors. Besides quilts, we also have cushions, slippers, socks, mitts, afghans etc. For info call 506-346-0088.

## August 29, September 12 and 26: Summer Drive-In Concert Series in Neguac

The Neguac Parc Festival Park in conjunction with the Down River

Music Festival presents the Summer Drive-In Concert Series featuring the following entertainers every two weeks this

summer.

August 29: Scott & Gerald Delhunty  
 September 12: Crossover  
 September 26: Countryside Reunion.



Gates open at 6:30 pm on a first come basis. Concerts start at 8 pm.  
[www.facebook.com/NeguacFestivalPark](http://www.facebook.com/NeguacFestivalPark)

## September 7: Annual Harvest Home Supper

For this year will be in a new location, the Black River



Community Hall, 7919 Route 117. For just \$15/person, you can have your choice of a turkey or ham dinner – includes turkey, ham, potatoes, carrots, peas, dressing, gravy, a roll and a slice of pie. TAKE OUT only. Pickups for the dinner will be between 1 pm and 4 pm. Advance tickets will be available only until Wednesday, August 26th, by contacting the following: Grant Donnelly 1-506-773-9312, Leah Conroy 1-506-773-3634, John Harper 1-506-228-3524 or Chrissy Hamlin [cghamlyn@gmail.com](mailto:cghamlyn@gmail.com)



## September 12: Myers Garden Craft Bake Sale

Fresh locally grown fruits and vegetables, crafts, baked goods and new to nearly new articles for amazing value all happening at Myers Church, 193 Hardwicke Road. Please contact Mrs. Jean (Theodore) Williston at 1-506-228-4223 to donate your time or goods. All proceeds will be used for repairs

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and upgrades to the building.

This event will be held from 10 am to 2 pm. Find the event on Facebook.



## Miramichi Speedway Events

**August 29:** Demolition, Street Stock, Mini Stock, Bomber

### September 12: Back to School Smash Championship Demo

Come out to the Speedway Miramichi! This is the Demolition Points finale, with the a Demolition Championship Night, Street Stock Mini Stock and Bomber.

### October 3: The Very Best Fall Shootout

Come out to the Speedway Miramichi! This is the Demolition blow out, featuring Street Stock 100, Mini Stock 50 and where stock car points will be crowned. Check out [www.speedywaymiramichi.com](http://www.speedywaymiramichi.com) and Facebook page for updates and more information. Located at 85 McKinnon Rd., Miramichi.

## Seamen's Hospital

**Card Games:** the card games for Seniors will not be restarted until later due to the Covid-19 restrictions. That decision has not yet been made. We will advise regarding a date as soon as possible.

**Friends of Seamen's Hospital Craft Group:** Quilting will restart after Labour Day on Wednesdays starting September 9th. Doors open 9:30 am until 3 pm. We will be using all the Covid-19 rules, spacing the tables appropriately, cleaning, hand washing and masks when necessary. Bring your project, lunch, mask and good humour. New members always welcome. Come to stitch, learn, teach or just come to visit. \$3.00 for the day.

**Rentals:** Seamen's Hospital is available for rentals with the understanding that renters must follow all the Covid-19 rules for everyone's safety. Call for further information 778-8081 or 773-6996 or check out our Facebook Page (Seamen's Hospital Miramichi)



Above: The Seamen's Hospital decorated for a wedding.

During these challenging times, returning to school will certainly be different this year. I encourage everyone to follow the guidelines as laid out by public health to ensure the safety of everyone heading back to school. To all returning students, teachers, educational assistants, bus drivers, custodians, administration and staff, I extend my best wishes for a safe and happy school year.

En cette période difficile, le retour à l'école sera certainement différent cette année. J'encourage tout le monde à suivre les lignes directrices de la santé publique pour assurer la sécurité de tous ceux qui retournent à l'école. À tous les élèves qui reviennent, aux enseignants, aux aides-enseignants, aux chauffeurs d'autobus, aux gardiens, à l'administration et au personnel, je souhaite une bonne et heureuse année scolaire.



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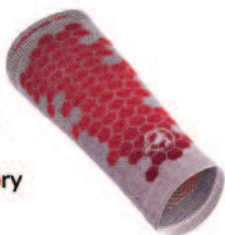
Divine MediSpa is excited to announce as of September 11th, we will be offering Botox and Fillers to complement our other medical esthetic services! Joining our team to offer these services are Dr. Shantel Bekker, MBCHB (UP), Dip Aesthetic Medicine, Dip Obs and Kelly Whelan, BNRN.

Also joining the Divine MediSpa team is Abby Bath, BSc, who will be specializing in Nutrition Counselling and Maximus Treatments.

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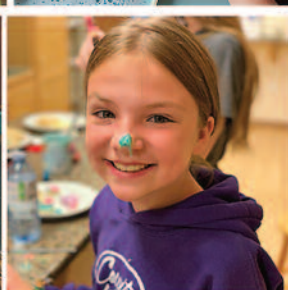
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# Friends of Beaubears Island Looking for New Members

The Friends of Beaubears Island will be holding their **Annual General Meeting on November 19**. After having served their latest two-year term, several of our Board members have decided, at that time, to step down, with our gratitude for years of service. In consequence, the Board of Directors is currently **looking for new members** to serve in the 2020-22 term.

Founded in 1999, the Friends of Beaubears Island Inc. has operated with the vision of preserving, promoting and interpreting the historical and cultural significance of two national historic sites: Boishebert National Historic Site of Canada and Beaubears Island Shipbuilding National Historic Site of Canada, J. Leonard O'Brien Memorial. Overall, the 12-member board meets monthly (1st Wednesday), Jan-Jun & Sept-Dec, to discuss the group's finances, operations and other associated matters.

Committees meet as needed through the year. Each member joins the board for a 2-year term, but can re-offer after their term is completed. Four members form the Executive - President, Vice-President, Treasurer & Secretary - and meetings are attended by the Executive Director, who deals with day to day operations. At the present time, our recruitment priorities are focused on additional support for the Finance, Personnel, and Risk Management committees.

**The Finance Committee** is primarily responsible for providing financial oversight for the organization. Its mandate is to study and report on all matters relating to the management and operation of our fiscal assets. Committee members also conduct consultations with our external bookkeeper and accountant, prepare an



annual budget for review by the Board, and monitor adherence to the budget on a monthly basis. In addition, the committee also sets long-term financial goals for the organization.

**The Personnel Committee** provides guidance, oversight and support to management, and meets regularly to draft and/or revise personnel policies for board approval, review job descriptions, establish salary structures, and annually review salaries and benefits. Members also participate in the recruitment process for our seasonal staff, and are involved in the hiring process, screening and interviewing applicants. The committee also acts as a grievance board for employee complaints.

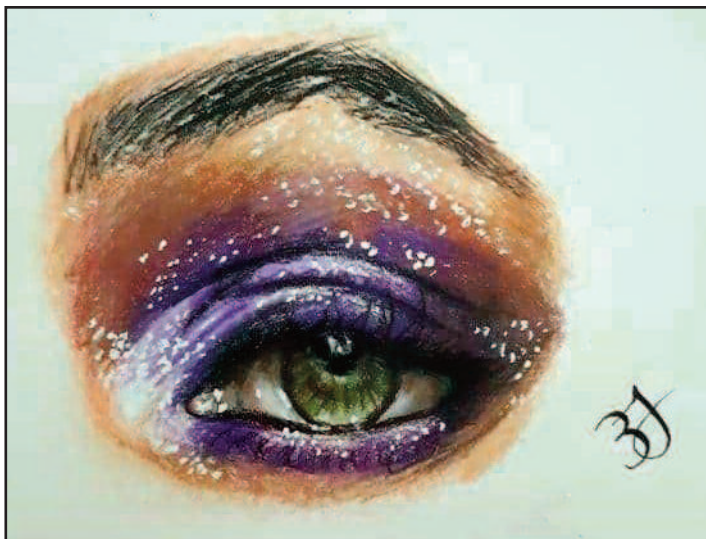
**The Risk Management Committee** occupies itself with the forecasting and evaluation of material risks, together with the identification of procedures to avoid or minimize their impact. These tasks often necessitate working closely with our partner organizations. Alongside Parks Canada, the committee monitors and reports illegal fire activity on the Island, through the "Eyes on the Island"

Program, as well as the reduction of hazards, through the Fuel Management program and annual Island clean-ups. Working closely with the City of Miramichi, the committee helps identify maintenance concerns with our Interpretive Centre. Committee members also work to promote staff and visitor safety throughout the operating season, through the institution, and regular review, of requisite policies and procedures.

Volunteer recruitment can pose a challenge, but **volunteering can be a rewarding experience** and a chance to assist the community in a lasting way. Moreover, it can provide opportunities to learn new skills, enjoy new experiences through participation in exciting projects, and meet new people. We are grateful for the time and consideration of any potential candidate who might offer their skills in furtherance of our goals.

If you have any questions or would like more information about joining the Friends of Beaubears Island, Board of Directors, please contact 506-624-4485, or e-mail [info@beaubearsisland.ca](mailto:info@beaubearsisland.ca).





# Meet Local Artist Brandi Firlotte

By Stacy Underhill



Brandi Firlotte has been drawing her whole life, but only started taking it seriously just over a year ago.

As a single mom with a young toddler at home, Brandi was looking for a way to support herself financially and spend time at home raising her child. “With everything going on, it's hard to find safe and reliable work, and even harder to find available and affordable daycare,” says Brandi. “I'm a local experienced artist that is trying to make a full-time go at being a stay-at-home mom to my 21-month old while also owning my own art business.”

Brandi creates commissioned and original art pieces of pets, people, vehicles, and still-life subjects using prismacolor pencil or watercolors. “You name it, I'll draw it!”, she says.

## When did you start creating art?

I have been drawing with pencils since I could pick one up. My whole family pushed me to take an art related college course after high school. They always believed I had a talent that needed exploring. At the time I decided to take another path of study.

My brother was into art first and I always loved what he was able to create just from a colored pencil. I developed an interest after viewing the characters he drew. He was my first inspiration.

## What mediums do you work in?

I work in graphite, colored pencil, and watercolors. My favorite is colored pencils! It takes much longer than any other medium and patience, but its still my favorite.

## What is your creation process?

Most of my artwork is commissions of personal photos. I post the clients photo digitally on my computer







screen, stretch the photo to the desired size, and recreate the outlines on my paper. Depending on the subject, I usually start coloring from left-top to right-bottom in order to avoid smudging from my hand. I finish everything to about 95%, then I tweak whatever needs tweaking until I'm 100% satisfied. I will work 30-60 minutes a night. The full amount of time it takes depends on size and detail. Sometimes it will take me 3 hours to finish a piece, sometimes it takes me thirty hours.

It may be a long process and take a lot of patience, but it is extremely relaxing. It also makes me so happy when my clients receive the finished piece!

### What advice do you have for other artists?

The best advice I have for other artists is to take criticism positively! It's a chance to learn. Try not to be so hard on yourself. Everything takes time, patience, and practice. Also, the best advice I've been given is don't rush it. If you're not happy with a piece then it's unfinished. Ask yourself what you can approve on.

Brandi currently resides in Rogersville and works in Miramichi, but her goal is to eventually be able to create art full time.

To view more samples of her work, or to order a commissioned piece, visit her website at <https://brandiemonteith.wixsite.com/bfportfolio> or find her on Facebook (BF Portfolio)



**Above:** An original art piece by Brandi Firlotte. Work in progress after 16 hours.

**Right:** The completed 18 x 24 original piece, *Horse Snugs*. Prismacolor Pencils. Framed and ready for purchase.





# Pickles & Preserves

These recipes come from an old publication found in a local antique store, *Good News*, A Monthly Service from Your Tamblyn Drugstore, September 1944.

## Sliced Cucumber Pickles

### Ingredients

6 quarts cucumber slices (1/8 " thick)	3 tblsp mustard seed
1/2 cup salt	2 tsp curry powder
6 cups cider vinegar	4 cups corn syrup
1 1/2 tblsp celery seed	

### Directions

Use smooth, medium sized cucumbers and slice without peeling. Place in an enamel bowl, sprinkle with salt, cover with cold water and let stand overnight. In the morning, drain and rinse in several waters. Make a syrup of the vinegar, spices, and corn syrup and bring just to boiling point. Add the cucumber slices and stir over heat for 5 minutes, being careful to keep the mixture just below the boil. Pour into hot sterile jars and seal. Yield: approximately 8 pints.





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# Piccalilli Recipe

From *Good News*, Septemer 1944 Issue.

## Ingredients

4 quarts green tomatoes  
2 medium onions  
10 green peppers  
3 red peppers  
1 small firm head of cabbage  
6 cups celery, diced  
3 red apples  
1 cup salt  
3 cups brown sugar  
1 tblsp mustard seed  
6 tblsp whole mixed pickling spices  
2 tsp turmeric  
cider vinegar to cover

## Directions

Wipe the tomatoes, remove core and dice. Peel and dice the onions. Remove core and seeds from the peppers and cut into strips. Finely chop the cabbage.

Dice the celery. Core and dice the apples.

Place alternative layers of vegetables in a crock, sprinkling each with salt. Let stand overnight, then drain. Place in a preserving kettle and add the sugar, spices and cider vinegar to cover. Heat slowly, and let simmer for 25 minutes. Seal in sterile jars. Yield - approximately 7 pints.



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# Shorebirds

By Peter Gadd

August through November is the time to be looking out for southwardly migrating shorebirds.

There are many locations in Northumberland County where they may be found. We have many miles of sandy beaches bordering the saltwater of Miramichi Bay and the Northumberland Strait, the preferred feeding grounds of these birds as they make their way south, many flying many thousands of kilometers to their winter homes. Some may also be found in more inland freshwater wetlands.

Piping Plovers, Spotted Sandpipers, Willets, Wilson's Snipes, Killdeer, and American Woodcock are shorebirds that find Northumberland County NB, just right for breeding but most shorebirds travel much

**Above: Hudsonian Godwits**, Hay Island, Neguac. Rare to see in this region. They breed along shore of Hudson's Bay and further north, some migrate to southern South America.



**Ruddy Turnstone**, Hay Island, Neguac. Breeds in the very far north and some spend winter in the very far south.



**Long-billed Dowitchers**, Bouctouche NB. Rare to see here, breeds on coast of Alaska and the Yukon, mostly a west coast bird. Some winter in Central America and the Caribbean.

further into the northern most parts of Canada, many to the arctic tundra, to nest. Many follow the Atlantic coastline as they migrate. On our sandy beaches and wetlands you are very likely to see some. Migrating shorebirds frequently seen are Semipalmated Sandpipers and Semipalmated Plovers, named for the partial webbing between their toes. You will also easily find Lesser and Greater Yellowlegs, Least Sandpipers, Sanderlings and Black-bellied Plovers. On pebbly shores you might find Ruddy Turnstones looking under small rocks for their food.





If you are lucky you might find the more rare and larger Whimbrel or Long-billed Dowitchers or even the Hudsonian Godwits, named for their primary breeding area adjacent to Hudson's Bay.

There are about 48 Shorebirds considered to be "domestic" in the US and Canada.

One quite tricky aspect to bird identification is many bird species change their colours through the year, into and out of, breeding plumage. This is very true for Shorebirds.

Those listed and illustrated here are just some of the perhaps 20 or so (some very rare) Shorebird species to keep an eye out for when on the shores and in the



**Sanderling**, Tabusintac. Breeds in far north and some winter in the far south.

wetlands of Northumberland County.

*Peter Gadd is an avid bird watcher, photographer and nature lover, and is a member of the Miramichi Naturalists Club. [www.miramichinaturalistclub.com](http://www.miramichinaturalistclub.com)*



**Least Sandpiper**, Strawberry Marsh, Miramichi. Breeds in the far north and some head to South America for the winter.



**Black-bellied Plover**, Hay Island, Neguac. Breeds in far north and some migrate as far south as southern South America.



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# QI GONG:

## Yoga Without the Mat

By Jennifer Walker

Most people are familiar with yoga and its health benefits, but many may not know about Qi Gong. Qi Gong is a series of exercises grouped together and referred to as "brocades". Because the exercises require concentration and focus, they are an excellent way to promote mindfulness.

Practiced regularly, Qi Gong stretches lead to improved muscle tone, increased mobility and stress reduction. It can be performed standing up in a small space and no special clothing, footwear or accessories are required. That being said, the summer is a perfect time to enjoy qi gong outside!

I'm Jennifer Walker and I am one of Dave Bucklow's Qi Gong and Tai Chi students. I have been practicing with David now for about two years. I practiced Taoist Tai Chi for several years while I was living out west. When I first attended class with David, I knew the Tai Chi style would be a little different from what I had learned because David follows the Yang style Tai Chi. What I didn't expect was for him to start the class with Qi Gong brocades. It was a learning curve as I discovered what Qi Gong was and how it related to Tai Chi, I also learned how practicing Qi Gong supports the health and well-being of a person. I now practice Qi Gong



every day of the week. Like Tai Chi, Qi Gong, helps with mobility and balance issues, but instead of completing the Tai Chi set, a person completes a series of exercises referred to as brocades. Like Tai Chi, these brocades are deeply rooted in Chinese culture and medicine dating back over 2,500 years.

While Dave provides the basic support for learning Tai Chi and Qi Gong, YouTube is an invaluable resource for all practitioners. For example, I follow the work of a Qi Gong

teacher based in the UK, Mimi Kuo-Deemer. She has online students from all around the world. Mimi has a variety of Qi Gong exercises available on YouTube to help with student learning. She explains the moves and what they are designed to help.

One of the comments Mimi has made is that most people exercise to look and feel 10 years younger than they are. She says that this is the wrong approach and a person should think about what they want to feel like in 10 years' time. I take this to mean that person should be preparing for the future rather than trying to hang onto the past. I find this puts a good perspective on the work I do each day in Qi Gong. Rather than worrying about what has already passed, I am actively

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preparing to make a better future for myself by keeping strong and flexible. I also enjoy the exercises. Rather than pushing yourself to the limits of your strength, the focus is on remaining supple while building your strength and flexibility.

In the summer months, The Miramichi Qi Gong and Tai Chi group meets on Mondays at 9:30 - 11:15 at Ritchie Wharf Newcastle. Instructor is Dave Bucklow. Suggested on-line resources include videos and webpage by Mimi Kuo-Deemer, author of Qi Gong and The Tai Chi Axis.

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

### World Tai Chi Day

The Oriental Arts Tai Chi & Qi Gong Club of Miramichi enjoyed a fine morning Tai Chi and Qi Gong practice on May 20th this year. World Tai Chi Day was delayed by a month this year, but this actually worked out in our



favour as that month delay gave use a much warmer and sunny day to be outside.

We all had a really good morning with brunch to follow in the Goodie Shop restaurant.

Classes will continue every

Monday morning at Ritchie Wharf Park, from 9.30am to 11am right into September. We hope everyone can get out to enjoy some of the great weather we are having this summer.

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Due to COVID 19 safety requirements we will only be able to seat 100 players to allow for safe distancing. Seating will be first come first serve. The REC restaurant is now closed on Mondays and Tuesdays so players are allowed to bring in food. All players are urged to bring their own personal face mask.

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## Water Street Farmers Market

Join us on Saturday morning for breakfast, fresh food, homemade treats, meals and crafts. Open year round and especially active during the summer where vendors spill out of the building, farmers, cooks and crafters will welcome you and happily talk about their products and where and how it was made.

You can find us just under the Centennial Bridge at the Chatham Seniors Centre. The market is also open on

Wednesday evening where a smaller but mighty group awaits you to help out with your evening meal and entertainment.

Open Saturday 9am-1pm, Wednesday 4pm-7pm at the corner of Ellis & Water Street in Chatham. Tel: Reginald Flynn 506.773.9868 or find us on Facebook.

## Newcastle Farmers Market

On Fridays, we'll help you will find what you need for your weekend supply of vegetables, treats, gifts and more. Plus you can grab a hot lunch from a large selection of choices, including healthy choices and decadent desserts. A large seating area is provides the perfect setting for socializing.

The market is open all year and during the summer you will find many outdoor vendors ranging from fresh vegetables to your barbecued lunch.

Open Fridays 10am-2pm at the Lindon Recreation Centre, 487 King George Hwy in Newcastle. Tel: 506.622.1260. Find them on Facebook.



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# Why Improv for Anxiety?

By Tara Audibert

I was traveling in my car listening to a CBC radio interview about a guy with high anxiety who went to an improv class in Toronto and it helped him so much that he started teaching his own Improv class for people with anxiety. As I listened, I thought to myself, OMG I wish that was something we had here in Miramichi, it would help so many people and I would totally go to it! I wish someone would start that here!

Then it hit me, I was that someone who could start Improv in the Miramichi! With a background in animation, I had taken acting classes and as an animator I do a lot of acting myself, but I also co-host a podcast where we do weekly improv sketches and it is really fun and stress relieving. Its not something I would ever want to “perform” in public, but I would like to do it with like-minded people and make some adult friends! For this reason, our class is closed to the public once registration ends, and we do not perform. We do improv exclusively with, and for, the small class, allowing us to build trust within the group.

Solo improv is like the sound of one hand clapping, you can do it, but its not great, so I enlisted my friend Mandi for help. She has been a supportive partner who adds onto whatever I’ve said and makes it even crazier!

## Why *improv* for anxiety?

It seems like people with anxiety would not want to do something like a comedy set or what they do on the



Members of Improv for Anxiety in Miramichi playing an improv game called Family Portrait.

show *Whose Line is it Anyway*. Well it is not like those things AT ALL! It is very easy in fact and is perfect for the skills that anxiety provides. Yes, that’s what I said, I don’t want to cure anxiety, (though this can help with anxiety) **it is the skills that having anxiety gives you that are beneficial for doing improv.** What are these magic skills we are looking for?



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### People with anxiety have these skills:

**High intelligence** - don't take my word for it (just because I've been diagnosed with General Anxiety Disorder), look it up!

**Shrewdness** - not only do I like saying the word shrewd, but we get to use the powers to see through lies and noticing details to make funny skits.

**Creativity** - you gotta get creative if you're gonna make up believable lies to get out of doing things, amirite? That right there makes you highly creative.

**Bravery** - those of us with anxiety keep going on every day doing things that make us feel horrible and that takes bravery. To go outside when you know the million things that could happen to you at any moment - asteroids could hit, the phone could ring... listen, it's brave to be alive, but the members of all our improv troupes have been the bravest people I have ever met!

**We make great decisions!** - having the experience of thinking about every little thing helps us to make quick and good decisions easily! This makes us perfect for improv!

So we started an Improv for Anxiety class here in Miramichi and for the past two years we have made friends with some amazing people. The class has been filled each session (September, January and April) with many improvisers returning, which really helps the new troupes to see and hear the stories of ones who have already taken the class. Each class is different, though we play the same games sometimes, the ideas are always new. We laugh til our cheeks hurt and it is a great start to the week. All are welcome, whether you have anxiety or not.

Improv has been helpful to the people we teach, but



it is also therapeutic for me to be in an environment where everyone has to say yes to any crazy idea you come up with - that is really amazing!

The next class is planned for the end of September at Carrefour Beausoleil Theatre. Currently a date has not been set and will be dependent on if we stay in our Covid-19 zone into the fall.

Classes are on Mondays and run for 8 weeks. The cost is \$50 for return improvisers and \$60 for new members.

Find up-to-date information on our Facebook page: [www.facebook.com/improvforanxiety](https://www.facebook.com/improvforanxiety) or contact us at [improvforanxiety@hotmail.com](mailto:improvforanxiety@hotmail.com)

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# Miramichi Counselling Centre

## Helping Improve Quality of Life

Today, perhaps more than at any other time in history, society is aware of the connections between physical and mental health. We recognize the ways in which they impact each other and understand that caring for our mental health is essential to our overall well being.

For many of us, counselling offers the support we need when we are struggling with life issues. The purpose of therapy is to improve our quality of life. To make the positive changes we are able to make, but may not know how.

In May, services available in the area expanded when Miramichi Counselling Centre (MCC) opened its doors. The MCC team offers mental health services from four professionals, with each member bringing a unique background, qualities and approach to their work. This team is comprised of Licensed Psychologist Pamela MacDonald, Counsellors Lisa Savage and Jordan

Hannah, and Counselling Intern Jill Connors. A corresponding range of fees

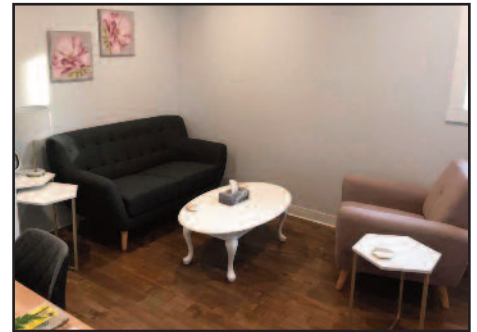


applies, although coverage for services can be limited depending on a client's insurance provider.

Finding a good fit is important in therapy, as the therapeutic relationship is the most significant factor in predicting positive changes. The MCC team knows that this can be a trial and error process, and they support a change in therapist when necessary. Being able to do what they love, individually and as a group, sharing resources and professional development workshops and courses, and collaborating for group therapy is a blessing and an opportunity for them to make a positive difference in the world.

Therapy is offered for the following issues: depression, anxiety, stress, PTSD, anger, addictions, self-esteem issues, marital problems, and personality disorders. Group therapy also will begin soon.

Miramichi Counselling Centre is located in the South Side Medical Centre at 629 Water Street. It is fully compliant with all covid-19 requirements for in-person sessions. However, clients who prefer to access counselling off-site may do so through telephone or virtual sessions.



Those interested in learning more about the Centre's team and services are invited to visit the MCC website at [www.miramichicounsellingcentre.com](http://www.miramichicounsellingcentre.com)

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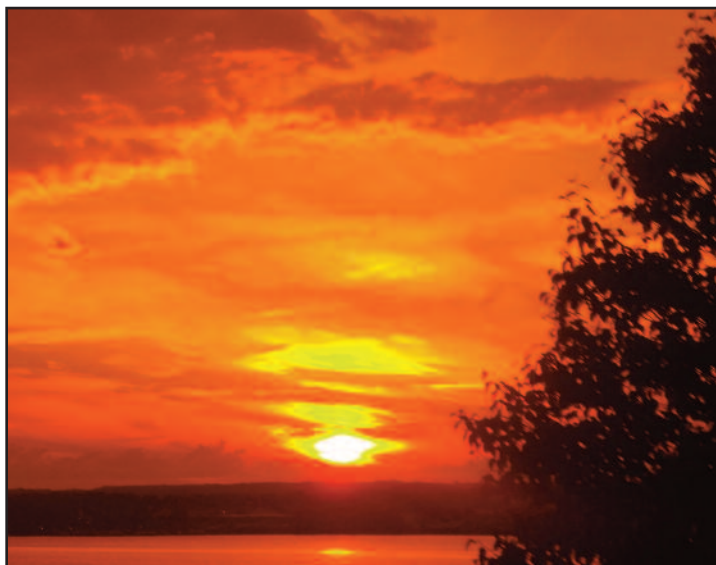
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# Photo Submissions

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



**Above left:** Sunset over Miramichi River by Len Joudry

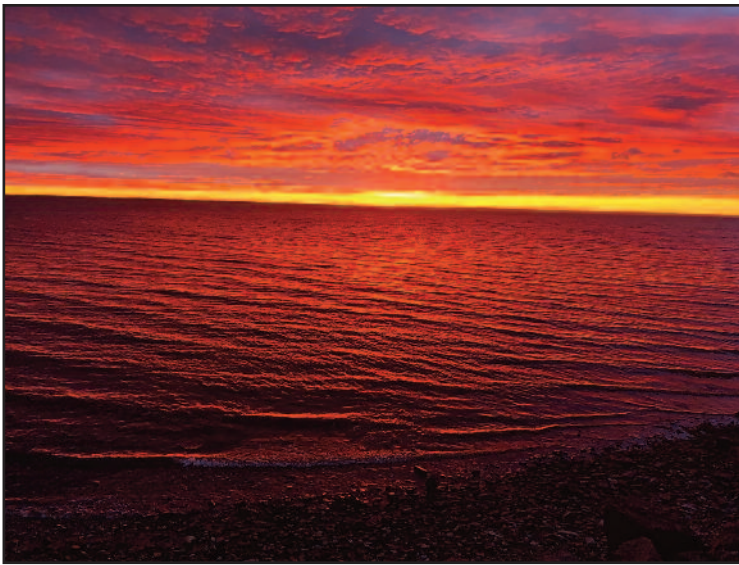


**Above right:** One handsome frog, by Laura Lea Comeau

**Below:** Rainbow over Miramichi, Beaubears Island on the right, by Stacy Underhill







Our readers have been looking to the sky and water for this issue's photo submissions. Such a variety of colours!

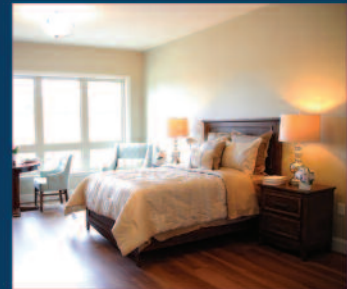
**Left:** Sunset in Bay du Vin by Scott Gray

**Below:** Sunrise in Miramichi, by Anthony McLean

**Bottom:** Full moon over the "tickle" by Beaubears Island by Stacey Sutherland







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The Green Leaf Award acknowledges outstanding environmental contribution by individuals, organizations, schools and businesses for the positive impact they have made on the Greater Miramichi Region.

### Nominations can include initiatives such as:

- ♻️ Championing of the Residential Curbside Recycling Program,
- ♻️ Composting or organic waste reduction,
- ♻️ Reducing environmental footprint,
- ♻️ Encouraging the three R's in the community,
- ♻️ Community clean-ups,
- ♻️ Environmental protection, etc.

***Please submit the completed nomination form by September 25<sup>th</sup>, 2020.  
Awards will be announced October 23<sup>rd</sup>, during Waste Reduction Week.***



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