

# GIVER Miramichi

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**Fall Issue 2020**

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A beautiful fall day in  
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# Miramichi Dog Authors

## “Pawsitive,” Inspirational Book of Hope

Local photographer Cathy Carnahan and her beloved dog, Miss Crosby, have teamed up to produce an inspirational book of hope, laughter, wisdom and common sense.

*Consider The Source*, with a subtitle of *Waggish and Canny Views on How to Survive in a Wacky World*, is set to be released just before the Thanksgiving weekend.

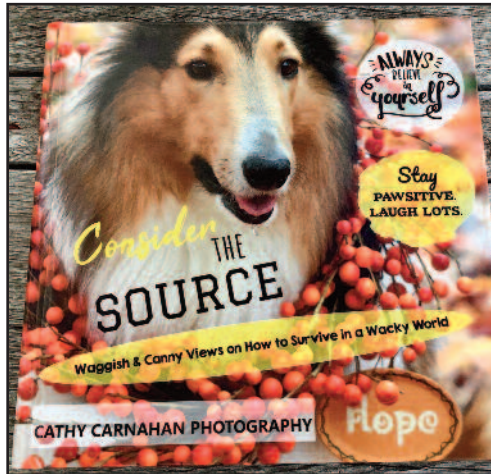
“This book is dedicated to our ancestors who lived in poverty but were rich in spirit, worked hard, embraced life and sought to create a better future.

“May we always remember the sacrifices they made, appreciate their commitment and learn from their heartaches.”

So says Miss Crosby, the Rough Collie with Scottish genes, tagged after Canadian hockey legend Sidney Crosby, who insists readers just call her Crosby, because she’s a politically-incorrect, dogmatic, non-partisan pooch.

During research for the book, Carnahan was delighted to learn her Highland friend, who embraces wisdom from all walks of life, has a Viking connection. The name Crosby is from Old Norse words – Kross and Byr – which mean Cross and Farm – both significant influencers in a blissful, meaningful life, according to Carnahan and Miss Crosby.

The Philosophical Dog of HOPE



stands for Happiness, Optimism, Pawsitivity, Power and Pep, plus Enlightenment, Endearment and Enough of Everything.

“Peace, Hope, Love must begin in the Heart, at Home,” reads one headline.

“We are all Complex and Contradictory,” reads another.

The 8” x 8” book, featuring over 200 color photographs of Crosby and wise animal friends, is filled with valuable life lessons, quotes and proverbs, including practical advice for empowering one’s life and the lives of others.

The poem Consider is one such example:

When someone is rude or unkind,  
Consider the source.

When someone is arrogant and self-

centered,

Consider the source.

Don’t let someone else define you.

Don’t let circumstance control you.

Be your own self.

Embrace your inner wisdom.

Thank God for His grace,

And know He is the only Source

that really matters.

“A dog’s life is very short compared to a person’s,” notes Carnahan. “Perhaps, that is why they waste no time on matters that at the end of their life will not matter.

“A dog, nor horse, even a cat, will ever betray the person who loves it.”

Crosby agrees. “The world is not going to the dogs. Otherwise, it would be a much happier, kinder place,” she writes. Then the patriotic pooch quickly acknowledges she cannot help but bark when she sees injustice and hears those, with a sense of entitlement, blaming others for their own poor choices.

“A dog understands words (or sounds) in any language and associates those words with consequences, if it does – or doesn’t obey,” she said.

“Always consider the source,” she added. “Consider the Source.”

The book will be available at provincial gift shops, stores and service centres. For further information, or to order a copy, email MissCrosby2020@gmail.com

Cover Photo: Spectacular Fall foliage in Barnaby River. Photo by Guy Martin.

*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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**Oct. 10 & 11: Annual Harvest Bake Sale** Pick-up only this year, from 12 noon to 6pm on both days. We'll have apple, blueberry and pumpkin pies, blueberry scones, baked beans, pickles, jams & preserves. Please call ahead to order at 843-7878. Also taking orders for Christmas baking. 186 Barnettville Rd, Darlene's Country Cottage.



**Oct 17: Annual Comedy Night at Pleasant Ridge Recreational Club** This comedy night is going to get some laughs again this year. All people aged 19 and over are invited. Bar service will be available. The doors open at 7 pm, show starts at 8pm. Tickets are on sale at M. Tomate. For information, contact Guy Caissie at 506-775-6933 and find the event on Facebook!

**Oct. 17: Rogersville Open Air Market** Outdoor market from 11 am to 4 pm at Rogersville's Parc Mille Pas, on Rue Principale Street. Vendors are needed and welcomed! Tables are \$20 and please book by October 9th, at 775-2080 or email [rogersvil@nbnet.nb.ca](mailto:rogersvil@nbnet.nb.ca).

**October 19: Award and Anniversary Night for The Very Best Toastmasters Club** on the occasion of our 47th Anniversary. Begins at 6:45 pm and everyone is welcome. Members will be joining us from around the world via the

internet. Please contact us if you would like to attend a meeting or this event in person, as covid rules may change.

For more information call Patti 627-9058 or Linda 352-3587 or visit [www.theverybest.toastmastersclubs.org](http://www.theverybest.toastmastersclubs.org)

## **Oct 24: Trunk or Treat and Halloween Parade**

Park your vehicle and distribute treats to children at CSC La Fontaine School in Neguac from 2 pm to 5 pm! Children can dress in their Halloween costumes and go trick or treating from one vehicle to the next to pickup their treats. Afterwards, decorate your vehicle and participate in the parade beginning at 6 pm. \$10 per vehicle. There will be three prizes for the best decorated vehicles! For more information, stop by the Centre familial Unique Family Centre Inc at 1279 Rue Principale Street or contact Rachel Mazerolle at 779-1900 or find them on Facebook.



## **Oct. 24: Fall Market in Blackville**

Everything from baked goods and handmade crafts & wreaths to Scentsy, food storage, cleaning products, makeup, and more! 10am to 2pm at the United Church Hall, 143 Main St. Blackville.



**Oct 7 - 24: Seamen's Hospital Take and Bake Apple Pies & Turkey Pies** The Seamen's Hospital will once again be selling pies for their popular Fall fundraiser.

**Apple Pies:** Pre-order your fresh homemade apple pies by October 7th. Apple pies are \$8 each.

**Turkey Pies:** Pre-ordering of turkey

pies will begin October 7th to 24th inclusive. Turkey pies are \$13 each. We will call you after Oct 24 for pickup.



**Ordering:** Pies are limited, so order soon to make sure you have yours. First come first serve! Order pies by calling Seamen's Hospital at 778-2349 and leaving a voice message with your name, phone number and the number of pies wanted. These pies will be made for you to take home & bake or freeze right away. All covid criteria will be met. For turkey pies you can also send a message to the Seamen's Hospital Miramichi Facebook page by specifically identifying that it is turkey pie you want. In addition, we need your name, phone number and number of turkey pies you want. Thank you for supporting the Seamen's Hospital Heritage building. Funds raised from the sale of pies will go directly to the maintenance of this non-profit entity.

## **Oct 23-30: 8th Annual Lovin' Louis 2020 Rotary Purse Auction!**

Presented by the Rotary Club of Newcastle, this is your chance to win a Speedy 30 Louis Vuitton Purse valued at over \$1500!



Buy a \$25 ticket now and take part in the 50/50 draw for only \$5 more. Get your tickets at Brookdale Flower Shop, Town Hill Jewellery, Denim Warehouse or from any Newcastle Rotary Club member. The draw happens on October 30 during a facebook LIVE event at the end of the online auction. The auction will take place from October 23 to 30,



and more details of how you can sign up will be posted on the Rotary Club of Newcastle Facebook site.

### Nov 7: Penny Sale and Bingo

To be held at Saint Andrew's Roman Catholic Church in Loggieville. Doors will open at 12:30 pm, bingo from 2 pm to 4 pm. Donation of gifts (new and unused) valued at \$15 would be greatly appreciated. Please drop off items at the church on Sunday's. For further information please call Mary Mott at: 627-9924 or 778-8104.

### Nov 8: Fundraiser Take-Out Dinner



The Annual War Memories and Song Dinner and Concert has been replaced for this year by a take-out dinner to be held from 3 pm to 6 pm at the Beaverbrook Kin Centre, 100 Newcastle Blvd. All tickets must be ordered and paid in advance by calling Susan Butler at 622-1780 on or before Friday, October 30th. Tickets are \$20 each. The menu caters to all diets – regular, gluten free, vegetarian and diabetic. Menu: stuffed chicken breast, potato, vegetables, gravy, roll, cranberries and dessert. This is a major fundraiser for the 64th Annual Miramichi Folksong Festival, as they had to cancel 20 plus shows this year and they have monthly expenses coming in and they appreciate your support. Masks are required and physical distancing is required.

## Seamen's Hospital Craft Group



Seamen's Hospital Craft group has resumed in September. Many crafts are being done since we have been joined with the Rug Hooking Group. It's more than just sewing! We meet at Seamen's Hospital, 12 Vye Street, Douglstown on Wednesdays from 9:30am to

3pm. Come and join us or come to visit to check it out. Bring your project, lunch and \$3 dues, as well as hand sanitizer and mask. The mask is necessary if we cannot keep the social distance of 2 meters. However, we have a large hall and this should be easily managed. All covid criteria will be followed.



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# Do You Have a Story of a Miramichi Veteran?

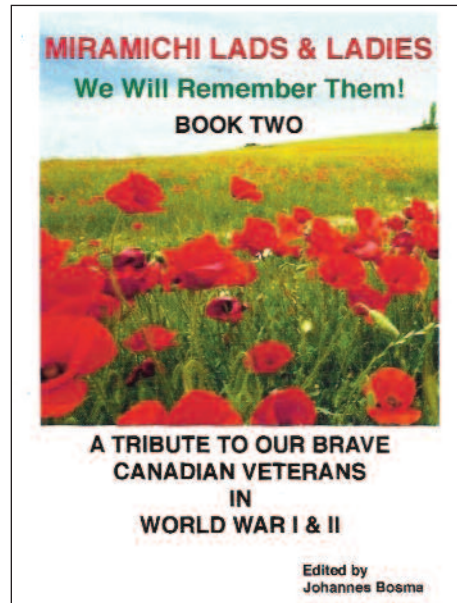
By John Bosma

Although the launch of *Miramichi Lads & Ladies: We Will Remember Them!* which had been scheduled for April 11, 2020 (the day my family arrived from Holland on the Miramichi in 1955) was cancelled like so many other events, the book sold from April to August via the post office, Mill Cove Coffee and special deliveries.

Thanks to the great response from Miramichiers on the river, out of the province(as far away as BC), and from interested parties in Belgium and Holland, all the books were either sold or held for those who made that request. The second edition of *Book One* will be available at Mill Cove Coffee by November 1st. Due to many requests for additional stories on more Miramichi veterans, *Book Two* is being researched and should be ready for publication in 2022.

Consequently, **if you have a story of a veteran** that you would like included in *Book Two*, please forward a biography of at least 150-200 words to me at [bosmajo14@gmail.com](mailto:bosmajo14@gmail.com) or contact me at (506)773-5174. A photo of the veteran, in uniform, must accompany the story to be considered for publication.

Both *Book One* and *Book Two* are my personal projects to mark the



Liberation of Holland in 1945. Similar to *Book One*, all proceeds, after the printing costs are paid, will provide scholarships for two high school graduates. Any remaining funds will be forwarded to two legions in the Miramichi area.

Congratulations to 2020 Graduates, Ellie Newman (MVHS) and Julianna MacCallum (JMH) on their \$1000 Paula (Regan) Bosma Memorial Scholarships. Included in their application was an essay entitled "Why We Should Remember." Both outstanding essays, submitted by



Julianna and Ellie, will be published in *Book Two* along with two additional essays by Emma Bowes (JMH) and Lacey Wylie (MVHS). Two \$500 donations were also donated to Chatham Legion Branch #3 and Newcastle Legion Branch #10.

Thank you to the veterans in *Book One* and to those to be included in *Book Two*. My family and I wouldn't have arrived on the beautiful Miramichi in 1955 if not for the sacrifices of those brave Miramichiers, their courageous comrades and their families. My family and I will always remember them!



## Why We Should Remember

by Ellie Newman

(The Great Granddaughter of Corporal Robert Currie)

My Grandfather, Bob Currie, was born on October 2, 1941. On that day, his father, my Great Grandfather, Corporal Robert Currie, was in England training with the North Shore(NB)Regiment. He sacrificed the first four years of his son's life because he believed his actions would make a significant difference in the future of generations to come. He knew his son through pictures and letters. He missed his son's first words, first steps, and first

birthday. This is why we should remember.

Because of this, I consider myself extremely fortunate to have been part of the trip organized by Anglophone School District North, to retrace the steps of the North Shire Regiment in conjunction with the 75th Anniversary of D-Day in 2019. We journeyed from Amsterdam to Normandy visiting museums, historical sites and cemeteries. It is difficult to put into words what it was like to be in the exact same places that our ancestors fought and died. This is why we should remember.

On June 2, 2019, I stood at the grave of my Great Uncle, Lieutenant Louis Walsh, in Groesbeek Canadian War Cemetery in the Netherlands. I had heard many stories about my Uncle Lou through the years and how he had been killed



in action during World War 2. It was not until that moment that the magnitude of what that meant, and what he and so many others had sacrificed, truly hit me. He was a son, a brother, an uncle and a friend. He gave his life for our freedom and for the way of life that we certainly enjoy but take for granted. This is why we should remember.

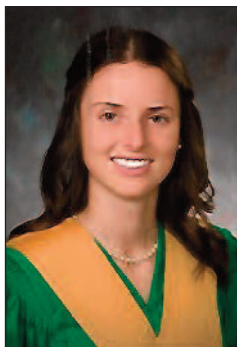
On June 6, 2019, 75 years after my great grandfather and his comrades landed on Juno Beach, I stood there with my peers, each of us placing a cross in memory of a fallen North Shore Regiment soldier, their name burnt into the wood of the cross. Later that day the tide would sweep them into the English Channel. It was a powerful moment and one that I will never forget. This is why we should remember.

Later that same day, we made our way to Tailleville. Here I was part of a re-enactment, translating into French what my fellow students were saying in English. The scene focused

on the events that led to the death of Archie MacNaughton, Company A commander, and 2 other members of the North Shore Company. Just a few months prior to this day in 1944, I had learned of this horrendous event in my History class. To be in that spot, re-enacting that event, is forever etched in my mind. This is why we should remember.

My generation is far removed from what life was like for these soldiers and their families. It is vitally important that what they sacrificed is forever remembered and honoured. The amazing life that we live, the freedom we take for granted, and the opportunities we now have are because these men and women, these brave Canadian soldiers, risked their lives, forever changing history. This is why we should remember.

2020 MVHS Graduate and recipient of the \$1000 Paula (Regan) Bosma Memorial Scholarship



### Why We Should Remember

by Julianne MacCallum

Travelling to Europe was a once in a life time experience as I had the opportunity to stand on the grounds where so many people were wounded and lost their lives for me to have the ability to live freely and learn. It is every inspiring the pride people in Europe have for Canadians. Schools and community members have created many memorable honours every year at the Canadian cemeteries on holidays, always being thankful for the Canadians who fought to provide their countries freedom as well.

I also spoke to many survivors and veterans, hearing their stories, leaving a spot in my heart for the soldiers who battled in the wars. While driving on the roads in Europe, I saw and touched my first ever poppy which was surreal. The flower holds so much meaning as they remained beautiful during such brutal times of war and we wear them close to our hearts to commemorate the service of the men and women killed in conflict.

As the anniversaries of the war grow on, so do the surviving veterans which unfortunately means we will not be able to hear their stories in person. Videos, journals and other memorabilia will be all we have to remember the soldiers unless we continue to make a tribute and educate the younger children about their sacrifices. For people who grew up in a safe, peaceful country, the wars seem removed from our daily lives.

We often take for granted the opportunities we have to participate in educational, political, and cultural events and forget that it was the courageous people who volunteered for combat that made these practices safe and available to us. They touched lives of all Canadians and they believed their actions at the time of war would make a significant impact on the freedom in the future and that we should ensure their dream of that is realized. Our future is their monument. We should remember our heroes not only on November 11, but every day by pausing for a moment of silence, attend ceremonies, and wear a poppy. I am proud to be Canadian and thankful for the ones who made that possible.

2020 JMH Graduate and recipient of the \$1000 Paula (Regan) Bosma Memorial Scholarship



Pat.Finnigan@parl.gc.ca

## Pat Finnigan

Member of Parliament / Député Miramichi-Grand Lake

Throughout the pandemic and during these uncertain times, my staff and I have been working diligently for you and continue to do so. If you have any questions or concerns, please feel free to call us at 506-778-8448 or email Pat.Finnigan@parl.gc.ca.

Tout au long de la pandémie, mon personnel et moi avons travaillé fort pour vous et nous continuons de le faire. Si vous avez des questions ou des préoccupations, veuillez communiquer avec nous au 506-778-8448 ou par courriel à Pat.finnigan@parl.gc.ca.

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# Monuments and Memorials around Miramichi

By Anthony McLean

Along our Mystical, Magical and Mighty Miramichi, there are many monuments and statues of prominent citizens that grace our river in our parks and cemeteries.

## J.B. “Jabez Bunting” Snowball and Family Memorial



Jabez Bunting Snowball served as New Brunswick’s 11th Lieutenant Governor from 1902 to 1907. He was born on September 24th, 1837 in Lunenburg, Nova Scotia. He was one of New Brunswick’s Prominent Citizens as a

well-known businessman in the eastern part of the province. As well, he served as a senator, member of parliament, lumberman, company head, and stock man. This memorial is in the **Riverside Cemetery** in Chatham, where he is buried and has various members of the Snowball Family on it. He died on February 24th, 1907 in Fredericton, NB.

## Alison Edward “Al” O’Neil Memorial Monument

Al O’Neil was born in Chatham Head, NB, on July 8th, 1920. This monument was erected in the **Bicentennial Park** adjacent to Beaubear’s Island to recognize him as a prominent Boy Scout Leader in Nelson Miramichi. The monument reads: “One man who made a difference. Dedicated 40 years of service to over 700 youths of the Saint Patrick’s Boy Scout Movement – Thanks Al. July 12th, 1996.” Al served in the Royal Canadian Air Force during the World War II. Upon his return from the war, he and his wife, Eileen Anne (Fitzpatrick) moved to Nelson Miramichi, and they had five children. He served as District Commissioner of Boy Scouts 301 New



Brunswick and Scout Master of Saint Patrick’s Boy Scouts. In 1956, the late Father Robert Grattan was asked to find a leader for a Boy Scout movement that was badly needed in the Village of Nelson Miramichi. He asked Al and he accepted it. He taught his skills and values to over 700 boys for more than three decades. His message was simple – “Be a good citizen at least or a good leader at most.” Al O’Neil died on December 11th, 1995 at Hotel Dieu Hospital in Chatham, at the age of 75.

Look for more monuments and memorials in upcoming issues of *Giv’er*.

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## LET ADVENTURE BE YOUR GUIDE!

Crisp September mornings. A colourful pallet covers the trees and farmers prep their plentiful harvests. There is an endless variety of ways to occupy your days: Pack up the whole family for a fun filled day at the corn maze; Visit the market for seasonal bounty; Venture back in the country to find a moose, or prepare to be spooked during our Haunted Happenings.

**Fall in Miramichi offers lots to rediscover!**



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# Creating a Food Forest?... Say what?

By Terri Cormier, Roots to Table Regional Good Food Collective

With an ongoing global pandemic, there is no better time to start looking at our food not only as our energy provider but also as medicine. The first and best line of defence is a healthy immune system, boosted by healthy food.

With our climate's short growing season here in NB, it can be challenging to find and eat fresh food. We export almost 95% of the food we produce and use only 11 percent of our available farmland. Statistics show that 11% of Northumberland county's residents live in moderate to severe food insecurity; (Miramichi Area's Community Health Needs Assessment, 2015). We can do a lot better than that and a food forest is a fun and interesting way to pay attention to what and how we eat!

**Food forests belong to a field of agriculture known as permaculture.** The word is a contraction of permanent and agriculture. Permaculture is a living-in-harmony approach to nature



Bénédicte Donval, a permaculture specialist, inspects a plum tree in the Roots to Table Community Food Forest at Mount Saint Joseph.

with a technical approach for how to do so. Along with community gardens and farmers markets, community food forests are a unique way to create access to nutritious food while helping our

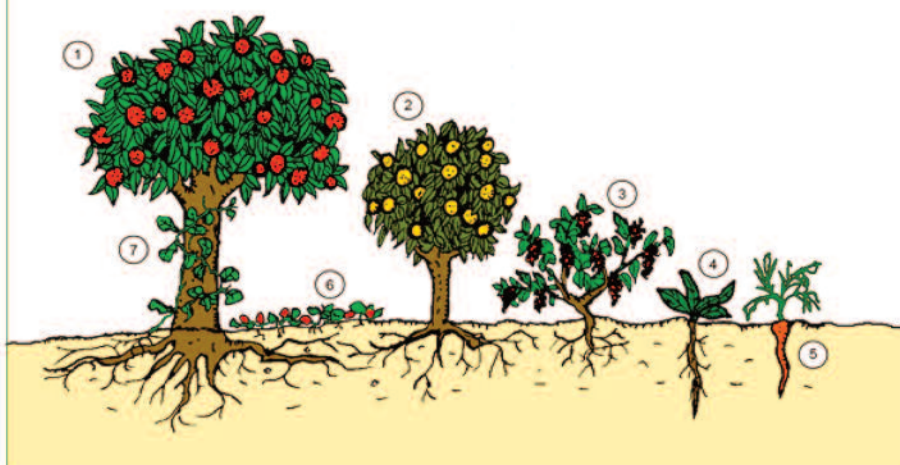
environment regenerate and maintain itself, without us humans getting involved.

## What is a Food Forest?

By design, food forests are gardens, but become a **miniature self-regenerating system of edible and medicinal plants.**

It is an outdoor nature classroom, a public learning space created and used by local residents and neighbourhood associations. A perfect place to grow and show regenerative, organic and innovative growing methods native to our region's climate. The idea is to integrate permaculture design with the traditional ecological knowledge and wisdom of our Native communities. They draw from permaculture, agriculture, ecology, biology and other natural living sciences, creating a living set of tools and practices that can help us engage in regenerative garden designs of all sizes and specialties.

## THE 7 LAYERS OF EVERY FOOD FOREST



1. CANOPY
2. SUB-CANOPY
3. SHRUBS
4. HERBACEOUS
5. RHIZOSPHERE
6. GROUND COVER
7. VERTICAL LAYER

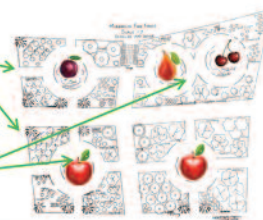
ROOTS to TABLE DE TERRE à TABLE

## COMMUNITY FOOD FOREST

**CANOPY** ~ highest elements, shade providers - 2 apples, 1 pear, 1 cherry, 1 plum in 4 guilds  
**SUB-CANOPY** ~ Dwarf Fruit Trees - serviceberry, siberian pea, bayberry, elderberry, chokecherry  
**SHRUBS** ~ hazelnut, blueberry, cranberry, honeyberry (haskap), currants, gooseberry  
**HERBACEOUS** ~ sage, asparagus, oregano, echinacea, , bee balm, fiddleheads, bloodroot, ginger  
**RHIZOSPHERE** ~ Annual Root Vegetables - beets, carrots, broccoli, kale, cauliflower  
**GROUND COVER** ~ strawberry, thyme, Good King Henry, viola, lungwort, wood betony  
**VERTICAL LAYER** ~ Climbers and Vines - grapes, kiwi

4 GUILDS

5 CENTRAL  
ELEMENTS  
(CANOPY)





## Why Here?

The Community Food Forest is a five-year project of Roots to Table, Northumberland's Good Food Collective, in collaboration with Mount Saint Joseph. With an already established public gardens, both sensory and vegetable, Mount Saint Joseph is the perfect spot to begin and grow the five-year plan which will eventually include Native American medicinal plants as well as a pond and beehive. With the Mount now transitioning into a center of community wellness, it was obvious that the site would be an ideal place for a demonstration food forest and community gathering space. They are especially suited for urban environments such as our city.

There are three more food forests about to begin as well - in Miramichi West, Douglastown and Blackville. More to come on those soon!

## What's Planted Here?

Every food forest has at least seven layers (see diagram on previous page) and many now include two more, water and fungi life systems which are often also within the permaculture of the forest. Our food forest has four guilds, or plant groups that work together to achieve the common goal of life and resilience. Each is designed around a central element such as a cherry or plum tree. From there, specific plant groups are strategically placed with attention to sun and wind orientation, existing environment and future growth.

## Who Cares For It?

Volunteers. Roots to Table is a provincially supported volunteer network of people and organizations interested in good local food for the people of Northumberland County. We are growers, consumers, educators, practitioners, chefs, parents, grandparents, community leaders and followers, all working to elevate the access to a good local-first food experience in our region.

Bénédicte Donval, M.Sc - Ecology and Biodiversity Management, has

**Permaculture is a  
living-in-harmony  
approach to nature  
with a technical  
approach for  
how to do so.**

joined the Roots to Table team as a consultant helping to develop the food forest.

Benedicte brings a wealth of knowledge to the table as an agro-forester and permaculturist - a specialist of nature and working with it. She and her family recently purchased an 'urban farm' here in Miramichi, where she is beginning her own food forest/research site for cold climate food production.

Roots to Table also offers programs and services such as Fresh for Less healthy food access program and we

welcome new faces and invite everyone to participate in our Volunteer Program.

## Who Pays For It?

The \$30,000 project was started with \$30,000 in funding from NB Environmental Trust Fund and a City of Miramichi Neighbourhood Matching Grant. We are seeking an additional \$1000 to complete this year's plant and are developing a Donation/Memorial program to welcome donations of the needed plants from anyone interested in learning and growing with the Food Forest.

## What's Next?

Immediate plans are to complete the final Fall plant, winter preparation and snow protection and planning the next phase for Spring 2021.

**To learn more,** donate, or volunteer, follow us on Facebook at /DeTerreaTableRootsToTable or email: rootstotabledeterreatable@gmail.com



**Above:** Roots to Table Community Food Forest volunteers gather at the new food forest located on the grounds at Mount Saint Joseph, 51 Lobban Avenue, Miramichi.

**L to R:** (adults in back) Lucie Chiasson, Lucy McCray, Terri Cormier, Korina Comeau, Brittany Buffam, Stéphanie Caissie, Pastor Ray Arsenault, Herb Marr, Cheryl Cormier, Bénédicte Donval (children in front) Carter Harris, Sélenne Donval-Eymard, Macayla McIntyre, Bérénice Donval-Eymard

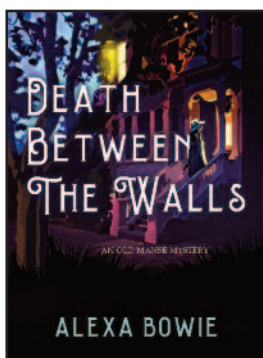


# New Books by Miramichi Authors

By James M. Fisher

Within the past year, there have been two significant book releases by local Miramichi authors, and both have something for young and old alike.

## ***Death Between the Walls: An Old Manse Mystery* by Alexa Bowie**



Newcomer Alexa Bowie is the alter ego of Chuck Bowie, an author that is well-known in these parts. He has decided to try his hand at writing a cozy mystery series, a departure from his Sean Donovan: Thief for Hire series. Here, Alexa uses a female protagonist, Emma Andrews (34), a great location (Newcastle, New Brunswick) and a wonderful old manse that she has inherited from her

late father.

Emma has been living in Toronto, working as a freelance wine writer for lifestyle magazines when she gets notice that she needs to return to her birthplace to reclaim the Old Manse from the town. She doesn't intend to stay in the sleepy little town, which she and her mother left eighteen years earlier, just clear up some legalities of ownership, then return home. Of course, things are not that simple for the stories' purposes and many wrenches (and a few corpses) are thrown into Emma's plans to get back to life in the big city.

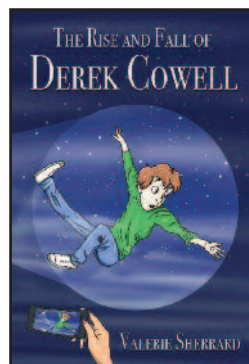
Curious by nature, and making many friends in the short time she is back in town, she intends to look into the mysterious death of the Town Manager since she was the last one to see him alive after he threatened her to leave the Old Manse in the town's hands.

Saying anymore might spoil a good little cozy mystery, with the requisite abundance of friendly and unfriendly people, handsome men to keep Emma's interest, her kindly Aunt Emma and a ton of secrets swirling around. I think

Alexa/Chuck is onto a good thing, and while cozy mysteries are generally not of great interest to me, these Old Manse mysteries, written by an excellent author established in a related genre (mystery/suspense/thriller) is bound to be a popular series. I just hope that by the end of them, all the inhabitants of the Miramichi are not killed off!

These books (and others of local interest) can be purchased locally at Mill Cove Coffee in downtown Newcastle.

## ***The Rise and Fall of Derek Cowell* by Valerie Sherrard**



Ah, the high-school years. Especially the Junior grades when you are still finding your way around a new academic setting, while at the same time discovering your own way in life. When the opposite sex gets thrown into the mix, and it can be a very confusing time for a young thirteen-year-old lad like Derek Cowell. Valerie Sherrard's latest Young Adult (YA) title takes a

humorous look at an otherwise average self-described "see-through" teen as he becomes quite popular after unintentionally photo-bombing a group selfie of his sister and her friends. How will Derek keep the interest of his female classmates piqued once fame at the high school level is achieved? His good friend Steve has an idea. That's where the trouble really begins.

Overall, an entertaining read with fun and lessons learned along the way. For young (and young at heart) readers.

James M. Fisher is the owner and chief editor of The Miramichi Reader which strives to promote Canadian books, authors and poets, coast to coast. He works and resides in Miramichi with his wife and fur babies. Visit his website at [www.miramichireader.ca](http://www.miramichireader.ca)

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# Miramichi Marsh A Birding Hot Spot

By Peter Gadd, Nature Miramichi

Miramichi Marsh is a true “hot spot” for birds right in the city. Within the small 20-hectare space, there are 151 species of birds!

This **Ducks Unlimited Canada** freshwater wetland has a great variety of habitats in the small compact area. Birds need conditions that provide them with food, shelter, protection and places to nest. As all bird species have varying specific needs, there has to be a variety of habitats that meet those needs. The variety of habitats; fresh water ponds, fresh water marsh, mixed woods, meadows and open grasslands, results in a great variety of bird species in the relatively small area of this marsh ... hence it is a “hot spot” as it is termed in the world of birders.

The original wetland was modified in about 2005-6 by Ducks Unlimited Canada to create two ponds with walking trails which take up about a quarter of the total area. Islands were created in these ponds and pond depths vary, further meeting needs of specific bird species. The remaining 15 or so hectares of wetland and grassland are inaccessible to humans, providing further sanctuary. Nearby highway noises



The Fork-tailed Flycatcher, a rare sight here.

don't seem to concern birds but might interfere with their vocal communications.

Nature Miramichi, the local naturalists' club, has maintained a list of birds that have been seen in and about Miramichi Marsh since 2007 thanks to the co-ordination of Dave McLeod, a retired field biologist. Not all 151 species are resident, some are local and just dropping in for a short time, others are dropping by as they migrate in the spring and fall to rest and take on “fuel”.

Providing suitable habitat for migrating birds is crucial to their survival, specifically such a wetland as this. There are likely to be approximately 50 species of birds that call Miramichi Marsh home during their breeding season. On a good day 40 or more species can be seen in a 2 hour walk between mid-May and late August. One quite enjoyable sighting is to see the young fledglings being fed by parents and watching as they become more mature birds, usually late June though to late July.

There have been **rare birds** sighted at the Marsh over the years. For a week in June in 2013 a **Fork-tailed**

Cape May Warbler (passing by)





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**Flycatcher** paid a visit. It is from South America and is considered a rare bird in most of North America but is recorded annually on the Atlantic coast. Reported in New Brunswick perhaps a dozen times over the years. A Glossy Ibis was reported in 2016. It breeds further south along the Atlantic shore of the USA. For the past two seasons a **Great Egret** has spent time fishing/hunting at the Marsh. It is rare but more northerly than the other two and seen elsewhere in New Brunswick annually. In fact, last summer there were two here at the same time, one in Chatham and one in Newcastle!

Many bird sightings are recorded in the publicly accessible and searchable world-wide eBird™ data base at [www.ebird.org](http://www.ebird.org). The site is very user friendly and easy to navigate – for instance on the home page select “Explore Region” enter Northumberland, select Canada not UK, and see what has been seen recently and where. Of course not all birders report sightings to this data base.

Miramichi Marsh is located in Chatham north of Retirement Miramichi at the north end of Ironman Rd. The trail entrance is across a field to the right, passing a sign and a Tree Swallow nest box and through a wooded trail. Please be aware that this is a **bird/wildlife sanctuary deserving of care and respect**. Dogs must be on a leash.

Visit the Nature Miramichi website for more information at [www.miramichinaturalistclub.com](http://www.miramichinaturalistclub.com) and on Facebook.



Common Yellowthroat (summer resident)



Great Egret (rare in this area)



Tree Swallows

A photograph of a man and a woman sleeping peacefully in a bed, used as part of the VitalAire advertisement.

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# Painting Life in a Positive Light

## While Living with Asperger's by Anthony McLean

October is Canadian Mental Health month.

As I reflect on my own journey with mental health, I sometimes find it more challenging than some, as I have lived with Asperger's Syndrome (High Functioning Autism), since I was diagnosed at nearly five years of age.

With Asperger's Syndrome, it affects my ability to process a variety of things, such as emotions, stressful situations, changes in routines, the moods and behaviours of both myself and other people.

For some, these occurrences may not seem like a big deal, just the regular ups & downs of life, but for me they are challenging and I feel out of control, in my body, heart, mind and soul.

Through it all, I love sticking to the bright and positive side which is extremely important. I surround myself daily with things that are uplifting and keep me busy.

I have been an active member of the Newcastle Lion's Club for three years. I work as a Mighty Content Coordinator for MCG Media and *Giv'er* magazine, and am an avid volunteer and fundraiser throughout various organizations. I am a Christian, and my family and friends have instilled in me to look on the bright side of life rather than the negative.

As well, I cherish the great outdoors as it very spiritual and therapeutic as we have so much to offer along the Mystical, Magical and Mighty Miramichi and beyond!



Photo by Anthony McLean

This year, despite the pandemic, when a lot of activities and employment ceased unexpectedly, and my routine changed, some new things came into my life to decorate and paint it in a positive light, all over my heart, mind and soul.

I launched a personal blog on Facebook, followed by an Instagram page— Anthony WJ McLean “t-Tone” as a first



Anthony McLean at his 2017 induction into the Newcastle Lions Club, one of many activities he enjoys.

step, with my hopes to launch a website, podcast and videos in the future. I share a Good Morning wish, a daily quote / words to ponder on, and interesting facts and highlights of the day to inspire readers. Sometimes, I even give a shout-out usually to two friends, of whom I find to be an inspiration to many people including myself. Also in March, I met a gentleman who has become a wonderful friend.

I encourage parents to talk to your children about bullying, mental health and respecting others

who are acting different.

From an early age, I knew I was different. I was bullied, taunted and assaulted, for being me.

Mental health and illness is not a joke. It is a difficult challenge for anyone to face and can affect men and women of any age.

Mental illness can cause different symptoms in men than in women. Men who are depressed, for example, may seem angry and grouchy rather than sad and withdrawn. It also may be harder for men with depression to get help. Some may see it as a sign of weakness rather than a treatable illness. (source: University of Rochester Medical Center)

Mental health issues have affected many of us in some way or another and just know there is recovery and ways to cope, and that is why I am sharing with you my story.

I believe there are also many perks to living as an “Aspie” gentleman.

I am social, verbal, creative, knowledgeable, talented, gifted, loved, accepted, determined, and proud of who I am!

If you need help, there are a variety of services available:

Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)

Miramichi Mental Health Clinic: 506-778-6111

Chimo Helpline: 1 800-667-5005 [www.chimohelpline.ca](http://www.chimohelpline.ca)

Kids Help Phone: Text "CONNECT" to 686868 or call 1-800-668-6868

Canadian Crisis Hotline 1 888-353-2273

Anthony William Jeremiah McLean “t-Tone” is a Mighty Content Coordinator for MCG Media. In his spare time, he loves digital photography, reading, writing, singing, blogging, history, genealogy, faith, politics, volunteering, and spending time with friends.



# Dining & Entertainment



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# My Father's Office: Remembering Donald Sutherland (DS) Creaghan and his Contribution to Miramichi

By Thomas W Creaghan

When I was in high school, on my way home I visited the Creaghan's store office in downtown Newcastle to see my dad and our Scottie dog Buddy, who was always curled at his feet. The office held two desks, one for my father, the manager, and one for Clare McCabe, the accountant and bookkeeper. A steel safe with a massive iron door kept the company books and daily receipts. The safe was closed and locked at day's end and opened by Clare McCabe at the start of business the following morning. It was located near my father's desk on the Miramichi River side of the room.

Everyday Clare McCabe and Dad would manage to take a break to have a quick drink of brandy. This quaint Irish custom was held over from my grandfather's day. My Irish-born grandfather, JD Creaghan, was founder of the company.



The old Creaghan store on Castle Street in Newcastle, where Tim Horton's now stands. Photo courtesy of Charles Asoyuf.

It was in this office that my dad managed not only the affairs of the

JD Creaghan Company but also his community activities. He was Mayor of the Town of Newcastle, on the board of Harkins Schools, the Chatham Exhibition and had something to do with the Newcastle

Curling Club and the Golf Club.

In 1939 while he was still mayor of the town, the king and queen of England visited Newcastle. Dad and my mother had the honour of welcoming them to Miramichi while my sister Nonie, along with Marjorie Davidson, presented flowers to the



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queen. The visit to Newcastle was a very notable affair with lots of pomp and circumstance. After the introductory ceremonies were finished, the royal couple slowly motored through Newcastle. I managed to see them from a stand my father had erected for the occasion on King George Highway back of our house.

Dad was also president of the local Rotary Club and, with Senator Percy Burchill, he was a director of the British Commonwealth Flying School in Chatham, and of the Chatham airport. Subsequently, during the war Dad would take my brother Alan and I to the airport on Saturday mornings. We would occasionally be lucky enough to catch a flight on one of the Anson bombers that were stationed in

Chatham waiting to be flown overseas to England. We would fly over the Miramichi River valley. They were noisy flights but I will never forget them.

As Dad was the vice-consul for both Norway and Denmark, he placed the coat of arms of each country on the exterior wall of his office at the Creaghan's store in Newcastle for the people of the town to see. He visited every Scandinavian vessel that came to the port of Miramichi. On these visits he would have an aquavit with the captain and discuss the abundant fish in our river and of course, the advantages of trading on the Miramichi. The captains also kept him filled in on the progress of the war. Their ships were always part of a large convoy, which had to dodge

German torpedoes while crossing the Atlantic. They came for pit-props", spruce or pine logs cut to two-and-a-half feet long, used in the coalmines of England to line the walls of the mines and to hold up the ceiling and secure the roof.

Our family life and my father's office were entwined. There were six children in our family and my parents loved us all. My father, his activities and love of Miramichi, that office and the wonderful staff at Creaghan's served as much an education as my schooling. Anyone having a coffee at Tim Horton's in historic downtown Newcastle where Creaghan's used to be, should spare a thought for DS and the store that formed an important part of Miramichi heritage.

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# Campbell's Cognitive Therapy

## New Outpatient Mental Health Clinic

This year has been ripe with challenges for people young and old. Measures to protect our own and others' physical health have been paramount, and we have subsequently seen a shift in the way that we work, eat, socialize and travel. Recently, an increased emphasis on mental health has emerged. This is encouraging, and represents a positive ideological shift across society that we are beginning to accept that mental wellness is as important to human flourishing as physical health is.

However, long before the COVID-19 virus, mental health services across the country have been lackluster when compared to physical health services. Despite a decrease in stigma surrounding psychological treatment,



accessing evidence-based service is often difficult, frustrating or simply not possible.

Determined to change this narrative, we have launched Campbell's Cognitive Therapy.

### About Campbell's Cognitive Therapy.

Campbell's Cognitive Therapy is a new outpatient mental health clinic located at 385 Pleasant St. Miramichi. Our goal is to remove psychological knowledge from the confines of academia and make it accessible to treat mental health problems and addictions to help families flourish.

We offer paediatric assesment, and evidence-based cognitive-behavioural therapy for youth, adults and

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seniors. Our team now includes several licensed psychologists, a licensed clinical counsellor and a speech-language pathologist. We provide comprehensive assessment for Attention-deficit Hyperactivity Disorder, Specific Learning Disorders and Intellectual Disability. By time of press, we will be offering comprehensive bilingual speech-language assessments, and will be adding Autism Spectrum Disorder assessment and Occupational Therapy services very soon. We are recruiting nationwide to rapidly grow our capacity and to add First Nations clinicians to our team.

As a family-centred practice, we are proud to offer outreach services to First Nations communities, extended clinic hours and weekend appointments. We offer virtual appointments, in-clinic services, and will soon be adding group-based psycho-education.

### Putting Youth First.

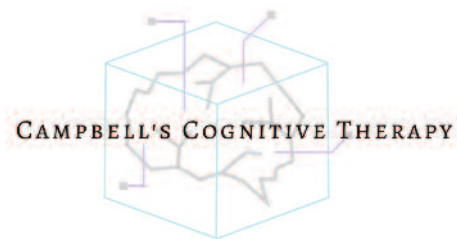
We started this practice because we know that evidence-based treatment is essential improving the lives of the children and families we serve. We offer cognitive-behaviour therapy because it has an overwhelming evidence-base in treating a range of

disorders, addictions and psychological problems, and we see it working every day in our practice.

We also know that building strong, resilient, and compassionate communities from the ground up is a crucial component of positive mental health outcomes. Athletic participation and educational achievement are keys to stronger communities, thus, we are proud to be the only psychology clinic in the country to our knowledge to directly **donate 20% of profits** to youth in the forms of athletic grants and academic scholarships.

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For our full list of services, please visit our website [www.campbellscognitivetherapy.ca](http://www.campbellscognitivetherapy.ca). Also keep an eye out for our monthly grants and scholarships.



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## Blue Moon for Halloween

This October 31st, Halloween night will be lit by a blue moon. The moon won't actually be blue, it's the name given to the 2nd full moon in a calendar month. The first full moon of the month is on October 1st.

Blue moons are a relatively rare occurrence that happen once every two and a half years on average, according to NASA's National Space Science Data Center.

Originally, in the early 1900s, the term "blue moon" was used to refer to a related phenomenon, when four full moons occurred within a given season.



## October Full Moons

Oct. 1 and  
Oct. 31 - Blue Moon

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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. October 23 is the deadline to send in photo submissions for the next article.



**Above:** Miramichi Golf Course Clubhouse by Bonnie Coughlan

**Left:** A gathering of Cormorants by Edna Dennison



The night sky by Mathew Despres.



A beautiful day for a sail, by Terry Matchett.





The Priceville Footbridge between Doaktown and Upper Miramichi.  
 Photo by Hugh Somers.



Sunset over the Miramichi River, by Jean Joudry.



Starling in the crabapples, by Bonnie Coughlan



Lowtide on the mighty river, reflecting the Centennial Bridge, by Ian Fryett.



French Fort Cove displaying her fall colours.  
Photo by Verica Leblanc.



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Parts Manager



**Nick Breau**  
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**Bobby Furlotte**  
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**Samantha Larochelle**  
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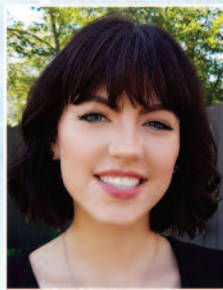




Dr. Shantel Bekker,  
MBCHB (UP), Dip Aesthetic  
Medicine, Dip Obs



Kelly Whelan, BNRN



Abby Bath, BSc

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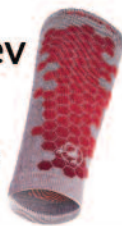


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