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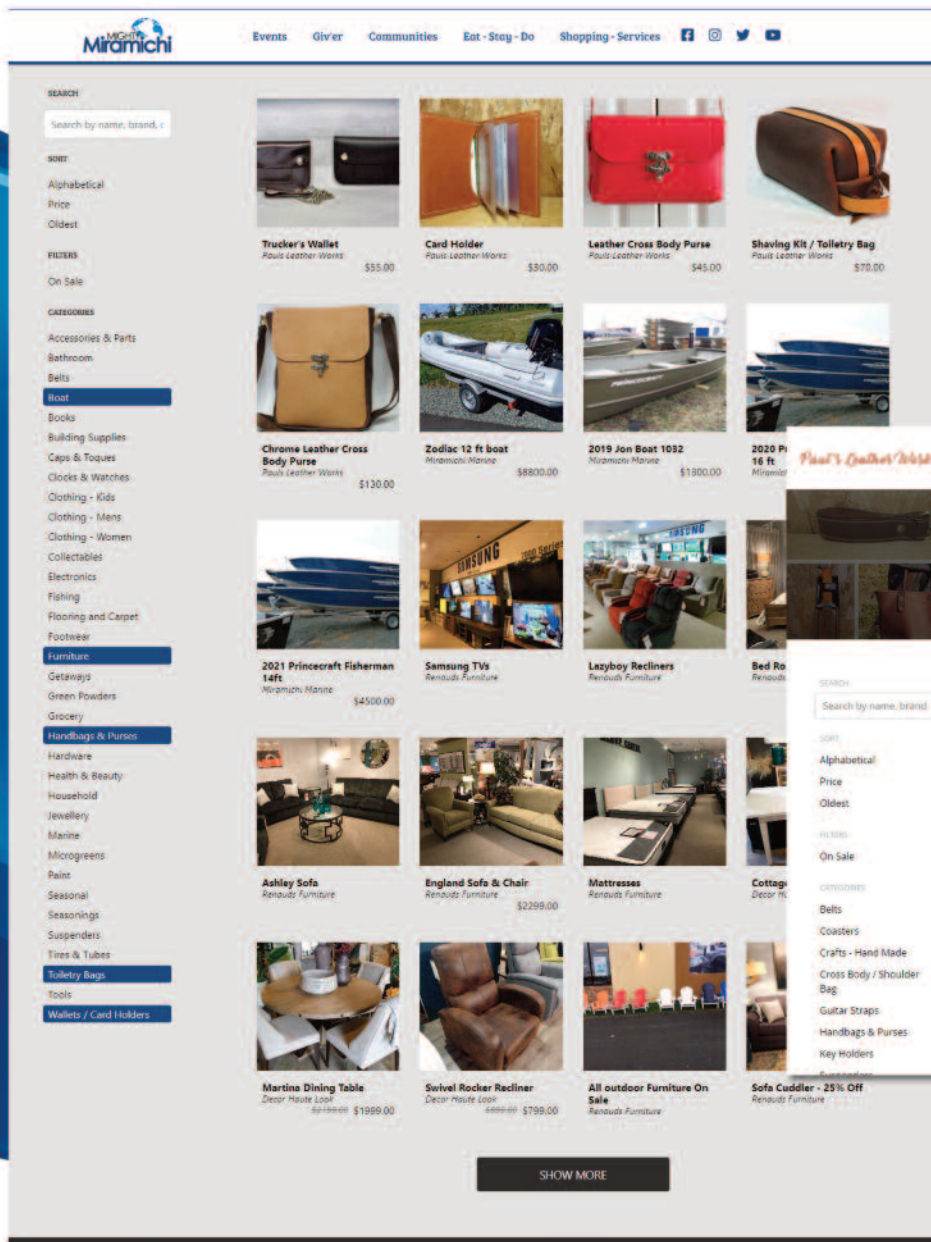
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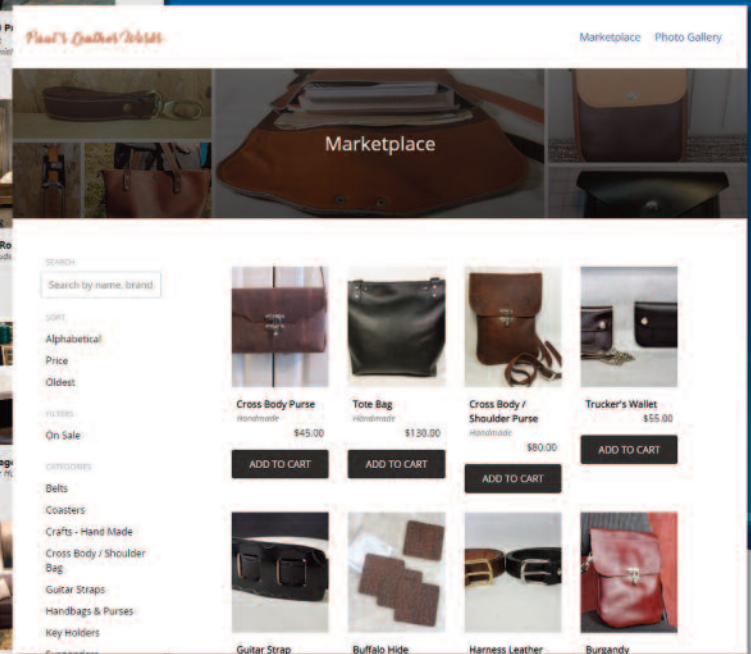


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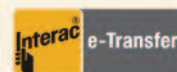
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Career Quest

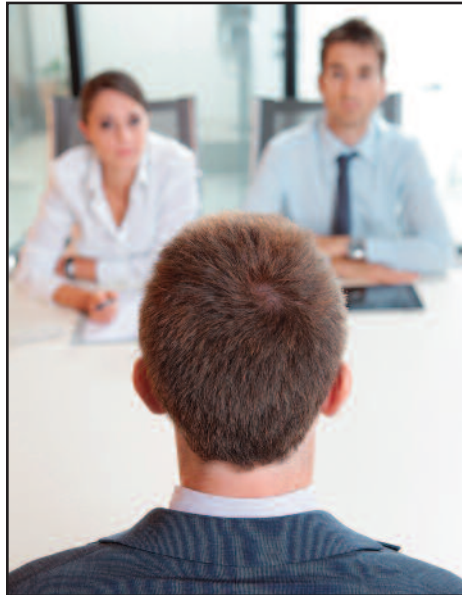
Helping Adults with Autism find Employment

Autism Resources Miramichi (ARM) is excited to announce the launch of Career Quest, a new program offered in partnership with Autism Nova Scotia.

Career Quest is a program that teaches and supports the navigation of job searching. This program differs from our Employment Skills Program, which teaches on-the-job skills.

Career Quest supports the next phase of job searching, allows participants a chance to explore career interests, and is designed for adults with autism who want to work. It's a supported job searching group where participants will develop and apply newly learned job searching skills, with the goal of gaining paid employment. Participants will spend two hours, twice a week actively job searching while being supported by a coordinator. **The program will be offered virtually**, making it accessible to all New Brunswick residents.

Important job skills include forming habits such as applying for 1 job each week, keeping a copy of those you have applied for and



tailoring a cover letter for each application. Consistent searching and forming these habits are effective techniques to job securement. Mock interviews, direct support and employment coaching are integral to this program and offer needed support in difficult areas. This program is offered free to those who qualify. If you are or know an adult with autism who wants to work, please call us at 622-8137 or email arm@nb.aibn.com.

Autism Resources Miramichi is thrilled to be able to offer this new program to those who may be

struggling with maintaining employment or who may be underemployed. Our anticipated start date is February 2021.

ARM will also be offering the **Employment Skills Program**, which covers a wider variety of on-the-job skills such as communication, problem solving, employer expectations, workplace hierarchy, self-advocacy and more. This 30-week program is for young adults with autism who have graduated from high school or older, who may or may not have held previous employment and need direct support to learn these relevant skills. It is delivered in a group setting and participants are matched with an employer to earn wages and are fully supported by an on-site instructor and job coach. This program has been running for approximately 5 years and has seen much success for the majority of our participants. It is also offered free of charge and seating is limited. Call us at 622-8137 or email arm@nb.aibn.com for further information.

Cover Photo: Devils Brook Falls located southwest of Miramichi, accessed off route 108. Photo by Derek Deredin.

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

Looking for More Local Events?

Visit www.mightymiramichi.com to find more events and also add yours to the online **community events calendar**.

Feb. 16: Shrove Tuesday (Take-Out) Pancake Supper

Enjoy Pancake, sausage, homemade beans and dessert by take-out at St. Andrew's United Church, 188 Wellington Street, from 4 to 5pm. Tickets are \$10 per person. Call Karen 773-9932 to reserve yours.

Feb. 20: The Coldest Night of the Year

The Coldest Night of the Year (CNOY) is a covid-safe, family-friendly walk to raise money for charities serving people experiencing homelessness, hurt, and hunger. Walk with Miramichi Youth House (virtually) to help them reach their fundraiser goal of 25,000! Funds will go towards the operating costs of Miramichi Youth House. Get a team together and visit their FB page at www.facebook.com/MiramichiYouthHouse for CNOY updates and to see videos from Mayor Adam, Fletcher's Farm and teams who are joining the cause.

Miramichi Youth House, Inc. has been supporting young people in Miramichi and the surrounding areas since 1998. Miramichi Youth House believes in strong community relationships and building new resources to help the youth in our community. Join us on Feb. 20 and share pictures and videos of your walk!

Feb. 20: BLOW UP YOUR TV-An Evening of John

Prine The Kinsmen Club of the Miramichi are proud to present a dynamic group of John Prine performers at the Kinsmen Club, 100 Newcastle Blvd. Featuring Award winning Saint John singer/songwriter - Brent Mason,

Music NB's emerging artist of the year - Kylie Fox, Multi-Instrumentalist - Sandy Mackay, and Miramichi's very own singer/songwriter-Wade Hallihan. Doors open with Happy Hour at 6 pm, Show time: 7 pm. Only 100 tickets available. \$20 - Reservation and e-transfer at: mirakin@nbnet.nb.ca *Social distancing and masks are mandatory.

Searching for Miramichi Roots

I live in Ventura, California and am doing genealogy research on my family.

I can trace my Davidson ancestors back to James Davidson (1804-1862) who lived in or around Nelson. The 1851 Census shows him as a farmer and his "COE" (which I believe is entry in province) as 1830. He married Harriet Saunders (1818-1899) also from Nelson.

They are buried together in the Saunders Cemetery near Chelmsford on the bank of the Miramichi River. Attached is a photo of their grave stone. I believe you can see a sliver of the Miramichi River in the background. I am the g grandson of their son Alfred Alexander Davidson who was born in Nelson in 1851 and died in Fredericton in 1929.

The website middleislandmiramichi.com reports that James Davison Esq. surveyed the island in 1830. I doubt this is by gg grandfather. I am seeking information to find out when and where my gg grandfather arrived in your area. Records and old notes in my possession indicate he came from Aberdeenshire, Scotland, possibly the village of Insch. I would like to speak or email with anyone who might have more information.

Thank you, Bob Davidson

Email: bobdavidson7@gmail.com Tel: 310-975-9031

Thanks so much for your help. Hopefully I can visit the Miramichi in the future.



Photo source: findagrave.com



This winter season I encourage you to explore, enjoy and experience all the activities Miramichi has to offer while following all Public Health guidelines.

Cet hiver, je vous encourage à explorer, à profiter et à vivre toutes les activités que Miramichi à offrir tout en respectant toutes les lignes directrices de santé publique.

Pat Finnigan

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Tips for Building Your Own Rink

from Northumberland Timber Mart

Building your own rink for kids and adults to enjoy is a favorite Canadian past-time. Here are some tips to ensure your success.

Materials Needed

- Sub zero temperatures
- Level surface
- A border to contain water
- Water!

Method 1 - Bare Ground Base

Materials:

- Wooden border (frame) of 2" by 8" lumber, in your desired rink size.
- A tarp large enough for your desired rink size plus extra all around to wrap tarp on inside and outside of wooden border. (A white tarp will resist melting)

• Extra lumber, brackets and screws to assemble frame. (Build brackets on outside edge of rink frame)

Directions: Assemble frame on clean ground. Lay tarp over the frame and tuck the material firmly into the corners and inside edge of frame. Fold remaining tarp up and over the frame and nail to outside edge. Flood the rink. (See flooding tips.)

Method 2 - Snow Base

Materials:

- 10-15 cm of snow
- Shovel



Directions: Pack down snow so it is hard and level. Build up a dense low snow bank around perimeter of rink at least 30 cm high to contain flood water. Lightly soak your snow base and wait for it to freeze. Then, gradually add to your base over several days. (See flooding tips)

Flooding Tips:

- A garden hose nozzle with spray settings allows for greater control.
- A lawn sprinkler can be set up and left for awhile - on't forget to re-position it!
- If you have an incline, start at the top of the hill!

- Too much water at once results in splintered ice. Build a foundation and add slowly.
- Experiment with using warm and cold water. A nice hot water bath on the final crust helps smooth the surface.
- Remember to bring the hose inside when not in use!
- Specialized rink-surfacing tools that attach to a garden hose can be found on-line or at hardware stores.



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One Dress, Two Young Girls, and a Royal Visit

By Barbara MacIntosh, Miramichi Historical Society

In June of 1939, King George VI and Queen Elizabeth, the parents of Elizabeth II, were on a cross country tour of Canada. On the agenda was a train journey from Quebec City to Newcastle where the royal couple would end their train trip and travel by car to Fredericton. At the Newcastle station they would be greeted by local officials, veterans of World War I and schoolchildren and as was the custom, addresses of loyalty and welcome would be expressed and a bouquet presented to the queen.

In Newcastle, Nora, the daughter of Mayor D.S Creaghan and Marjorie, the daughter of Harold Davidson and great great granddaughter of William Davidson the first Scottish settler on the Miramichi, were selected to present the flowers to the queen. Pictures of the event show the girls wearing matching silk chiffon dresses with the frills and wide sashes and bows fashionable at the time for young ladies.

According to Creaghan family lore, the dress worn by Nora was originally designed for another girl, the Princess Elizabeth and the second dress for her



L to R: Nora Creaghan, Mayor Donald S. Creaghan, Marjorie Davidson (presenting flowers), Queen Elizabeth and King George VI. Newcastle Station, June 13, 1939.

sister Princess Margaret Rose. Whether the dresses are original dresses from the workshop of Norman Hartwell of London or copies is not known but makes for interesting speculation.

Pictures show Nora curtsying and Marjorie presenting the flowers. Imagine, did Queen Elizabeth notice the

dresses - did the design, the colour, the frills seem familiar? Did a little corner of her mind's eye recognize what these girls were wearing? After all, she was the mother of girls and was known to be very fashion conscious. What might she have thought? King George asked the girls their ages and remarked to the





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queen that they were the same size as their own children.

Every detail of royal trips is planned well in advance so perhaps the Hartwell design house was suggested as a source of an appropriate dress and the two yellow dresses, supposedly turned down by the Princesses' mother came to mind. And J.D. Creaghan Co. as dry goods retailers, was ideally situated to have access to English companies.

Details of the primrose coloured dress include 21 small, covered buttons on the back, hand sewing, a gathered waist and a net and taffeta underskirt in addition to the taffeta sash and large bow on the back. On display for many years at Rankin House, the dress is now to be included in the fibre and clothing collection of the New Brunswick Museum in Saint John.

Newspaper accounts of the royal journey made from Newcastle to Fredericton are a fascinating glimpse into another era. In addition to the accounts of the official receptions afforded the royal couple are interesting little notes of how Newcastle and the little villages along the route turned out to greet the entourage.

In Newcastle school children were lined up near Harkins to view the couple as they drove down what was Prince William Street, now Newcastle Boulevard to King George Highway. Prisoners at the County Jail, situated at



Above L to R: Nora (Nonie) Creaghan and Marjorie Davidson. Nora Creaghan's dress, pictured left, was designed by Norman Hartwell, the dress designer for Queen Elizabeth II. It will now be included in the fibre and clothing collection of the New Brunswick Museum in Saint John.

that time on a corner of Harkins school yard, built bleachers for themselves to better see the royal car.

The road to Fredericton was not paved at the time and a water truck went in advance and laid the dust, the cars travelling at the stately pace of 30 to 40 miles an hour. Millerton had an arch of evergreen boughs from side to side above the road and a rest stop was made in Doaktown for tea. And in the small communities all along the road were cheering flag waving local people. The newspaper articles made mention of how different this trip must have been

for the king and queen after their tours of bustling cities and thousands of people-- endless green trees on a dirt road!

Compiled by Barbara MacIntosh from the files of the Miramichi Historical Society, original newspaper accounts, and the website, www.creaghansofnewbrunswick.com

A close-up photo of Michelle Conroy wearing a white face mask with the words "be kind" written in black cursive. She is outdoors in a snowy environment.

Dear Miramichi;

Just wanted to let you know I have been thinking of you, and I hope that you and your family are well. Please be safe and take care of each other. We'll get through this.

Michelle

The coat of arms of the province of New Brunswick, featuring a shield with a ship, a lion, and a unicorn, topped with a crown.

Michelle Conroy
 MLA, Miramichi
 3-635 Water Street
 627-1684
michelle.conroy@gnb.ca

The Sooner You Talk About Dementia, the More We Can Help - *The Alzheimer Society*

“No one should have to face this disease alone” – Alzheimer Society of NB aims to connect individuals affected by dementia to supports sooner.

The Alzheimer Society wants to bring dementia out of the shadows, and help connect individuals affected by dementia to supports. A diagnosis of dementia can be incredibly isolating, but the Alzheimer Society wants people to know that it doesn't have to be.

“All too often we hear from families that they wish they knew what services and programs were available to them earlier in the progression of the disease,” says Chandra MacBean, Executive Director of the Alzheimer Society. “The earlier you call us, the more we can help.”

Even though early access to service results in a better experience of those affected by dementia, it is never too late to call the Alzheimer Society, explains MacBean. “Whether you have concerns that someone in your life may be developing a form of dementia, have been recently diagnosed with dementia, or have been traveling the dementia journey for several years, you can always reach out to the Alzheimer Society.”

With no known cure for the disease, **the best defense against dementia is accessing supports early and planning for the progression of the disease.** Research shows that early interventions improve the quality of life of people living with dementia and their caregivers and families. Reaching out early can help families to plan, learn about community supports that are available, and in turn reduce the incidence and severity of crisis situations.

However, despite the benefits of early interventions, one in five Canadians admit the stigma against dementia would keep them from reaching out for help, if they were diagnosed.

Meet Dale Morehouse

Dale Morehouse was diagnosed with young-onset Alzheimer's disease 7 years ago at age 58. He lives in Blissfield, NB with his wife Cindy.



Dale Morehouse of Blissfield NB, diagnosed with young-onset Alzheimer's disease, is standing next to a copy of the Charter of Rights for People with Dementia, a project he contributed to while sitting on the Advisory Group.

Upon his diagnosis, Dale was connected to several community services that helped support him on his dementia journey, such as the Alzheimer Society of NB and the Doaktown Community Library. He is a fierce advocate for those living with Alzheimer's disease and is very passionate about bringing awareness to the cause.

Dale and his wife Cindy have used several of the services offered by the ASNB, and are founding members of our Mind-Body Connection program, a program tailored to the needs of those living with young-onset dementia and their care partners.

It's been important for Dale to be transparent about his diagnosis, and to not let it slow him down. Dale continues to do all the things he loved before receiving his diagnosis, and is an excellent example of someone who continues to live well with dementia. He works as a Propane and Natural Gas Inspector at NB Public Safety.

Dale sits on a national Advisory Group of people living with dementia. This Advisory Group plays supports the Alzheimer Society's fight against stigma by influencing what research is funded, guiding the education materials developed and advocating directly to the federal government.

“The dementia journey is made easier by being open about your disease. Always be willing to talk about the challenges and the help available out there by sharing your highs, lows, struggles and victories with others. Your story may bring hope to someone starting this journey themselves.” – Dale Morehouse

The Alzheimer Society of NB wants people to know they don't need to face dementia alone. They provide programs and support services to help people living with all forms of dementia and their caregivers and families, at all stages of the disease.

If you need support or want more information on our services, visit our website www.alzheimer.ca/nb or call the toll-free information line at: 1-800-664-8411 or email info@alzheimer.nb.ca

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Great Diversity of Birds Found During Christmas Bird Counts

By Pam Watters and Dave McLeod

Started in 1900, the Christmas Bird Count is North America's longest-running Citizen Science project.

Nature Miramichi recently organized three Christmas Bird Counts (CBC) – the Red Bank/Sunny Corner CBC on December 19, the Miramichi CBC on December 20, and the New Jersey/Neguac CBC on January 3.

These counts are done each year between December 14 and January 5 in an established 24 km diameter circle. The results are submitted to a New Brunswick provincial coordinator, and entered into the Birds Canada/Audubon database of Christmas Bird Counts. This data helps to assess the health of bird populations and make decisions on conservation efforts.

We had record-breaking counts for the number of bird species observed this year - **over 4,500 birds of 47 species** were recorded on these three counts! The most numerous species on all counts were Common Redpolls, Evening Grosbeaks, Black-capped Chickadees, Rock Pigeons, and European Starlings.

On the Miramichi count, **Mallards** were one of the most numerous species. It's interesting to note that Mallards are now one of the most abundant species on the Miramichi CBC considering that they were never recorded on our Christmas Bird Count until 2005 when 5 Mallards were found! They have been steadily on the increase.

There is quite an influx of **Northern Cardinals** in the area this year and many people are noting these lovely visitors at their feeders for the first time ever. Another species that



Northern Cardinal (male) (Peter Gadd photo). This year many people in the region saw the Northern Cardinal at their feeders for the first time ever.



White-breasted Nuthatch (Phil Riebel photo). This species also seems to be expanding their range northwards and was a welcome first-time visitor to many this year.

people are seeing for the first time at their feeders is **White-breasted Nuthatch**. Both these species seem to be expanding their range northwards.

We also found high numbers of Blue Jays and Canada Jays.



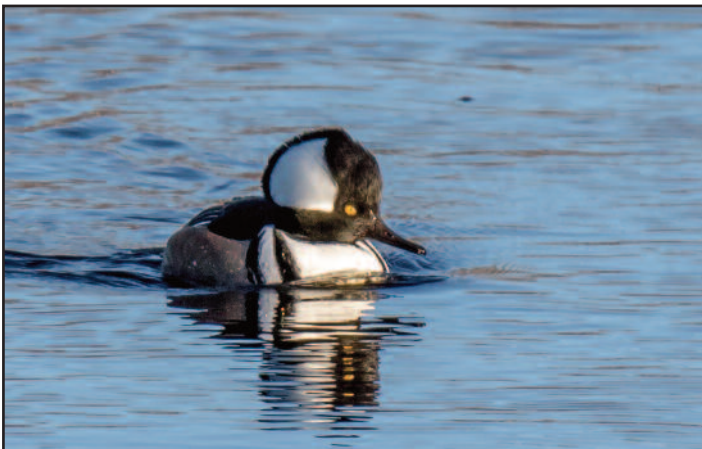
Tufted Titmouse (Mitch Doucet photo). A Tufted Titmouse was seen in Loggieville during the CBC marking the first time this species was recorded in Northumberland County.

Highlights of the CBCs include:

Due to the open water areas this season, we were able to see a nice variety of waterfowl. A beautiful male Hooded Merganser was seen in the open water under the Napan bridge – this is the first time we’ve ever had a **Hooded Merganser** on the count. An abundance of sea ducks was noted in the open water of Miramichi Bay off Hay Island including 210 Long-tailed Ducks, 64 Red-breasted Mergansers, 55 Common Goldeneyes, 2 Black Scoters, and a single Bufflehead.

A female Baltimore Oriole was visiting a feeder in Millbank, and a Rough-legged Hawk was sighted on the Miramichi count – these species have only been recorded once on previous CBCs. A Common Grackle was spotted in Sunny Corner – although this species is common from April to October, seeing one in the winter is quite a treat. A Black-backed Woodpecker was recorded on the Red Bank/Sunny Corner count, another species that we don’t get to see too often.

A **Tufted Titmouse** was photographed in Loggieville during the count period. As far as we know, this is the first time this species has been recorded in Northumberland



Hooded Merganser (Peter Gadd photo). A male Hooded Merganser was seen in the open water under the Napan bridge – the first time one has been noted during the count.



Long-tailed Duck (Phil Riebel photo). In the open water of Miramichi Bay off Hay Island, 210 Long-tailed Ducks were counted.

A photograph of shelves stocked with various cans of SICO paint. A red banner is overlaid on the image.

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A photograph of shelves stocked with various packets of seeds. A red banner is overlaid on the image.

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County – quite an amazing sighting. Unfortunately, it only stayed around for one day.

We also recorded some unusual species during the count period (December 14-January 5) such as Red-bellied Woodpecker, Rusty Blackbird and a Yellow-rumped Warbler to bring the total number of species seen over this period to 55.

As the Christmas Bird Counts show, it is a great winter for Common Redpolls, American Goldfinch, Pine Siskins, Pine and Evening Grosbeaks, and Bohemian Waxwings! Enjoy and appreciate our lovely winter visitors!

The **full results of the counts** are on the Nature Miramichi website at: www.miramichinaturalistclub.com/christmas-bird-mammal-counts/

Thanks to everyone who participated and helped to make the counts a success! **If you would like to participate in the 2021 CBCs** by



Rusty Blackbird (Peter Gadd photo). Photographed at Sunrise Drive in Miramichi, during the count period.

submitting a tally of birds at your feeder/yard, please send an email to Pam Watters (watterspj3@gmail.com) or Dave McLeod (mcleodda@nbnet.nb.ca) and we will add you to the contact list for next December.



Pine Grosbeak (female) (Phil Riebel photo)



Red Bellied Woodpecker (male) (Peter Gadd photo)



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Northern Cardinal (Female) (Peter Gadd photo)



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Winter at the Miramichi Cross Country Ski Club

By Deana Gadd

We are up and running (oops, skiing)! As this winter the Miramichi region has been provided with such little snow, the Miramichi Cross Country Ski Club (MCCSC) has benefited greatly from significant trail improvements made this past summer and we have been able to start skiing in January with a minimal amount of the white stuff. And the skiing has been good.

The club is operating with a COVID -19 plan in place that sees mask wearing inside and minimal time spent in the clubhouse. Outside, a mask is only necessary if you are within two metres of someone outside your household. At the time of writing, we are in the orange level of requirements.

The orange level permits MCCSC to keep the **youth ski programs** going as they had started while we were in the yellow level. The **Track Attack lessons** for older children have been taking place on Saturday afternoons, with younger **Bunny and Jackrabbit children's lessons** on Sunday afternoons. Although we have not been able to gather the young skiers inside for a treat of cookies and hot chocolate, we have had some mild days and been able to enjoy these while physically



Youth participating in the Jack Rabbit Program.

distanced outdoors.

The **Miramichi biathletes** have been enjoying the use of the recently completed national standard biathlon shooting range and associated refurbished trails. They train several times a week through the winter and make use of the shooting range throughout the year.

The **clubhouse is open**, and ski and snowshoe rentals are available for all ages. The equipment is sanitized between uses. The clubhouse is open from 10 am to 9 pm, Monday to Saturday, with 4 km of lighted ski trails

for use after dark. On Sunday we are open from 10 am until 5 pm. A pulk (sled) can be rented for \$2 to pull a toddler on the ski trail. Users would need to bring their own blankets or small sleeping bag to use with the pulk.

The ski club has recently named a portion of the 8 kilometre Orange Trail the "**Jan Truka Loop**" in honour of one of the club's founding members who passed away this past January. Signs marking the loop were donated by Sign Warehouse and the club thanks them for this kind offer. Jan was involved in the ski club from its beginning in 1975 up





A pulk (sled) can be rented for \$2 to pull a toddler on the ski trail.



Track Attack skiers practicing downhill techniques

until 2020. He was the first ski instructor for our club and introduced many people to skiing. The Orange Trail is part of the MCCSC loppet trail and these signs include a photo of Jan taken during one of the many times he participated in this event.

A loppet is a Nordic term for a mass participation ski event for skiers of all levels and ages. Although some skiers treat it as a race, there is not a timed winner. Trophies are given for the oldest and youngest skier, the club visiting from

away with the most participants and the family with the most skiers. Subject to the COVID -19 restrictions at the time, we will be holding our **annual Ray Thibodeau Miramichi Loppet on Sunday March 14**. A youth loppet will be held the day before on Saturday March 13.

More details about the ski club can be found on our website www.skimiramichi.com or on our Facebook page. We invite you to enjoy winter, whether on skis or snowshoes, at MCCSC.

Spring Ahead

Daylight saving time 2021 in Canada will begin at 2:00 am on Sunday, March 14

1 hour forward

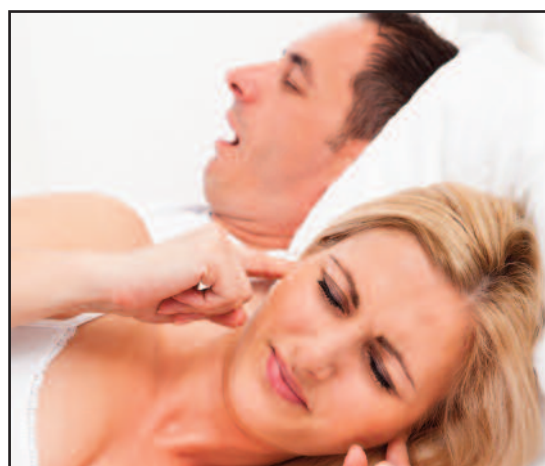
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Family Features

Plant-forward eating should be easy and delicious - and it can be. Rather than follow strict rules, simply add plant foods like fruits, vegetables, nuts, beans and grains to more meals throughout the day.

Walnuts, for example, are a kitchen multi-tasker with uses well beyond baked goods. In fact, walnuts can be used as a simple, whole-food meat alternative. One ounce of walnuts contains important nutrients including 4 grams of protein, 2 grams of fiber, 2.5 grams of monounsaturated fat, 13 grams of polyunsaturated fat and 2.5 grams of essential omega-3 alpha-linolenic acid.

Try walnuts as an alternative to meat in recipes like Walnut Meatless Meatballs or Pizza with Plant-Based Walnut Crumble, and find more plant-forward recipes at www.walnuts.org/plantrecipes.



Source: California Walnuts

Walnut Meatless Meatballs

Total time: 42 minutes

Servings: 4

- 1 tablespoon olive oil
- 1/4 cup minced onion
- 1 teaspoon minced garlic
- 1 tablespoon tomato paste
- 1/2 cup California Walnuts, chopped
- 1/4 cup cooked brown rice
- 1/4 cup chopped roasted red peppers
- 1/4 cup panko breadcrumbs
- 1/4 cup Parmesan cheese
- 1 tablespoon Italian seasoning
- 2 tablespoons chopped Italian parsley
- 1 egg, beaten

Preheat oven to 375 F and line baking sheet with parchment paper.

In small skillet over medium heat, heat oil. Add onion and garlic; saute 1 minute. Add tomato paste and cook 1 minute. Transfer to food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, Italian seasoning, parsley and egg. Pulse until combined but not mushy.

Form into eight equal balls and place on prepared baking sheet. Cook 12 minutes, or until firm to touch. Serve with sauce of choice.



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March 14 - Daylight Savings

Turn clocks ahead 1 hour - Spring Ahead!

April 4 - Easter Sunday



Easter is celebrated on the first Sunday following the full Moon that occurs on or just after the spring equinox. In 2021, the spring equinox happens on Saturday, March 20. The first full Moon to occur after that date is on Sunday, March 28. Therefore, Easter will be observed on the following Sunday, which is April 4.

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Miramichi Ground Search and Rescue in Action

By Philippe Gauthier, Paulette Arsenault and Daniel Jacques

Many of you probably know what Miramichi Ground Search and Rescue (MGSAR) is and what it represents, but most of you may not.

For the past three years, Miramichi and MGSAR were the hub for the **training of all nine chapters of GSAR members in New Brunswick**. To achieve this, the Miramichi Executive committee worked tirelessly in developing a training program to meet the stringent needs and requirements for all participating chapter members. In doing so, it developed a unique expertise for on-going training for Searchers, Search Managers, Planning and Operations Managers, Field Team Leaders, Logistics support, Mapping and GPS technical support, and many other administrative functions.

This success could only be achieved with the dedication and professionalism of its members and, while focused on search and rescue operations, MGSAR is also **active in helping community events** such as: the Striper's Cup, Irish Festival, Rock & Roll Festival, Trunk or Treat, Fletcher's Farm Haunted Corn Maze, Police Week Parade, Canada Day Parade, Downtown Music Festival, Miramichi Sports Hall



Members of MGSAR having fun at the mock search exercise held at French Fort Cove, November 14, 2020.

of Fame and many more events.

MGSAR has the largest land area to cover compared to all other GSAR chapters. We are often called on a moment's notice, to help other chapters during crises like the last Ice Storm in Bathurst or the Fredericton flooding. We also help the Miramichi Police and the RCMP in locating people lost in the city or remote areas like the Brandon Martin, Dungarvon or Nelson cases.

MGSAR's success is solely dependant on the dynamism of its members and their preparedness to drop everything, not with-standing rain, snow, cold or hot weather, meet at a designated place, and report to an Incident or Search Manager that is often far away from our base. Since the safety of the search teams are paramount in every search or exercise operation, a designated Safety Officer has the



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authority to call back searchers if a search is deemed unsafe. This protocol prevents searchers from becoming liabilities themselves and protects the cohesion of the organization.

MGSAR is called upon for many types of searches: lost children, autistic people, despondent person, elderly people, people with mental health problems, hikers, hunters, campers, are just a few situations where we are asked for help with not a moment to waste.

Training, training and more training is what keeps MGSAR members alert, willing, and prepared to meet the challenges presented to them. The bond and unity developed between GSAR members is the key to their success, so that when called upon, they can hit the ground running.

Our membership is composed of women and men, young and old. MGSAR is always looking for new recruits. If you're interested please contact us at: join@mgsar.ca
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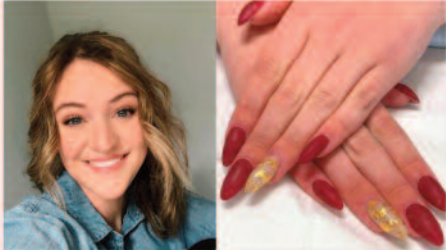
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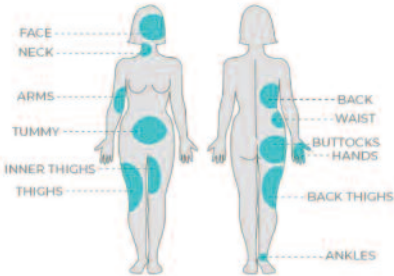
Divine MediSpa is excited to welcome Emma Septon, a Medical Aesthetician to the team.

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Health Care on the Square with Treena Sutherland

The health care of my home community of Miramichi has always been especially important to me. In these very challenging times, I thought it would be important to answer a few frequently asked questions about the COVID-19 vaccine which has just been introduced to the markets.

How does the COVID-19 vaccine work?

The purpose of all vaccines is to help slow down or stop the spread of infectious diseases. They do this by training our immune systems in creating antibodies to combat pathogens, such as bacteria or viruses.

Two of the leading vaccines in circulation for COVID-19 (Pfizer and Moderna) work similarly to vaccines we are already accustomed to. These two vaccines in particular use mRNA technology (messenger RNA). mRNA naturally occurs in our own bodies and is an important part of making proteins.

"mRNA vaccines contain material from the virus that causes COVID-19 that gives our cells instructions for how to make a harmless protein that is unique to the virus. After our cells make copies of the protein, they destroy the genetic material from the vaccine" (Centers for Disease Control and Prevention, cdc.gov). You cannot get COVID-19 from the vaccine.

If I have already had COVID-19 and recovered, do I still need to get vaccinated?

Yes. There is evidence from the clinical trials that shows the vaccines may provide more immunity and last significantly longer than the antibodies produced after you have been infected with the virus itself. So, it is a good idea to get vaccinated even if you have had the coronavirus.

Is the vaccine safe?

All the COVID-19 vaccines in the market have gone through meticulous clinical trials and scientific studies to ensure the benefits greatly outweigh the risks and that they are as safe as possible.

When can I get vaccinated?

NB Public Health has established a schedule that can be reviewed on their website at www2.gnb.ca

I hope this has been helpful in answering just a few questions about COVID-19 vaccinations. Getting vaccinated is an important step in protecting yourself and others from COVID-19

Wear your mask, wash your hands and stay safe.



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Above: Rob MacTavish at the French Fort Cove Bike Skills Park.

Fat Biking at French Fort Cove

By Becca J. Richard, Bike Miramichi

Bike Miramichi Inc would like to announce we have acquired equipment to groom some of our beautiful trails at French Fort Cove for fat biking, with the support from the City of Miramichi, a donation from Chatham Rotary Club, and funds from our membership.

What are fat bikes?

Fat biking is becoming more and more popular among the cycling communities. Fat bikes are off-road bicycles with oversized tires designed for riding on soft, unstable terrain. It is an excellent bike to ride year-round but more commonly used to ride in snow, which is an added benefit to stay active and healthy during the winter months while also providing a family friendly activity.

Winter trail users can keep an eye out for new signage that will be posted along the trails regarding winter trail etiquette. If your tires are sinking on the trail while fat biking, reducing the pressure in your tires will keep you on the top crust of the snow trail. If you enjoy walking the trails, we strongly encourage you to use snowshoes to prevent sinking of your feet.

Bike Miramichi asks trail users to purchase a trail pass to help support the club. Trail pass fees can be found on our



Above: L to R: Paul Hill, Todd Smith, Charles Fives, Dave Kane, Rob MacTavish

Facebook page Bike Miramichi (Mountain Bike).

Trail pass fees will help cover fuel, insurance, and maintenance of our trails. Trail passes can be paid via e-transfer to: bikemiramichiclub@gmail.com

As always Bike Miramichi is grateful to all the volunteers that put in the time for trail maintenance. If you would like to get involved with the club, please visit our Facebook page.



Right: Paul Hill fat biking on the newly groomed trails at French Fort Cove.



The War Amps Key Tag Service Celebrates 75 Years

The War Amps begins its 2021 key tag mailing to New Brunswick residents in February with the theme “You Are a Part of What We Do,” marking the 75th anniversary of the Association’s Key Tag Service and paying tribute to the public for helping make it a success.

In the letter accompanying the key tags, parents Tracie and Jeremy describe how The War Amps has supported their family, from the day their daughter, Michaela Blakslee, was born missing part of her left arm, as well as some fingers and toes.

As a member of The War Amps Child Amputee (CHAMP) Program, Michaela receives financial assistance for artificial limbs and devices and also attends regional seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

Michaela’s artificial arms, which she calls her “helper hands”, include one for everyday use and another that she uses for activities like bike riding. “Without the funding from The War Amps, it would be very difficult for us to get her any prosthetics at all,” says Tracie and Jeremy. “Whatever



Michaela rides her bike with the help of a special device

isn’t covered through our workplace insurance and the government, The War Amps steps in so she has these devices to help her through daily life.”

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s many programs, including CHAMP. The Key Tag Service continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.

For more information, or to order key tags, visit www.waramps.ca or call toll-free 1 800 250-3030.

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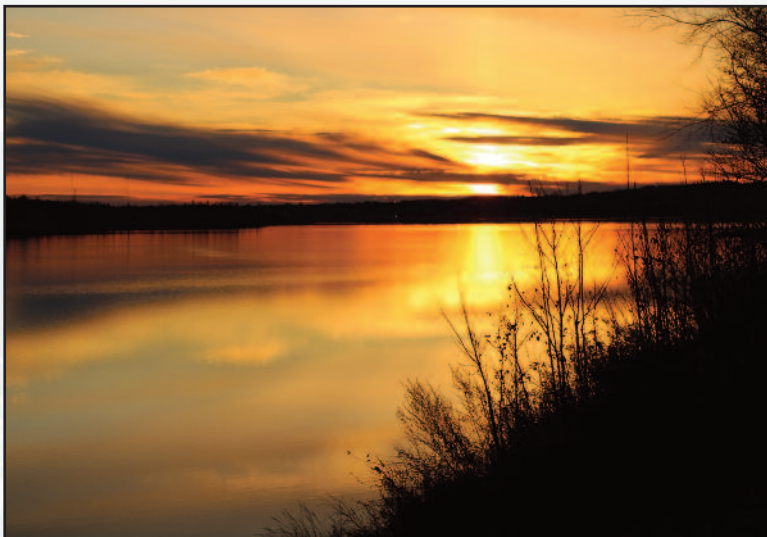
If you have photos, stories, tips or tidbits to share we always welcome your submissions. Send submissions to submit@mcgmedia.net. For photos, please send high resolution jpg's (not resized for email) and remember to include your name for the photo credit and the location where the photo was taken or description of the subject matter. Deadline for submissions to the **Spring 2021** issue is March 12.



Sun setting behind Beaubears Island and glowing through an ice heart.
Photo by Bonnie Coughlan.



The Bandstand at Chatham's Elm Park.
Photo by Robbie Stewart.



November sunset over the Miramichi river. Photo by Edna Moorhouse.



Full moon glowing orange in the night sky.
Photo submitted by Lavi Sharma and Sunny Kumar.



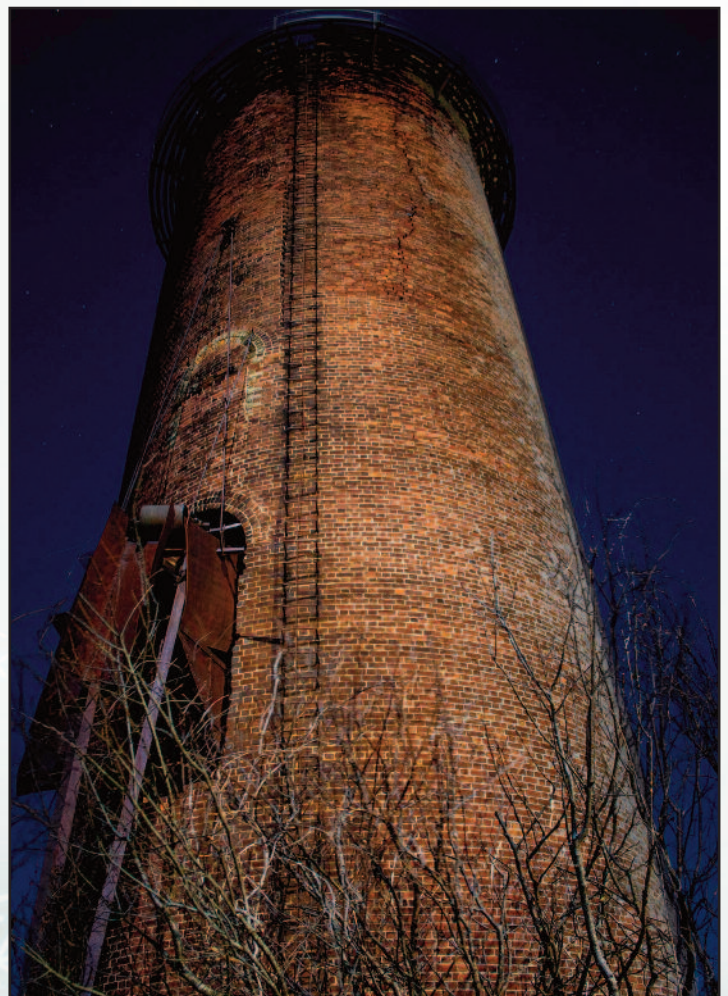
Tammy Gouchie sent in this photo of icy trees against a blue sky.



A country road in winter, with a few signs of fall still clinging to the trees.
Photo by Edna Moorhouse.



Bonnie Coughlan is showing some love for Miramichi with this Valentine's themed photo of a red ice heart on the Morrissy Bridge.



The Buckley Burner, built in 1917 for the Buckley Saw Mill at French Fort Cove. Photo taken by Mathew Despres, a few days before demolition began.



Matt Ellsworth

St. Patricks Drive in Nelson, after a light dusting of snow.
Photo by Matt S. Ellsworth.

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A striking sunrise at Esgehoopetij. Photo by Nelton Dedam

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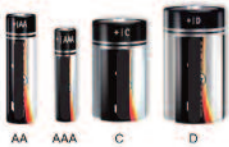
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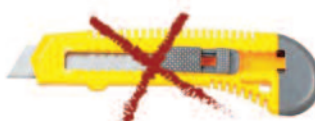
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