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Winter Issue 2022



Painting by Anne Maloney Assaff

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The image shows a man and a woman standing in front of a flower shop. The man is wearing a light pink polo shirt and the woman is wearing a white long-sleeved shirt and a black apron. They are both smiling. In the foreground, a laptop and a smartphone are displaying the website for 'Bayside Natural Health Centre'. The website features a header with navigation links: HOME, ABOUT, BODY CLEANSE, YOUR HEALTH, TIPS, DONATIONS, VIRTUAL CLEANSE, and CONTACT. The main content area has a large banner with the text 'TAKE PART IN OUR NEW VIRTUAL CLEANSE PROGRAM!' and 'Thrive! Reduce! Revive, Restore, Repair, Renew, Rebuild.' Below the banner are three columns of content: 'Live Blood Analysis', 'Body Cleanse and Virtual Retreats', and 'Health Tips'. Each column has a small image and a 'Learn More' button. The smartphone displays a 'Health Tips' section with a photo of a person standing on a rocky shore looking out at the ocean.

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Events

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The Annual Great Chocolate Walk returns this year from **Feb 7th to 14th**. Presented by Historic Chatham Business District, it features the Lover's Lane Water Street nightly drive thru with large red hearts illuminated on the light poles.

There will be specials and discounts offered at the shops and of course, delicious free samples of milk, dark, and white chocolate.

Park your car and take a stroll down Water Street to see what local business owners have to offer, and you're sure to find something to satisfy your sweet tooth!



Bonnie Coughlan

Seaman's Hospital Events and Updates

Quilt Raffle to raise funds for our Heritage Building. To purchase tickets, leave a message at 778-2349 or on our Facebook page. We will get back to you to arrange ticket distribution. Tickets are \$2 each or 3 for \$5. The draw will be July 1st, 2022. Here is a photo of the prize: a queen size bed quilt called *Labyrinth Walk*.



Private Quilt Shopping - If you need to buy a gift for a wedding, a new baby, a birthday, for a child leaving for college, or for yourself, consider buying a cozy **locally made quilt**. The Seamen's Hospital Craft Group will arrange a private showing to help you select a quilt. Let us know what you would like to look at (baby quilt, wedding gift, etc.), the size and colours, and we'll select quilts for you to view at your convenience. No crowds, no parking problems and no pressure! Leave a message with your name and tel. number at 778-2349 or on our Facebook page.

Seamen's Hospital Craft Group - As soon as it is permitted, we will meet again on Wednesday mornings at 9:30 until about 3 pm, at the Seamen's Hospital. Bring your project, lunch, \$3 for dues and "inside" shoes now that winter is here. Also bring enthusiasm, curiosity and a positive attitude!



Join the Miramichi Branch of the New Brunswick Genealogical Society

Upcoming Meeting Topics
 (currently meeting online via Zoom)

February 22 - Navigating the Anglican Registers.

Our guest presenter will be Daphne Wetmore. Daphne is the Vice President of NBGS, secretary of Saint John Branch and was a driving force behind the Registers project. She will give the history of the project and show us how to utilize this valuable on-line resource in our research.

March 22 - The Complexity of Searching Your Roots in Ireland (esp. Cork) - Including References to Historical Events/Search Sites in Ireland. Our guest presenter will be

Mary Anne Riordon Barry. Mary Anne is a retired teacher from the Miramichi area and currently resides in Pokeshaw (on the Irish coast of NB). Her focus is on both history and genealogy and she has visited Ireland eight times and Scotland five times.

Become a Member

With a membership you have access to NBGS Generations magazine, the Miramichi branch newsletter, and access to exclusive content and records on the website and at the Chatham Library. Access to other members of the branch and their experience and knowledge of local genealogy is invaluable. The individual membership fee is \$40/year. For more information visit the website at www.nbgsmiramichi.ca



Coldest Night of the Year

Hosted by Miramichi Youth House

Team up, walk, and fundraise!

Feb. 26

coldest
***night**
OF THE YEAR

Coldest Night of the Year (CNOY) is Canada's (un)official walk for those impacted by hurt, homelessness, or hunger.

This winterrific, family-friendly walk raises money and awareness as well as gives us an opportunity to come together for a cause. There are a lot of wonderful people out there that want to help but don't know how and this affords those folks an opportunity to make a difference.

Coldest Night of the Year launched in 2011 making this its 11th year and it is now a nationwide annual fundraising event held in cities all over Canada. **Miramichi Youth House Inc.** hosts this annual event for the Miramichi area to raise money for our operations as a not for profit in the community working with homeless youth and adults.

All money raised in the Miramichi area goes to Miramichi Youth House, Inc. where we provide a warm bed, a hot meal, and a safe environment because we believe everyone deserves these necessities in life.

We are asking the good people of the Miramichi to come together in a way like only we do time and time



Participants in last year's CNOY event in Miramichi. Above: (L to R) Lorraine Dean, Lindsey Fanjoy, Amanda Craig, and Samantha Fairweather

again for worthy causes and join us on Feb. 26, 2022, for the CNOY event.

Team up, walk, and fundraise!

It's cold out there... But there's no place like home.

Anyone interested in participating can create a team, fundraise to walk and/or volunteer to lend a hand on the day of the event. **The event begins at the Kin Centre in Newcastle** this year with opening ceremonies at 1pm before the walk which starts at 1:30pm. There will be a 2 km and 5 km marked route

with stops along the way. Participants can earn this year's fun toque by donating or raising \$150 for adults or \$75 for ages 17 and under. It's super easy to join a team or create your own by going to www.CNOY.org and following the instructions.

It is our hope this year to see a sea of folks sporting this year's toque and walking together. For more information contact us through our Facebook page or call the business line at 506-624-9909.

For details and updates on the walk, visit the Miramichi page on the national CNOY website: www.cnoy.org/location/miramichi

Saturday Feb. 26

CNOY Schedule

- 12:00 pm: Check-in opens
- 1:00 pm: Opening remarks
- 1:30 pm: Walker send off (all distances)
- 3:00 pm: Light meal served
- 4:00 pm: Check-in closes
- 5:30 pm: Rest stop closes
- 6:00 pm: Route closes

Cover Photo: Snowy Owl, painting by Anne Maloney Assaff. See more of Anne's work on page 8.

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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RECIPE FOR A CITY

While sitting here somewhat depressed
When day was at its start
Pondering my lack of skills
In culinary art

I thought it would be nice, just once
For all the world to see
In every cookbook in this world
My very own recipe

I racked my brain for quite some time
While gnawing at my toast
Alas! A recipe for a city
Was what we needed most

I left my place of leisure
To the kitchen I did stroll
And added these ingredients
Into my mixing bowl

First a touch of Chatham
I threw in quite a lot
Then I added Newcastle
To my culinary pot

I sprinkled in some Bushville
To blend the two above
Unfolding right before my eyes
A recipe of love

Loggieville was next to go
Into my mixing bowl
And then I added Douglasfield
To give it heart and soul

Taintville for its spirit
Was next into my pot
I needed spice so Chatham Head
Was next into the lot

I needed lots of beauty
So I threw in CFB
And when I needed sunshine
I added Nelson-Miramichi

Moorefield Road was needed
For a little charm and taste
And the crisp clean air of Ferry Road
Was much too good to waste

Nordin went next for beauty
Into my work of love
And Douglastown for body
For all of the above

All blended well together
For all the world to see
A recipe for paradise
The City of Miramichi

By Gabe LaPointe



Centennial Bridge in Miramichi
Photo by Gihyon Lee.

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March Morning, South Barnaby
Painting by Anne Maloney Assaff



Anne Maloney Assaff Painting the Beauty Around Her

Contributed Article

Miramichi artist **Anne Maloney Assaff** hesitates to call herself a self-taught artist. While she hasn't had formal art training, she has long been an avid student of art books and videos. "I don't want to ever stop learning. Painting is a skill like any other and can be learned. Once you understand the fundamentals, you're free to allow your personality to come through so it becomes a rich form of self-expression."

She has used that approach in teaching art lessons at Boys and Girls Club, and in local schools and also in giving lessons to adults.

How long have you been creating art?

Since I was old enough to hold a crayon. For awhile, I was more interested in writing poems and stories, but it all comes from the same place. I've always had the need to create something.

What medium do you work in?

I paint in acrylics. It is a very versatile medium.

What inspires you most?

As with most realism artists, it's the light... how it transforms a scene, sets a mood. Many of my recent paintings are scenes around Barnaby River, where I grew up. I'm inspired by the changing of the seasons, spending time in nature and having opportunities to see wildlife...whether it's the more common moose or a rare snowy owl. I paint what I've experienced firsthand.

What do you hope your art achieves?

I just want people to feel good. I hope it invokes a good memory, or a desire to get outside and appreciate nature. My hope is for people to realize that painting is not a magic trick that only a select few know how to do. It is accessible to everyone. All you need is the interest and the willingness to learn.

What are your artistic goals?

I'm working on some paintings for another exhibit, hopefully in the not-too-distant future. (continued on pg. 10)



Anne painted this Snowy Owl, which is also featured on our cover, for the Atlantic Wildlife Institute in Cookville to raise funds.

The Painting Process by Anne Maloney Assaff

Winter Light Gaffney's Hill (Barnaby River)

Anne takes us through her process of creating a painting, and has broken it down into three main steps.

My Palette: Prussian Blue, Payne's Grey, Pthalo Blue, Dioxazine Purple, Burnt Sienna, Cadmium Yellow, Cadmium Red, Titanium White



Step 1. I begin by applying a unifying colour as the base coat; in this case, a rich dark blue. Over that, I do a very loose sketch in white charcoal. Working from general to specific, I think only in terms of shapes at this stage, while trying to establish the sense of light.



Step 2. Several layers later, I am building up more nuanced colour, even within this limited colour scheme. I am also gradually adding more detail. The key, for me, is to try and express a mood and to make sure all elements contribute to that.



Step 3. The fun part!

Turning on the lights. At this stage, it's enjoyable to put in the finer details, playing off the warm tones of the lit-up houses against the cool moonlit snow.

Left: The finished piece.

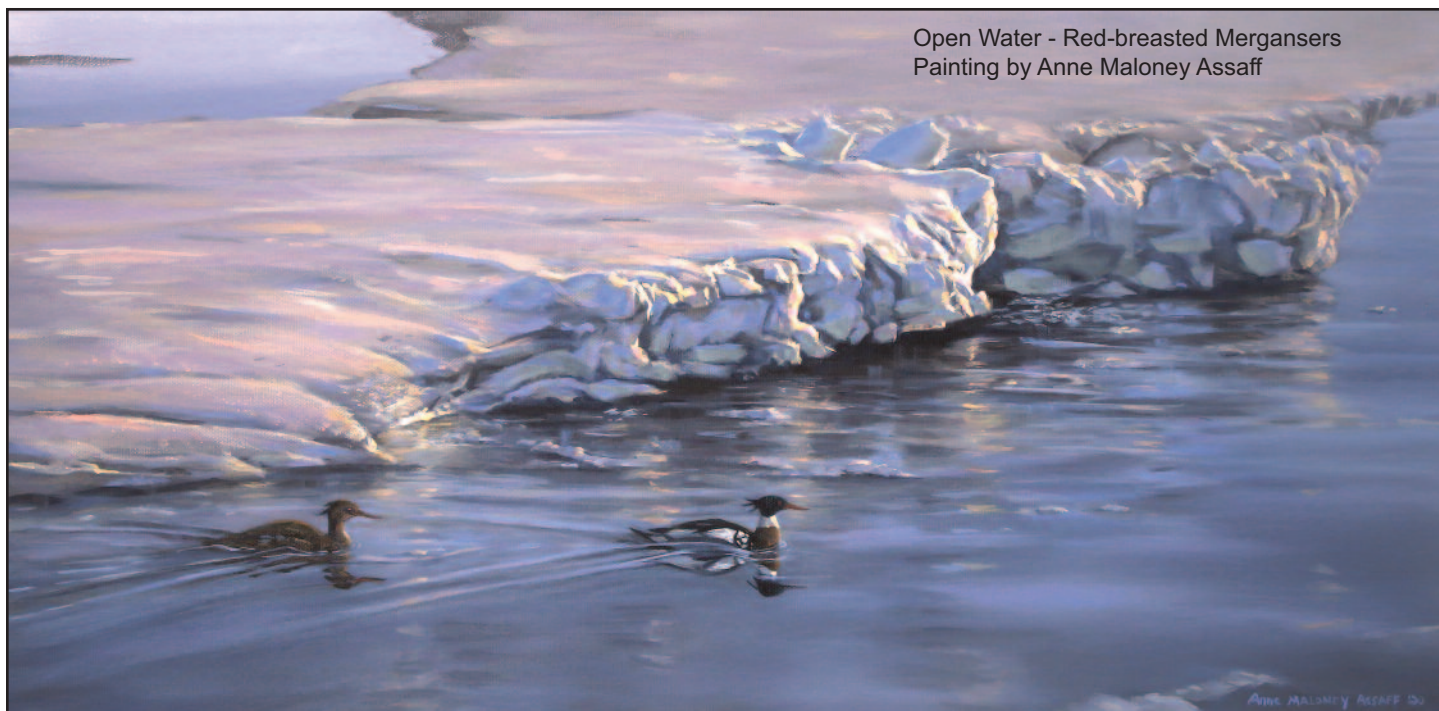
Winter Light Gaffney's Hill
(Barnaby River)

16" x 20" acrylic on cradled birch panel

(continued from pg. 8) Interest in my prints has been very encouraging, so I hope to explore that more. Also, a recent auction of a **snowy owl painting** (cover image) I did for the Atlantic Wildlife Institute in Cookville brought in funds to help in the care of four snowy owls. That was a very rewarding experience that I'd like to do again. Ultimately, I

want to become a better painter. That is always my number one goal. Painting helps me to see the beauty in the things we tend to take for granted... and now, more than ever, we need to look for the beauty in this world.

Anne's work can be found on her website: anne-maloney-assaff.blogspot.com as well as on Facebook and Instagram.



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50th Year for Miramichi Christmas Bird Counts

By Pam Watters and Dave McLeod, Nature Miramichi



Above: A **Barred Owl** was observed this year for the first time in the New Jersey/Neguac CBC. Photo by Aldo Dorio.



Above: A **Cooper's Hawk** was recorded during the count period in Miramichi. Photo by Peter Gadd.

Three Christmas Bird Counts (CBC) organized by Nature Miramichi took place recently – the Red Bank/Sunny Corner CBC on December 18, the Miramichi CBC on December 19, 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.

Over 5,000 birds of 42 species were observed on the three CBCs. This was the 50th year for the Miramichi CBC so it was fitting that we recorded 4,080 birds which is the highest number to date!

Huge numbers of **Bohemian Waxwings** were observed on the Miramichi CBC, including a flock of 700 observed in the Newcastle area. These beautiful birds are a species which are found in our area during the winter months, while most of their relatives, the Cedar Waxwings, head for warmer temperatures down south. Bohemian and Cedar Waxwings look very much alike, but Bohemian Waxwings have brownish undertail coverts while those of Cedar Waxwings are cream-coloured.

Because there was still open water for the Miramichi and New Jersey/Neguac counts, several species of waterfowl were observed including Canada Geese, American Black Duck, Common Goldeneye, Common Merganser, Red-breasted Merganser and **Lesser Scaup** (first time this species was recorded on the Miramichi CBC). Of course, there were also many Mallards observed on count day in Miramichi! Mallards were never recorded on the Miramichi CBC until 2005 when 5 were observed, and they have since been steadily on the increase.

Raptors were well represented on the CBCs by Sharp-shinned Hawks and Bald Eagles. In addition, a Northern Goshawk, a **Cooper's Hawk**, and a **Peregrine Falcon** were observed during the count period in Miramichi. This was the first time in 50 years that we recorded a Peregrine Falcon during the CBC count period. A Northern Harrier was observed during the count period for the first time on the New Jersey/Neguac CBC.

Other nice sightings on the New Jersey/Neguac CBC include a **Northern Shrike** seen on count day and a **Barred Owl** seen during the count period - the first time a Barred Owl was observed on this CBC.

There are many lovely winter finches around this year. The most numerous finches observed were American



Above: A **Peregrine Falcon** was seen in Miramichi. This is the first time in 50 years that a Peregrine Falcon was recorded during the CBC count period. Photo by Phil Riebel.

Above: A **Red Crossbill**, an infrequent visitor to this area, was recorded in the Red Bank/Sunny Corner CBC. Photo by Peter Gadd.



Above: A **Turkey Vulture** was observed during the count week of the Red Bank/Sunny Corner CBC; an unusual sighting in mid-December. Photo by Phil Riebel.



Above: A flock of 700 **Bohemian Waxwings** was seen in Miramichi. Photo by Phil Riebel.

Goldfinch and White-winged Crossbills. A special sighting on the Red Bank/Sunny Corner CBC was a **Red Crossbill**. Although Red Crossbills aren't considered a rare bird, they aren't seen as frequently as White-winged Crossbills. Purple Finches were quite numerous on the Red Bank/Sunny Corner CBC as well. Much less common than Purple Finch are **House Finch** - a group of four House Finch have been visiting a feeder in the Newcastle area, a special sighting indeed.

A **Turkey Vulture** was observed during the count week of the Red Bank/Sunny Corner CBC. Turkey Vultures are becoming a common sighting here during the spring, summer and fall, but seeing one in mid-December is unusual for this area.

One of the most common species seen on all three CBCs

was Black-capped Chickadee, our provincial bird and known to everyone. It's lesser-known cousin, the Boreal Chickadee, was observed during the count period on the New Jersey/Neguac CBC.

Even though it's winter, there are still lots of beautiful winter birds around to appreciate. The full results of the counts can be found on the Nature Miramichi website at: www.miramichinaturalistclub.com/christmas-bird-mammal-counts.

Thank you to everyone who participated in the Christmas Bird Counts!

Nature Miramichi meets the first Tuesday of each month at 6:30 pm. Our meetings are via Zoom at present – check out our Facebook page for a list of upcoming speakers – everyone is welcome!



Top left: **Lesser Scaup** – Photo by Phil Riebel
 Top right: **Northern Shrike** – Photo by Peter Gadd
 Left: **House Finch** – Photo by Peter Gadd


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What's in a Word?

By Connie Doucet RN, CHPCN(C)

The word palliative has taken a bad rap over the years and has struck fear in the hearts of many families and to be honest, I don't blame them.

In most instances, the person was labelled palliative only a few weeks before death. I mention the word label. Unfortunately, for the most part, that is what palliative has become...a label.

The **person** is **not** palliative. The person is living with a life limiting/life threatening illness, which is not curable. This illness will likely progress over time; however, it can be actively managed with impeccable pain and symptom control. These life-threatening illnesses include cancer, diseases of the lung, heart and kidney, neurological illnesses, congenital and metabolic illnesses affecting children, as well as the chronic health conditions which are seen in the frail elderly.

The **person** is **not** palliative but will benefit from the introduction of the palliative approach to care. In other words. **The type of care, the philosophy of care, and the approach to care are palliative.**

The **person** may feel abandoned by their specialist who after months, or even years, of providing care may suddenly say: "There is nothing more that can be done.

Go home, get your affairs in order and accept the inevitable; you are going to die." We are all going to die.

In my opinion, if the person had been followed by the Hospice Palliative Care team when they were first diagnosed with their illness, there would have been a seamless transition of care. The person and their family could have been supported throughout the illness until the person's death, and, then following the death the family could be supported throughout the bereavement process.

We need to stop labelling people as palliative and start asking ourselves the question: "**When would this person benefit from the palliative approach to care?**" If a physician could ask themselves the following question: "Would I be surprised if the patient sitting before me in this office is alive a year from now?" If the answer to this question is "yes," then perhaps the introduction of the palliative approach to care might be considered.

By taking advantage of support services earlier in the illness, the person will benefit from better symptom control which, in turn, may improve their quality of life. The person may become more involved in deciding what their future health care will look like; they may

(continued on pg. 17)



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Million Meals Campaign comes to the Miramichi Region.

By Terri Cormier, The Round Table La Table Ronde

This winter season brings an exciting project to our community food security efforts in the form of a **Community Food Assessment (CFA)**; an inventory of our collective food-related assets in our region. The project which will complete at the beginning of March, is a collaboration of Roots to Table Good Food Collective and the Round Table Co-op, in partnership with Dillon Consulting Limited, who is supporting this project as part of their **Million Meals Campaign to address food security in Canada**.

The final result will leave us with an **interactive mapping tool**, a 'big picture' story of what we have to build on and inform our local food security efforts in coming times. It will be available for public access and maintenance, and thus, we are seeking your input to identify community assets and the range of food systems topics and categories associated with food availability, food access, food utilization, and food stability. Some examples include community gardens, food banks, school food programs, food growers and distributors, retailers, preparers, and anybody with a particular skill or interest in local food.

We are happy to have local artist, Jessica Martin, working with us on this project to support the data collection process with stakeholders via personal interviews, focus groups, and surveys. The value of this community tool is in its accuracy and as such, Jessica will be reaching out and is available to teach anyone interested in how to add information to the web map. She can be reached at eacfa22roundtable@gmail.com or 506-424-0180.

Finally, on **Wednesday, February 16, 2022**, we will be holding a **virtual community Round Table** to present the project, our findings, and how the results can benefit you as



Ellis Park Community Garden located beside Water Street Farmers Market in Chatham.

well as our community. Please reach out to add your individual or organization's asset information to our map. We look forward to connecting with you in 2022!



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(continued from pg. 15)

open the lines of communication with members of the care team, plus they will have the opportunity to decide what care they would like to receive when the burden of the treatment outweighs the benefit of their life.

Hospice Miramichi can be part of this approach to care. Our volunteers in our **Outreach Program** visit individuals at home. The **Day Hospice Program** is held on-site. Here the person will spend a few hours with folks who are going through similar situations. The **Residential Hospice** will provide specialized end of life care to patients who are unable to stay at home to die but do not want to die in a hospital setting. This care will be delivered by professional staff with volunteer support. The **Grief Support Program** will benefit families who have experienced the death of a loved one.

With all due respect, the comment: "Nothing more can be done," **is wrong!** Yes, the person can't be cured, however they **can** be supported throughout their journey. This support proves to them that they are much more than their illness. It proves to them that **they matter**; and they can still make a difference in society.

Hospice Miramichi Inc. (HMI) is a registered charitable organization. HMI has been able to raise the funds necessary to operate both the Outreach and Day Hospice Programs as well as funds to cover the



administrative costs. Once the Residential Hospice opens to the public, HMI will have the additional responsibility of covering the operational costs of the facility. These costs include those associated with patient care, maintenance and operational expenses. Factoring in a portion of these expenses, it is estimated it will cost approximately \$220 per day to care for a patient in the Residential Hospice.

HMI raises operational funds through net proceeds from the Hospice Shoppe, special fundraising events, as well as monetary donations made in person, online through www.CanadaHelps.org, at Funeral Homes and through estate planning. Monetary donations of \$10 or more are eligible for a receipt for tax purposes.

If you would like to support Hospice Miramichi financially you could become an everlasting donor with an automatic monthly donation. Any amount will make a difference. To donate, contact our office at (506) 773-7607, or you can email Hospice Miramichi at info@hospicemiramichi.com

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-Nido Qubein

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

- Helen Keller

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

-Martin Luther King Jr

"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again."

Lewis Carroll



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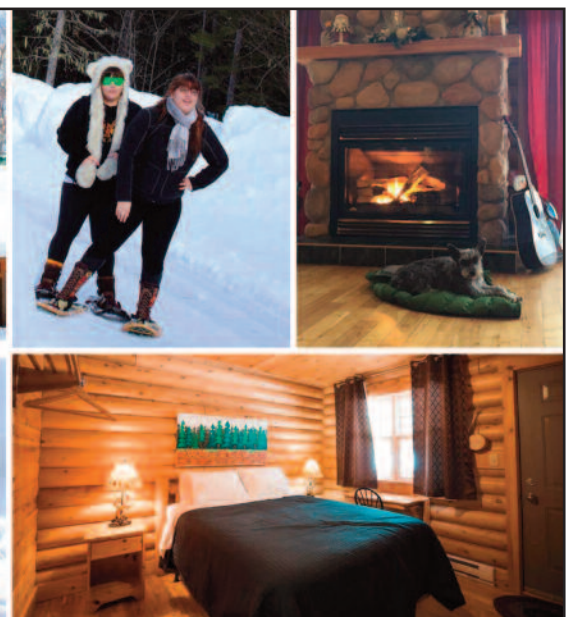
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Ski and Snowshoe Equipment Rentals Available Free this Winter at Miramichi Cross Country Ski Club

By Deanna Gadd

If you are tired of being cooped up inside this winter, come join us at the **Miramichi Cross Country Ski Club (MCCSC)** for fresh air and exercise. Outdoor winter activities are not only important to our physical and mental health, they are also a great way to socialize when other options are limited.

Now, thanks to a generous donation to the ski club, more people will be able to enjoy winter outdoor activities, without having to purchase their own equipment. The donation was given to allow ski and snowshoe equipment to be used at the ski club by the general public at no charge for the remainder of this season. Non-club members still need to purchase daily trail passes.

The club house is **open daily from 10 am until 9 pm** with current pandemic restrictions in place. Masks must be worn inside and kept



The ski club has 24 km of ski trails, groomed for classic and skate skiing.

handy in case it is impossible to physically distance when outdoors.

Unfortunately, we are not able to offer the Jackrabbit learn to ski program for younger children this winter.

The ski club has 24 km of ski

trails, groomed for classic and skate skiing. **Equipment is available for classic skiing from ages three and up.** There is some skate skiing equipment available for the more experienced skier. We have a pulk (sled) for towing a toddler on the ski



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trails. We also have **snowshoes available for all ages**. There are four kilometers of brightly lit trails for evening skiing.

The MCCSC snowshoe trails have become more popular every year. You can buy a snowshoe annual membership or simply a daily pass. Although many people would like to bring a family pet, we do not allow dogs on our trails.

The **snowshoe trails** start to the left of the old ski club, there will be a sign and a trail map. The trails are well marked with blazes (blue markers attached to trees at eye level) and maps at every 500m junction. It is possible to snowshoe any distance between 1 and 6 km without doubling back as the trails are in loops. To do the 5 or 6 km loops you must cross over the ski trail and the trail becomes a bit more challenging at this point. The wooded trail is well protected from



Snowshoeing in a winter wonderland at the Miramichi Cross Country Ski Club.

the wind.

If you have a smartphone, you could download a free app, “**Seek by iNaturalist**,” to help identify plants and animals along the way. You may not see many animals, but

you will find evidence of them - tracks in the snow show the presence of shrews, snowshoe hare, squirrels, coyotes, and sometimes deer or even moose. One family on a recent evening rescued a flying squirrel

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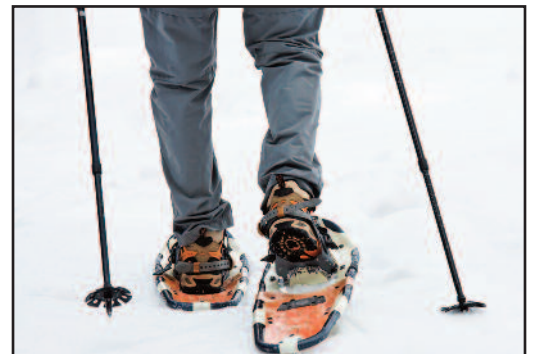
MCCSC Snowshoe Trail - clearly marked trails provide trail maps and a bench to rest.



MCCSC Snowshoe Trail - the trail head near the old club house.

that may have hit the power line near the ski trail and was stunned momentarily.

For more information phone the clubhouse at 622-6991 or visit our website www.skimiramichi.com or the MCCSC Facebook page. We hope to see you on the trails this winter. Everyone is welcome.



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CPVA activities serve as a social focus for veterans to permit them to manifest their pride, uphold their dignity and obtain the recognition they deserve.

There is no rank among veterans.

For further information contact Ray Kokkonen at 627-6437 or Ed Oursien at 622-1580

IN THE SERVICE OF PEACE

National Peacekeepers' Day August 9, 2022

On August 9, 2022 we will be celebrating National Peacekeepers' Day. The Miramichi chapter of the Canadian Peacekeeping Association will parade in full strength in Elm Park Miramichi (Chatham) with the raising of the UN Flag ceremony. This day honours Peacekeepers and Peacekeeping worldwide. Spectators are encouraged to attend.

The event will begin at 10:45am. All veterans are welcome to join us on this special occasion.

For further information contact Ray Kokkonen at 627-6437 or Ed Oursien at 622-1580.

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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@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 to submit to the spring issue is March 14th. www.GiverMiramichi.com



Winter Sunrise. Photo by Kiirsti Owen



Doves keeping warm. Photo by Edna Moorhouse.



Saint Mary's Church by Bonnie Coughlan



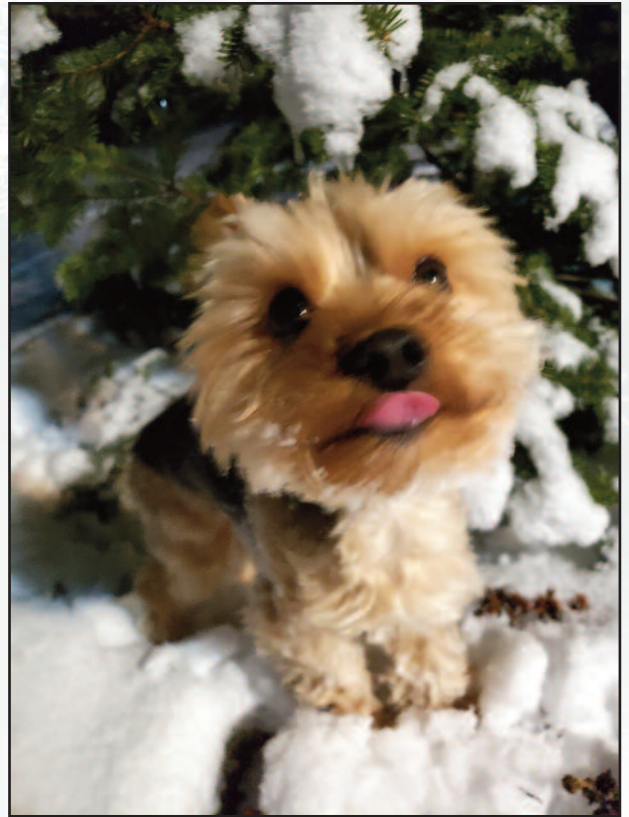
Sunset at Oak Point by Cathy Marshall



The church at Wilson's Point. Photo by Cathleen Richards-Green



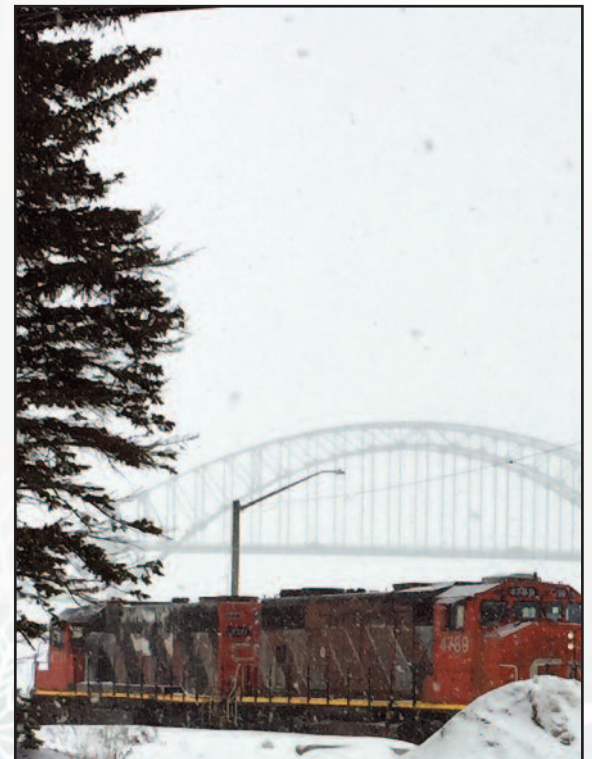
Sometimes you just have to stop and scratch your back.
Trail cam photo submitted by Brian Donovan.



This photo was submitted by Catherine Martin-Savoie of Neguac, of her dog Cash enjoying a snowflake snack.



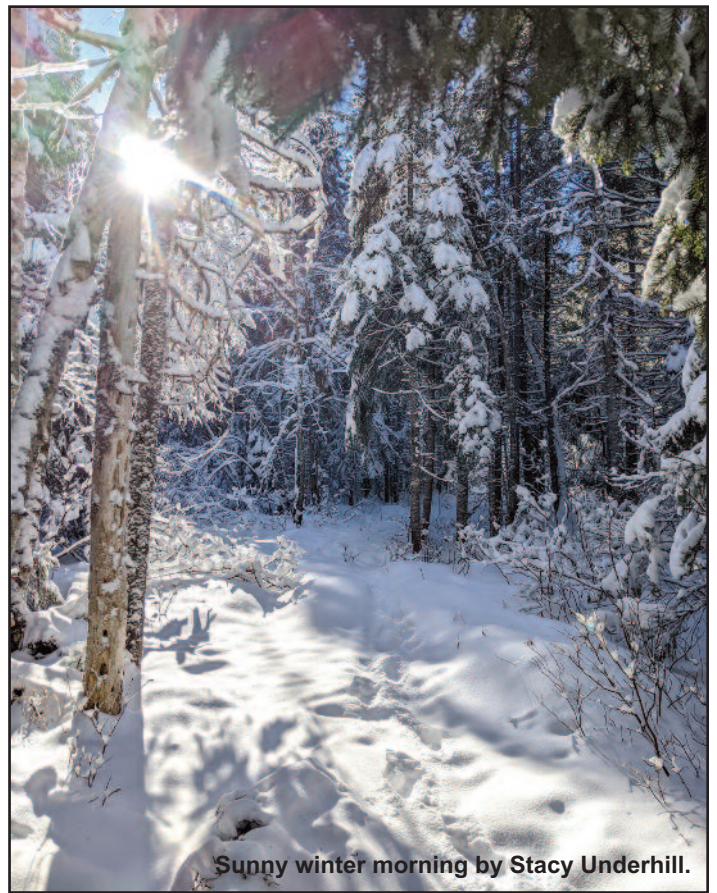
Saint Michael's Basilica. Photo by Bonnie Coughlan.



Chugging along, by Edna Moorhouse



Glistening trees, by Laura Lea Comeau.



Sunny winter morning by Stacy Underhill.



Newcastle Town Square after the storm. Photo by Cathy Arseneault.



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In the past year, we at Adaptive Office Solutions made a dynamic change to our business model. Because of the cyber threats that skyrocketed with the onset of COVID, we have gone from “just” being a Managed Service Provider (MSP), to being the industry leader in Cyber Security for businesses in the New Brunswick province.

To help one to understand these risks, Brett Gallant launched a Cybersecurity Deep Dive book, to buy go to <https://www.amazon.com/dp/B09QCVYHG6>

Not sure the difference between a Managed Service Provider (MSP) & a Managed Security Service Provider (MSSP) – or why your company needs both services – let's take a look at these two needed plans.

MSP vs MSSP plans:

A MSP delivers network, application, database and other general IT support services. A MSP is a reactive service, being called when something is malfunctioning. A MSSP is exclusively focused on providing cybersecurity services. A MSSP provides proactive cyber security planning and services.

MANAGED SERVICE PROVIDER (MSP)

A MSP, manages and monitors the health of your business's technology. The services MSP's offer depend on the customers needs. One can engage MSPs for basic IT needs like: email solutions, data storage, hardware repair, software updates and basic security, such as a firewall and anti-virus. When one cannot access their data, or other technological issues, your MSP can work with you to make it right.

MANAGED SECURITY SERVICES PROVIDER (MSSP)

If a MSP is the mayor of the internal technical workings of your company, a MSSP is the fortress surrounding your company, keeping your data safe. Your MSSP is responsible for preventing, detecting, and responding to threats before they wreak havoc on your data. They provide many services to your business, including: end-point encryption, multi-factor authentication, security policies, vendor risk management, contingency plans, and multi-locational backups.

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The Cyber Security Program offers the best of both programs - MSP and MSSP. We keep cyber crime at bay by using analysis, forensics, and reverse engineering to prevent malware attempts and patch vulnerability issues. By making an investment in multi-layered cybersecurity, you can leverage our expertise to boost your defenses, mitigate risks, and protect your data with next-gen IT security solutions.

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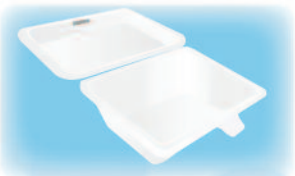


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