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Tartan Day Dinner Concert

By Susan Butler

The 65th Miramichi Folksong Festival is pleased to present live, the **annual Tartan Day Dinner, Sunday April 24th**, 5pm at the Beaverbrook Kin Centre in Miramichi.

The Highland Society of New Brunswick at Miramichi and Days Inn will be sponsoring this event.

This year we are pleased to present the concert with a sit-down meal. Keeping with our Scottish theme the menu will consist of Scottish chicken, mashed potatoes, glazed carrots, dressing, gravy, roll, Scottish sticky toffee pudding, tea, coffee, and oat cakes dipped in chocolate. Tickets are \$40 each by reservation only, call Susan at 506-622-1780. There will be a limited number of tickets available. Special diets will be considered, so when you place your order specify your diet. Reservations must be made before or on April 11th.



Special guests, The Villagers.

This year our featured guests are the Villagers, under the direction of Lois McKinnon. This musical group has been performing for many events along the river and will surely be a crowd pleaser. They will be featured in the first and second half

of the program. Other special guests include, from Fredericton, six-year-old Mary Underhill who will perform a Highland Dance number and her 8-year-old brother James will sing the Sky Boat Song. Their parents are Josh & Elizabeth Smith Underhill and grand children of Gerald and Nancy Smith from Miramichi.



Mary and James Underhill

Coming from Nova Scotia we have, The Melanie Ross Trio, featuring Melanie on piano and vocals, Rob Greene with guitar, Fiddle, Bass and pipes and Rob Wigle on bouzouki, mandolin, and guitar. Ella Howe a student of David Bunnell's will perform two solos and David will provide piano music while guests are being seated. Fiddler Jim Morrison and soloist Jimmy Lawlor will team up with pianist Maurice Fleming from Success Corner and Susan Butler will perform two solos with David Bunnell.

Miramichi Folksong Festival Update

I am pleased to announce that **Melanie Ross Breen is our new director** of the Miramichi Folksong Festival. I have been directing it for 40 years and I am happy to place the festival in her very capable hands. I will serve as past director and as advisor. The festival will be shorter, it will run for four days not eight and will be held Thursday August 4th to Sunday August 7th. All events will be at the Beaverbrook Kin Centre except the closing Dinner Concert at Carrefour Beausoleil.

The Department of Tourism & Recreation has just informed us that the Miramichi Folksong Festival Inc. Has been listed in the "To Do Canada", as one of the 15 Festivals to visit this summer in Canada.



Miramichi International Chalk Art Festival - June 25 & 26



Get ready for some amazing art at the inaugural Miramichi International Chalk Art Festival, featuring two blocks of outdoor arts and entertainment this summer!

The Historic Chatham Business District presents local artists along with 2D & 3D chalk artists from across North America as they each chalk 8'x10' paintings over two days on the surface of Water Street, which will be closed to thru

traffic over our festival weekend. Our event includes a children's chalk zone (free chalk), a live music stage in the courtyard each afternoon and great food.

Join us at the inaugural Miramichi International Chalk Art Festival over **Saturday & Sunday, June 25-26th**.

CALL FOR ARTISTS

The Historic District is hosting the Miramichi International Chalk Art Festival June 25-26th where artists will create 8'x10' paintings on Water Street. We are looking for area artists to join in on this amazing journey with globally recognized street painters. Free tutorial offered plus all skill levels welcomed.

For an Artist Info Kit
hcadmin@historicchatham.ca
506-778-0900

Try Fresh for Less and Get More!



by Marie-France Losier and Andrea Furlotte, Fresh for Less Program

With the rise in food costs, you may find yourself saying that it is difficult to eat healthy within your current food budget. Fresh for Less believes that it is important for our community members to have continuous access to fresh and affordable produce.

Fresh for Less is a community run bulk buying program that offers a monthly bag filled with fresh fruit and vegetables at an affordable price. It was established in 2013 in Natoaganeg First Nation and adopted by the Roots to Table Food Security Network in 2016.

According to a recent survey by the Angus Reid institute, 46% of Canadian consumers are switching to cheaper brands at the grocery store, one-third are cutting back on meat, and one in five are buying less fresh fruit and fewer vegetables. This is where the Fresh for Less programs comes in. **The second Wednesday of the month**, our community volunteers come together to help pack and distribute our Fresh for Less bags. We currently offer pick-up locations in Chatham, Newcastle, Blackville, Sunny Corner, and Metepenagiag First Nation. We are excited to share that at least four more pick-up locations are set to start in the



Fresh for Less is a community run bulk buying program offering fresh produce the 2nd Wednesday of each month.

months ahead. Our goal is to expand the Fresh for Less program in all Northumberland communities to improve the health and well-being of individuals and families by providing access to fresh and affordable produce.

Each bag is \$20 and has an estimated retail value of \$40. Each month, you will receive staple items such as potatoes, onions, carrots, apples, oranges, and bananas. Additional items will depend on the season and availability, and could include mangos, pineapple, raspberries, broccoli, turnips, etc. Our bags also include a monthly newsletter to provide tips and tricks on a featured produce item of the month and an easy, delicious recipe.

If you are looking to encourage

health and wellness at your workplace, you can promote this resource to your employees and designate one staff member to pick up the Fresh for Less produce bags before the end of day. You can also plan a staff wellness cooking event with the foods found in your Fresh for Less bags. Help promote access to fresh, affordable and nutritious food!

Looking to give back to others? We offer the option of sponsoring a bag to support healthy food access in our communities and each month we donate a portion of the produce to a local shelter.

To register for your Fresh for Less bag or for more information, visit www.freshforless.org or contact fresh4lesspensezfrais@gmail.com



Cover Photo: Vibrantly coloured lupins in front of a church in Kouchibouguac by Bonnie Coughlan. Did you spot the bee?

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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Million Meals Campaign Update

By Terri Cormier, The Round Table Ronde Co-op



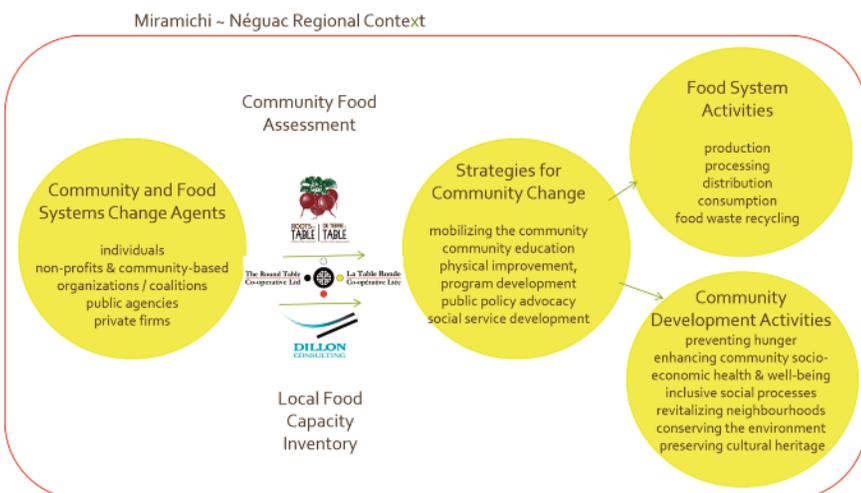
And just like that, it's Spring on the 'Chi again. With it comes dreams of growing and gardens, farmers markets and fresh local food.

March 1st marked the end of the **Million Meals Campaign 2022**, brought to the Miramichi courtesy of Dillon Consulting Limited - a nationwide company's commitment as a signatory to the United Nations Global Compact, Zero Hunger Sustainable Development Goal (SDG-2).

to do so, with inflation and soaring gas and food prices. Farmers and producers have had to find new ways to get food to people and places, and while the dreaded food shortages we've been hearing about for months have shown up in surprising ways or not, and may be behind us, or ahead. Who would know for sure?

What we do know for sure is that a major Atlantic Canadian seed supplier has warned of shortages as recently as last week. We also know that Atlantic Canadians came out of these past two years with a much greater awareness of the uncertainty of local food availability and access, as well as a **great desire to grow more food themselves at home and in community spaces.**

Our work with Dillon has resulted in a very exciting and innovative 'big picture' story of what we have to build on and where we are going as we grow our local food resilience. In addition to the opportunity to develop a cutting-edge regional food system to fit our region, this project will make way for our collective future health and self-sufficiency. **The next step will be a community engagement conversation** and sharing our good food stories and achievements over the coming months. Stay tuned for more to come and please reach out to get involved.



Dillon launched the Million Meals Campaign a year ago to combat food insecurity across Canada in 2021-22, and The Round Table Co-op's pitch for a community food assessment became an official cornerstone project of this great initiative, in collaboration with Roots to Table Good Food Collective in late 2021.

The regional community food assessment project is a data collection process, resulting in an inventory of community's assets, advantages, and opportunities to strengthen our self-reliance and community resilience in unpredictable times. The final result is **an interactive virtual story and Web Map** highlighting our region's past journey and future efforts to improve our food, health, and security here at home. It is designed for community input and maintenance and will be updated as we go.

Coming out of the pandemic's 'delivery everything' mode, we find ourselves in a strange yet wonderful place when it comes to food access and opportunity. How and where we access food has shifted dramatically and continues

Contact us at theroundtable@gmx.com and check out our Facebook page (The Round Table La Table Ronde Co-op Ltd). Good food is a need for us all and it's within our reach. On we grow!





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Author, Entrepreneur, Spiritual Guide

Kimberley Doucette is *Kimspirational*

By Stacy Underhill

Kimberley Doucette has been a source of spiritual guidance for Miramichiers for many years, starting when she was twelve years old and doing dream interpretations on the playground. Today she is a sought-after psychic medium, teacher, and author with clients and students all over the world.

Kim recently released a new book, *Golden Cages: Illusion of Freedom*, a work of fiction that weaves life lessons and spiritual teachings throughout the narrative. The book is for those who are looking to go deeper than just a superficial story. It challenges people to take an inventory of their own life. "I can say that everyone who reads the book can find themselves in it and the many roles that they have or will play in this life," says Kim.

Golden Cages tells the story of Ryan, living in Europe, who meets a mysterious and sometimes confrontational Native American teacher, Francis, who forces him to take a hard look at his life. After much ego bruising, Ryan's life and relationships are drastically shifted for the better, as he learns how to look within, and gains wisdom from the wrong turns he took in his life.

Kim dreamt of being a writer since she was a young child. "I always



When she isn't writing or seeing clients, Kim enjoys being out in nature, and is pictured here hiking near her home in Slovenia.

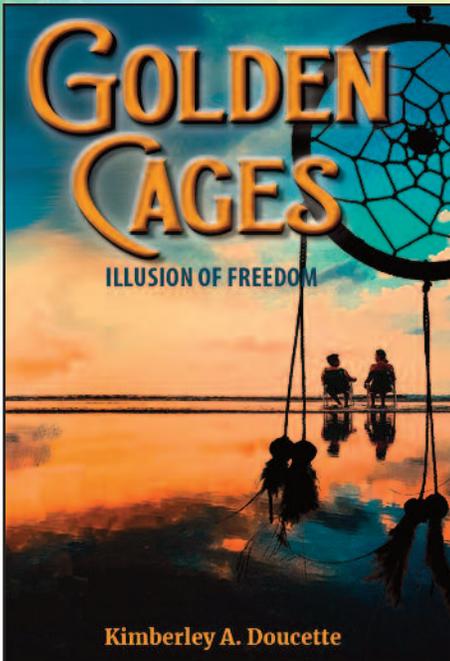
wanted to write a novel that could help people and tell a good story at the same time. My dad, Marcel Doucette of Miramichi always says, "if you are going to tell a story, tell a good one." The idea for this book came after several years of studying native culture and from having clients and helping them deal with their life issues. I sat down one day, while on vacation in Croatia and the story poured out of me. It was like therapy for my own soul."

Having travelled extensively right after university, Kim had the teachings of many different cultures and belief systems to draw on for inspiration for her book. She lived and worked in

South Korea as an English teacher for four years and visited many Buddhist temples where she learned to meditate and quiet her mind. Kim also backpacked extensively through several Asian countries and lived in a tent in Australia for a year, working at farms. She connected profoundly to the land, the ways of the Aborigines, to the animals, and the outback.

Upon discovering her Native lineage, Kim learned the ways of her Miqmaq ancestors; going to weekly sweats for years, doing sacred fasts, working with a Native Elder and humbling herself to all of creation. She also worked with several shamans in





Kimberley A. Doucette

Peru, learning ancient techniques that she now uses in her shamanic healings, sound healings, and mediumship readings.

After teaching orphans in Uganda, Africa, and a brief stay in Brazil, Kim settled in Moncton NB and knew it was time to put her extensive knowledge to good use by serving clients. Her deep desire to help people led her to Hawaii to get certified as an Angel Therapy Practitioner, and then back to NB to open a business as a psychic medium, under the name Kimspirational.

That was 15 years ago, and Kim now lives in Europe with her Slovenian husband and two stepchildren, doing

online sessions, webinars and courses. Along with her husband Gorazd, she launched a new membership website in February of this year.

The new website is called www.openupwide.com and includes an extensive dream interpretation dictionary, video and audio recordings of meditations, card readings, monthly channeled messages, recorded and live webinars and courses, and an oracle card app. The site allows Kimberley to reach people on a broader scale than just doing mediumship or psychic readings. "I have been teaching psychic development for many years as well as how to meditate and how to heal from past trauma. I decided it would be a good idea to combine it all in one website where people could help themselves," she says.

Kim hopes to get back home soon for a visit and misses Miramichi and her mom Judy's cooking. "Oh, Miramichi," exclaims Kim, "if you only knew how much I miss you! I miss everything about the Chi. The river, the clouds, the air, the animals, and especially the people. "Miramichi is a place I thought I wanted to run from, I couldn't wait to run and travel the world and see everything that wasn't trees and nature. And I did that. I travelled all around the world and now I am in Europe looking out the window with a tear down my face wishing I was that bored child



Kimberley and her husband Gorazd.

staring at the woods and watching the deer, bear, fox, eagles, etc., out my parents' kitchen window in Nelson. They taught me so much about animals and I think that is what interested me in studying animal meanings, which is a big part of my teachings today."

To order Kim's book, *Golden Cages*, visit www.kimspirational.com. You can have the book shipped to you or arrange for a pickup location in either Moncton or Miramichi. Send questions to support@kimspirational.com.

Kim is offering Giver Magazine readers a **free one month access pass** to the Essential Level of her new membership website. Go to www.openupwide.com, click on Essential Level, and "Sign me up". Fill in your information and in the spot for a discount code enter: 2F4K8C and click apply. After your first free month is up, you can continue with your membership at the regular €19.99/month, change it into another level, or cancel at anytime.



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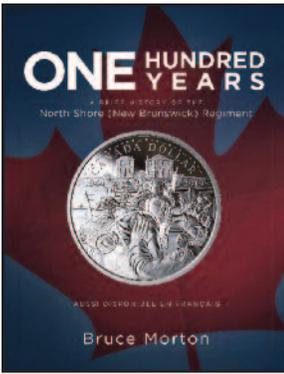
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ONE HUNDRED YEARS: A Brief History of The North Shore (NB) Regiment

Book Review by Johannes Bosma

Up until a few years ago I only knew the North Shore (NB) Regiment, which included many Miramichiers, as just another regiment participating in World War II. Then I attended a presentation by Brandon Savage at Beaverbrook House. What was very evident was his passion for this often-neglected regiment in history, their role prior to and including D-Day and in "... the events and brutal battles that took place during the eleven months that followed."

That same passion is also apparent in *ONE HUNDRED YEARS: A Brief History of The North Shore (NB) Regiment* by Bruce Morton. Inspired by his father, Captain Murray Douglas Morton, a member of the North Shore Regiment, the book is dedicated to him and all the men and women who served with him.

One Hundred Years is an easy-to-read description of the evolution and achievements of the regiment from its origin in militias of the northern counties of New Brunswick in the 1800s. The book covers 100 years of history, beginning April 1, 1922, when it was officially named the North Shore (New Brunswick) Regiment, through to 2022, the regiment's 100th anniversary.

The main focus however is on their experiences in WWII. This new book includes the Juno Beach Landing List with the names of the first 844 NS(NB)R soldiers that fought in Normandy. There is a new map of the attack on Saint-Aubin-sur-Mer, showing the routes travelled by the rifle companies on D-Day. Separate chapters are focused on The Acadian and First Nations contributions.

Author, historian, and veteran Gary Silliker writes: "*One Hundred Years* is an outstanding piece of detailed research that tells the story of a century of service to Canada by the North Shore (New Brunswick) Regiment. It expands upon



1940 - North Shore (NB) Regiment leaving Bathurst for training.

the works of Dr. Marc Milner, Father Raymond Myles Hickey, Will Bird, and Lou Daley, as well as upon the research of Brandon Savage and others. The narrative is clear, concise, and accurate. Morton's *One Hundred Years* is a valued addition to our Canadian military history."

MVHS history teacher, Brandon Savage adds: "Morton has combined many sources to give the reader an easy-to-follow and detailed history of the North Shore Regiment. If you are looking to do any research or travel related to the North Shore Regiment, this book is for you."

The many years of research by Morton is quite obvious in the 284 pages in English and 298 pages in French. It is presented in an 8.5" X 11" magazine format full of history, in-depth descriptions of battles, pertinent photos, diagrams, and charts. It is indeed a collectable treasure.

The book, in English and French, will be available at Mill Cove Coffee after April 1st or from John Bosma at 506-773-5174 or bosmajo14@gmail.com.

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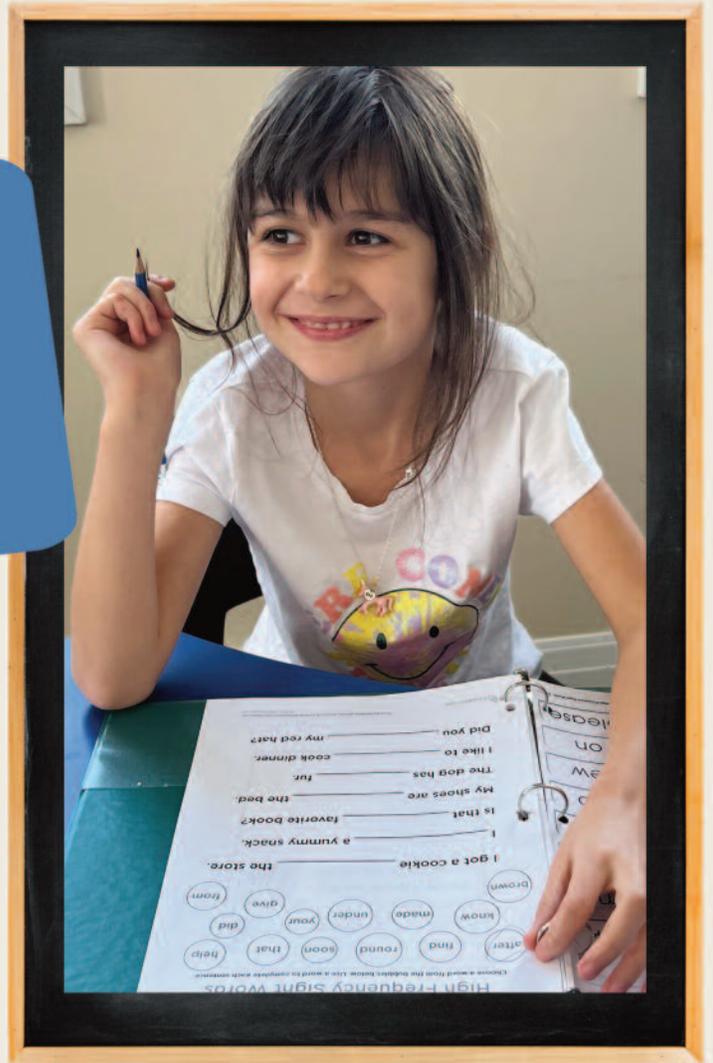
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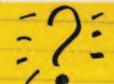
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Providing Homes for Our Feathered Friends

By Peter Gadd, Nature Miramichi

As society begins to understand the need for “**re-wilding**” much of our environment, an important method of supporting our bird population is to provide them with homes! A number of bird species in the Miramichi area build their nests in cavities in trees. To support them, nest boxes can be provided to give them more options and increase their chances for survival. The design and location of the nest box must be suited to specific bird species needs.

The most common nest box many may be familiar with is for the Tree Swallow. They are usually on a post or attached to a tree or the side of a building at least 4 or 5 feet off the ground, facing east preferably, in a location where flying insects are numerous, often in wet areas. Tree Swallows are lovely birds to have around.

These aerial insectivores are very aerobatic as they chase their food in the air or as they skim insects off the surface of a pond. They are brilliantly blue and white with females being a brown colour which they tend to lose as they mature. They are not secretive as they build their nests and feed their young in the nest box. For Tree Swallows and most birds, when hatchlings fledge (capable of flying) after two or so weeks, they have been fed sufficiently by busy adults to reach a size comparable to the parents.

In the case of the Tree Swallow, the nest box may also be claimed by the very attractive Eastern Bluebird whose housing requirements are smaller but very similar. Bluebird boxes are not adequate for Tree Swallows however. **The Eastern Bluebird** prefers an open field or orchard location, as their preferred insect hunting technique is to spot their prey on the ground as they watch from a nearby perch. **Black-capped Chickadees**, New Brunswick’s provincial bird, also might claim a Tree



A female **Hooded Merganser** emerging from her nest box. These duck boxes are larger and need to be located near open bodies of quiet fresh water and away from human activity in a natural environment.

Swallow nest box, again bigger than required, as they too make nests in cavities. They usually excavate their own nest cavity by hollowing out soft decaying wood from a standing dead tree. A very industrious job for they are not woodpeckers! So, the opportunity for them to claim a ready-made residence would be very tempting.

There are other local birds that would benefit from appropriate nest boxes. Local ducks that make their nests in cavities include **Hooded Mergansers, Wood Ducks, and Common Goldeneye**. These duck boxes of course are larger and need to be located near open bodies of quiet fresh water and away from human activity in a very much natural environment. Woodpeckers of course make their nests in cavities and are very capable of relying on their own devices. American Kestrels also



A female **Eastern Bluebird** adds nesting material as the male sits on top of the box.

nest in cavities, owls too. Although all these birds are capable of finding their own place to have their young, human intrusion into natural areas can make it more difficult for them. So we can help in other ways too. For instance, in a wooded area or even around our homes, snags (standing trunk remnants of dead trees) and other decaying material can be left as sources of food and shelter for many living elements of the natural world, birds included.

One concern about the installation nest boxes has to do with **protection from predators**, certainly something birds take into consideration when they choose a nest site. Nest boxes attached to posts can be fitted with a guard part way up the post to discourage predation by squirrels, raccoons and the like. Swallow boxes can be installed “off-shore” in shallow water. Locating a nest box near to where herbicides and pesticides are used of course is not a good idea.

Whereas Eastern Bluebirds and Tree Swallows are not particularly secretive in the nesting (and are enjoyable to watch) other birds are, so it is difficult to sometimes know if a nest box is actually in use. When the hatchlings are being fed is a good time to observe as parents fly back and forth continually with “beak-full” food servings. This is not the case for ducks though. Within a day of hatching, ducklings will leap from their nest cavity (or box), in response to their nearby mother’s call. They land softly and make their way to mom and begin feeding themselves under her protection. Dad has long since “flown the coop” in the case of ducks.

Nest boxes vary in complexity of construction. Perhaps the easiest to provide are those for the Tree Swallow. On the other end of the spectrum are nesting “towers” for the endangered Chimney Swift.

When building your own nest box, cedar is probably the best wood material to use and there are some common mistakes to avoid. Do not use paint or any kind of surface treatment

on the box, inside or out and do not add a perch which the birds don’t need and can make it easier for predators. Also, the box should be built to the requirements of a particular species, provide proper ventilation and drainage, and have a hinged opening easily “unlatched” so that it can be cleaned out in the fall or winter.

Three reputable sources of information on how to make species specific nest boxes, habitat location, orientation and maintenance are:

- www.nestwatch.org,
- www.treeswallows.com/tres
- www.naturenb.ca/nesting-boxes

Leaving native trees once they are dead, to decay naturally, is an important means of “re-wilding the environment” and is an important aspect of good management of woodlands. Providing nest boxes, although second best for cavity nesting, does help bird populations and provides an interesting method for humans to appreciate and enjoy nature.



Tree Swallows - male on the top, female on the front of the box. These birds are very aerobatic as they chase insects in the air, and are very fun to watch.



A **Tree Swallow** feeding a fast growing hatchling. This is an older style box, as perches are no longer recommended on nesting boxes. The perch actually seems to be in the way of the feeding. This box has since been replaced but the photo of the feeding was too good to pass up.

Ella Breau Reviews

Amazing Black Atlantic Canadians

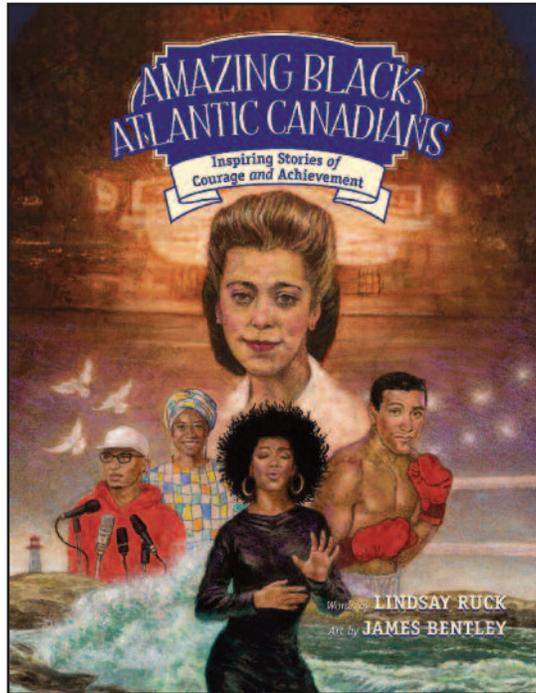
by Lindsay Ruck



“What does it mean to be amazing?” was how the book started, and as it seems so will this review. Anyone who has the pleasure of picking up this book is sure to be stunned by all the amazing people that fill the pages.

People from all generations are featured in this book, from Rose Fortune born in 1774, to Aliyah Lailson who was born in 2005. Some of them you may have heard of, such as Viola Desmond, who took a stand against racism and because of that she earned her spot on the ten-dollar bill here in Canada. Or you might learn about someone you’ve never heard of before, like David George, the first Black Baptist preacher in Nova Scotia.

This piece of literature contains 156 pages, and on each and every one you are guaranteed to learn something new. Author Lindsay Ruck covered all these amazing people in 6 different parts; A history of Black people in Atlantic Canada, athletes, artists, movers and shakers, military heroes, and a few firsts. The captivating art by James Bentley adds colour and style. Some stories include colourful “Did you know?” boxes that include some fun facts! For easy reference, the author has



placed helpful tools at the back of the book, such as Important Dates, Glossary of Terms, Further Resources, Acknowledgements and Index. James and Lindsay do an excellent job of showing what makes each of these people truly amazing.

This book doesn’t limit itself to people but also includes history, communities and organizations. Black people arrived in Canada in many different ways. Some came to the country free, like Mathieu da Costa, the first recorded free Black person to arrive in Canada. Others

were brought to the country as slaves, such as Marie Marguerite Rose, who came to Nova Scotia as an enslaved person but was later freed and opened her own tavern. The book also addresses Black Loyalists and Black Refugees, as well as Black Pioneers and Jamaican Maroons. It covers communities such as Birchtown and Africville, and informs readers about organizations, like the Nova Scotia Human Rights Commission, the Black Cultural Centre of Nova Scotia and many more!

Amazing Black Atlantic Canadians deserves a spot on every bookshelf, and I would recommend it to people of all ages. This easy-to-read book is fascinating and educates readers on people who worked towards their dreams and fought for equality. It inspires and informs. The people featured in this book had many differences, however, they all shared some commonalities. Their bravery and persistence made the world a better place. They fought against racism, and for that, they deserve to be honoured, and this book does just that.

The book is available at Mill Cove Coffee in Miramichi.



Ella Breau is from Miramichi. She enjoys being outside and playing softball. Ella is always up for a challenge and loves taking on all sorts of jobs. Ella is a middle school student who loves to read and write. Some of her favourite genres include mystery and non-fiction. Ella likes to learn more about her passion for commerce through reading.



Miramichi Playwright Finds Laughter Really is the Best Medicine

By Betty Mutch

Even though I have been writing plays for years, I am uncomfortable referring to myself as a playwright. In 2014 I wrote my first play *Because of Love* for a family reunion with over 300 people attending. It was a grand production and a huge success.

The narrative was very serious but I wanted to have some comedy in it so Allan Washburn dressed as a woman complete with long gowns, hats, gloves and a long black wig and came in the back door, walking through the crowd asking people if they had seen his Eddy. He was hilarious and the cast and crew were amazing.

I believe that everyone has a reason to cry, maybe it's the loss of a loved one or hurt feelings, but I want to give people a reason to laugh. A lot of people suffer from depression and if I can put a smile on their face, even for a few hours then I feel a great sense of accomplishment.

I always wonder if others will find my play funny because when I am writing it, I read it over so many times that after a while, the jokes aren't funny anymore. It is like hearing the same joke 50 or more times, but when I look around the room and see men laughing so hard that tears are running down their face, I know it is funny and it makes me very happy. The expression 'laughter is the best medicine' comes to mind and it is so true.

A few years ago, I wrote a play called *Mrs. Murphy's Christmas* and we did it as a dinner theatre. It was similar to *Mrs. Brown's Boys*. Greg Donovan plays Mrs. Murphy and dresses like a woman. After the show on Saturday night, I



was walking through the crowd when a man called me over to his table. He said, "do you have any idea what you did here tonight?" I replied, "what do you mean?" He said, "there are a lot of people very depressed and this time of year is especially hard for them. You made 150 people laugh for two and a half hours, straight, just think about how good that was for their mental health. Look around you. Everyone is leaving with a smile on their face and they're happy."

I was so wrapped up in directing the play and making sure everything went smoothly that I hadn't thought about it, but he was right.

We did *Mrs. Murphy's Christmas II* in November and several people called me and said they laughed until they cried at the show and laughed for weeks after. Several people said they were so down and depressed but that was just what they needed. I thought again of what the man said to me years earlier.

Next Performance - May 7th

Now I have written *Mrs. Murphy's Mother's Day* and we will be performing two shows as dessert theatres. Join us on **May 7th** at 2pm and 7pm at the Miramichi Folklore Park in Renous for a good laugh, homemade desserts and tea or coffee. There will be draws for various prizes as well. Tickets are \$15 each and are sold in advance only. Tickets must be purchased before May 1st. All seating will be assigned so you don't have to go extra early to get your seat. For tickets call 843-6244. They will sell out fast so get your tickets early!

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New Experiences in 2022 at Beaubears Island

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What will you be doing this summer? Would you like to connect with nature more? Think about walking more, volunteering or learning something new? Have you thought to yourself, 2022 will be the year of trying new things?

You're in luck. Friends of Beaubears Island Inc. is more than happy to help you with all your needs and more for the 2022 summer season. If you have heard of Beaubears Island but don't know much more than that, please let us help you feel more comfortable coming for a visit.

Baubears Island Interpretive Centre in Nelson opens in June, and ferry service to the island commences June 19 on Father's Day.

Taking the Ferry - We will offer free ferry service to the island from June 19 to June 24. All you have to do is arrive at 35 St. Patrick's Drive, read/sign a ferry waiver, staff will provide information, and take the ferry over to Beaubears Island. Explore, learn, and connect with nature at your leisure and call us when you are ready to get picked up. We bring you back and thank you for joining with Beaubears Island. It is that simple. You can do this often throughout the summer



(ferry service price \$10) from Wednesday to Sunday, 10am - 4pm. We also offer Island passes for \$60 for unlimited visits to the island during the season.

2022 Programs and Events

First Responder Wednesdays - July and August Wednesdays only, all First Responders & Healthcare workers and their families have free ferry service to Beaubears Island.

Artist on the Island - Ten artists, one week each, will paint on the island for a minimum of 4 hrs a week, where you can view them at work and ask questions. Then they'll be at the Interpretive Centre on Saturday from noon to 4 pm to display and sell art created relating to Beaubears Island.

Freedom Mic on the River - artists are welcome to showcase their talent under the gazebo at Bicentennial Park, Saturday afternoons, weather permitting. Vendors/potluck and washer toss will be available when able.

Symphony at Sunset - Live music in the park. July & August on Sunday Evenings.

Wellness Days - Various activities such as yoga and



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forest bathing throughout the summer.

Speaker Series - Look for our Speaker Series starting in the fall.

Tours & Pricing

Interpretation Centre/Museum - Admission \$5

Ferry Service \$10 - Wed-Sun, On-demand

Guided Tour \$20 - Wed-Sun, Reservation & On-demand

Tours Through Time \$35 - By Reservation only on Sundays in July & Aug

School Tours - June & September 2022

Events Dates

June 19 – Ferry Service starts and is free until June 24

July 3 - Annual Picnic \$20

July 23 & Aug. 20 - Beaubears Shipbuilding Archaeologist Tour \$20 - By reservation only

July 25 - Graveyard Tour

August 1 - New Brunswick Day Treasure Hunt.

August 14 - Campfire

August 28 - Beaubears by Night

September - Eco-Spirit Tour- Each Sunday in September by reservation only

Oct. 1 - Island Clean-up

Oct. 22 - Graveyard Walk. \$10

Dec. 12 - 19th Century Nelson Historical Tour & Christmas Carolling.

Keep up to date with our programming and activities at www.beaubearsisland.com or on our Facebook page. Our phone number is 506-622-8526

We look forward to seeing old and new friends this year.

Right: Artist on the Island is a new program coming this summer.



Ferry service to Beaubears Island runs from June 19, Wednesday to Sunday, 10am-4pm. Buy your ticket at the Interpretive Centre.

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The Seamen's Hospital Meetings and Events

Open for Business! The Seamen's Hospital is again **available for rentals**. This historic building provides a unique location for a wedding, shower, family party or graduation party. Overlooking the Miramichi River, it is a beautiful location for taking photos. Located at 12 Vye Street in Douglstown, we are here to serve you. Call 778-8081 or 773- 6996 to reserve a time for your celebration.

The Friends of Seamen's Hospital Craft Group have weekly get-togethers on Wednesdays at Seamen's Hospital. Our hours are 9:30 am to 3 pm and everyone is welcome. We do all sorts of crafting, and you may find something that interests you. Bring your project, your lunch, \$3 for the day, and "inside" shoes (a mask is optional now). Come and visit and see what projects were working on. New members are always welcome.

This Spring and Summer, our new project, **the Labyrinth Walk raffle quilt**, can be seen in various venues in the area where we will be selling raffle tickets. It is a beautiful gold and black queen-sized quilt that must be seen to be appreciated. The raffle draw will be July 1st at Seamen's Hospital. There is still time to buy your tickets. As always, the proceeds from this raffle will go to the Seamen's Hospital Restoration Fund.

Private Quilt Shopping- If you need to buy a gift for a wedding, a new baby or for a child leaving for college, 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 desire in a quilt, colours, and size for example, and we'll select quilts for you to view at your convenience. No crowds, no parking problems, and no pressure. Leave us a message with your



name and telephone number, at 778-2349 or on our Facebook page.

Volunteers Needed- Spring is coming and we at the Seamen's Hospital, are anxious to resume our activities and to enjoy our usual events. It's not surprising that we will need more hands to achieve our goals.

We are looking for volunteers who want to learn and do some work to maintain this National Historic Building and site. Perhaps you have an interest in history or gardening and these qualities would be helpful. We would love to discuss volunteer options with people who might be interested.

If you have time to share, call Seamen's Hospital at 778-2349. Leave us a message. We will call you back.



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The Miramichi River system consistently has produced good numbers for its anglers and now we invite the public to join us here in Red Bank at our lodge, and fly fish in some of our best salmon pools.

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Earth Day: Novel Project Complete

Our Exoskeletons; our house, our car, our cave...

Cath Collette started an **Earth Day project** several years ago. The ecology novel, *Our Exoskeletons; our house, our car, our cave...*, will finally be published for this Earth Day 2022.

The eco novel takes place in the 2060s, the **Age of the Environment**. A storm forces a family, that farm with toxic soil, to take shelter with a wealthy older couple from the Age of the Consumer.

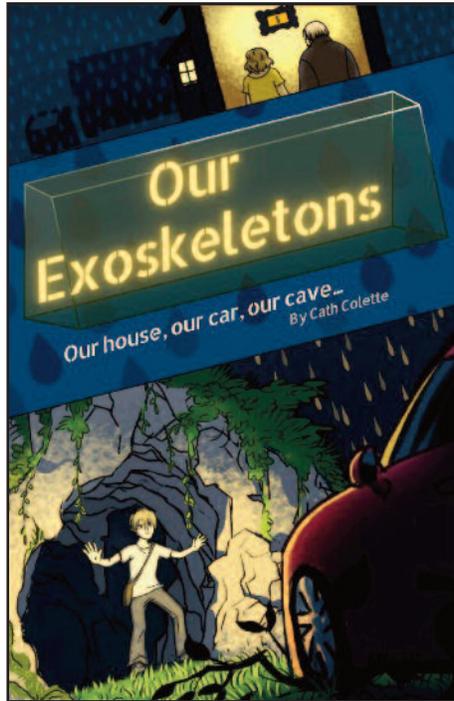
When fifteen-year-old Stan experiences the wasteful lifestyle of consumers, he gives in to his anger issues. His emotional outbursts make the situation worse. The hurricane 6 that arises makes the situation deadly.

At one point in the teen novel, Stan pesters his older sister because she has a pet spider. Genie says, “Hey Stan, I have seen you watch bugs in the dirt for hours.”

Stan replies in thought, “Beetles have exoskeletons. I am jealous. I want one. People have such fragile bodies... The roof on the exocycle protects us a little, from one shelter to the next.”

“Ants have a lot to teach us about living on a dying planet. Then I get to clean a few bugs and eat.”

Ms. Collette says, “It seems to me that the waste created during our age of the consumer will have to lead to an Age of the Environment.”



Cath Collette's ecology novel for young adults is set in 2060, the Age of the Environment.

Ms. Collette is a written-word **Artist for the Earth**, along with many others associated with Earth Day sites. You may sometimes see her filling a garbage bag with litter near Ritchie's Wharf. She is a literacy volunteer as well.

The book cover illustrator, Robin Ross, is a talented college student from Miramichi. The book cover shows Stan protecting the family's cozy cave. A

cave was the option left when it became a choice of trees for oxygen or housing. In the picture, the consumer-owned car charges at their home, running over precious maple saplings.

On the back cover is an endorsement from a local psychologist. She agrees with the calming tools Stan uses to help clear his mind so he can better help his family, his reason for trying.

The Earth Day Canada 2022 site www.earthday.ca is a few clicks away with information on all things environment. One blog deals with eco-emotions and eco-anxiety similar to Stan's feelings in *Our Exoskeletons*.

Our Exoskeletons: our house, our car, our cave... by Cath Collette is available at ARM Book Nook (Autism Resources Miramichi), Mill Cove Coffee, on Amazon, and at Chapters Moncton.

Profits for the novel are donated to the **Canadian Lung Association**.



Cath Collette

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Small Changes Can Have a BIG Impact on Cyber Security



Adaptive
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By Adaptive Office

For some, understanding cyber security is like trying to decipher a foreign language. I mean, how can you protect your data, if you don't even understand what the threats are; much less how to prevent them?

Let's keep it simple. How about implementing one security measure every week for the next eight weeks? By doing so, two months from now you'll be a cybersecurity ninja. Let's call this plan of action: Cyber Thursdays. Every Thursday morning, for the next 8 weeks, you'll tackle one of these cybersecurity tasks.

Week 1 - Backups

Never store all of your data on a single device. We suggest you use cloud storage exclusively. External drives can be stolen. Also, store the information in multiple locations: Dropbox, Google Drive, and OneDrive are great options, as they backup in real-time.

Week 2 - Prevent Cyber-Attacks

Any device connected to the internet is at risk - Desktops, Laptops, Cell Phones, Tablets. In addition to the latest Anti-Virus/Malware/Spyware protection (which aren't enough), deploy Endpoint Detection and Response software that continuously looks for and mitigates threats.

Week 3 - Get A Vpn

A VPN encrypts data so that it cannot be compromised during a cyber-attack. They're also useful for hiding your location, IP address, browsing activity, and personal data. NEVER use public WiFi without turning on your VPN. Make a habit of checking that your VPN is connected before you engage.

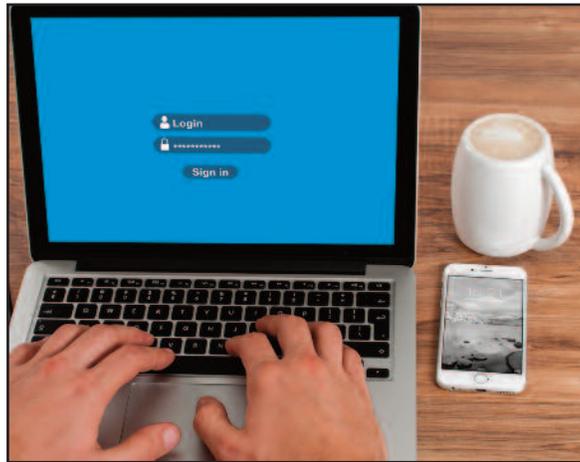
Week 4 - 2 Factor Authentication

2FA is essential to security because it neutralizes the risks of compromised passwords. 2FA should be activated for everything from sign-ins to your email and bank accounts to online transactions - including PayPal. It's not complicated. You can use any combination of biometrics, passwords, pushed-codes, etc. It's a pain at first, but you'll adjust quickly.

Week 5 - Strong Passwords

Create strong passwords for EVERY device and platform

that you sign into. Never reuse a password. The key to making this work is using password management software (PMS) - like Keeper or LastPass - onto every device. You'll only have to remember one password, the one that logs into the PMS. The software remembers the rest of them. You can also use these platforms to store other sensitive data.



Week 6 - Business vs. Personal Data

Whether mobile devices - cellphones, tablets, and laptops - are business or employee-owned, there should be a separation between business and personal data, including apps, files, email accounts, contacts, etc. You can also use "secure folders" or "locker" functions.

Week 7 - Develop Cybersecurity And Contingency Plans

Establish a partnership with a cybersecurity expert before a cyberattack. Ensure that your team members know the importance of constantly maintaining cyber security best practices and have a set of clearly defined rules to follow.

In the event of an attack, a cybersecurity contingency plan provides instructions to recover data in the event of a security breach, disaster, or system disruption. This plan should include a hard copy of relevant contact information for external parties, such as: clients, financial institutions, legal counsel, insurance providers, etc.

Week 8 - Clean Up Your Devices

Remove documents, files, programs, downloads, and applications that are no longer needed. Also, delete all passwords and credit card information that are stored on websites and in search engines, such as Google. Don't forget to clean up your bookmarks, move large files (like photos and videos) to the cloud, clear browser cache, history & cookies, and empty your spam, trash, and recycling bins. Restart your device(s).

To schedule your Cyber Security Risk Review, call the Adaptive Office Solution service hotline at 506-624-9480 or email us at helpdesk@adaptiveoffice.ca



Local Entertainment Podcast Is Looking For Events and Performers To Promote

by Franky Corcoran

My local community theatre company, **Corcoran Entertainment**, went from focusing on just theatrical productions to entertainment as a whole. From theatre, video skits, selling merchandise and now a podcast, this has been an excellent way to accommodate the constant changes sparked by the global pandemic.

The Corcoran Entertainment Show is a podcast that features a series of guests each week to discuss everything in the world of entertainment, such as movies, TV, theatre, and more. It is also used as a way to help spread the word about local events here in Miramichi and surrounding areas. Do you have an



event that would like to have promoted? Have you ever dreamed of appearing on a talk show to discuss what's new and exciting in your life? This can be your opportunity!

If you or anybody you know have an interest in appearing on The Corcoran Entertainment Show to

discuss upcoming events in our community and to also discuss entertainment in general, this podcast is a great way to help spread the word about whatever it is you might be looking to promote. Whether you want to come on yourself, or if you're shy and want someone else to speak on your behalf, that's okay too. I would also be more than happy to do a simple shout-out for your event during the show.

Contact me, Franky Corcoran to either schedule an appearance or to provide your event details for a shout-out. Text or call 506-624-3315 or email fcorcoran10@yahoo.com. Catch new episodes every Tuesday on Spotify or Apple Podcasts.

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The Key to Happiness

by Brian Tracy

Your ability to achieve your own happiness is the key measure of your success, of how well you are doing as a person.

Dedicate Yourself to Your Best Talents

The key to happiness is this: dedicate yourself to the development of your natural talents and abilities by doing what you love to do and doing it better and better in the service of a cause that is greater than yourself.

This is a big statement and a big commitment. Being happy requires that you define your life in your own terms and then throw your whole heart into living your life to the fullest. In a way, happiness requires that you be perfectly selfish in order to develop yourself to a point where you can be unselfish for the rest of your life.

Please Yourself First

In Edmond Rostand's play *Cyrano de Bergerac*, Cyrano is asked why he is so intensely individualistic and unconcerned with the opinions and judgements of others. He replies with these wonderful words: "I am what I am because early in life I decided that I would please at least myself in all things."

Your happiness likewise depends upon your ability to please at least



yourself in all things. You can be happy only when you are living your life in the very best way possible. No one can define happiness for you. Only you know what makes you happy. Happiness is an inside job.

Your Happiness is Up to You

The biggest myth about happiness is when people say that it is not legitimate or correct for you to put your happiness ahead of everyone else's. Throughout my life, I've met people who have said that it is more important to make other people happy than it is to make yourself happy. This is nonsense.

The fact is that you can't give away to anyone else what you don't have for

yourself. Just as you can't give money to the poor if you don't have any, you can't make someone else happy if you yourself are miserable.

The very best way to assure the happiness of others is to be happy yourself and then to share your happiness with them. Suffering and self-sacrifice merely depress and discourage other people. If you want to make others happy, start by living the kind of life and doing the kind of things that make you happy.

Action Exercises

Here are three steps you can take immediately to put these ideas into action.

First, define for yourself the activities that you really love and enjoy, at home and work, and then organize your life so you do more of them.

Second, believe in yourself and trust your own feelings. Then, please at least yourself in all things.

Third, determine what it is that you do that brings the most happiness to others and then organize your life so that you can do more of it.

Visit my Self Improvement and Personal Development blog at www.briantracy.com/blog for more articles.

Before you speak ask yourself if what you are going to say is **true**, is **kind**, is **necessary**, is **helpful**.

If the answer is no, maybe what you are about to say should be left unsaid.

-Bernard Meltzer

Miramichi Cardinals

Miramichi Mike's Bar & Grill Cardinals are looking forward to another good season in the 2022 season. Home games will be on Wednesdays at 7:30 in Cardinal Field.

Heading up the **coaching staff** is head coach Allan Menzies with assistant coaches Robbie Fleiger, Alex White and Jason Dunnett

Returning players include Riley Macknight, Andrew Burns, Jesse Malone, Billy Gaston, Kris Mckay, Mike Simon, Andrew Carter, Roman Ward, Aaron Dunn, Tommy Burns, John Cortes, Danny Richard, James Scott, AJ Roy, Paul Chamberland, Perry Deveaux, and Joe Bourque.

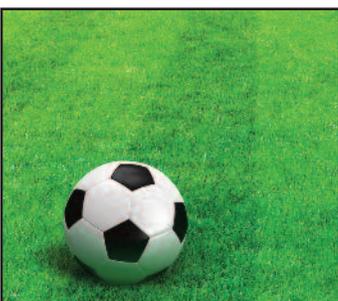
New players joining the line up include Dario Urdapilleta, Jared Macdonald, Ben Forrest, AJ Mckay, Brett Tucker and Dustin Mckay.

Last season the Cardinals made it to the semifinals and were defeated by the Chatham Head Tigers 3 games to 1. **Season passes** are available at Mikes for \$30 and include the playoffs. Sponsorships receive two season passes and a sign on fence for \$300.



Let's Play Ball! www.MiramichiCardinals.ca

Miramichi United Soccer



Registration for summer club soccer is now open as of April 1st at locations in Blackville, Miramichi, and Rogersville.

There are a limited numbers of spots so register early. Late fees apply after set dates. Minimum age - born

sometime in 2018. Maximum age - not turning 19 before December 31 2022.

Recreational groups at all three locations are U4, U6, U8, U10, U12 (latter two groups divided by gender).

Competitive groups in Miramichi locations only U11, U13, U15, U18 (all divided by gender), travel required.

Online Registration

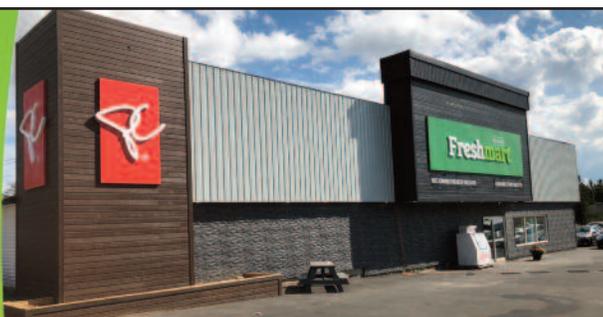
All registrations are online only through credit card (regular or prepaid), there is no debit option and no eTransfer. See online registration at www.MiramichiUnited.com for times and locations.

Financial assistance is available from outside organizations, see website for details, application deadlines May 1st.

Volunteers are needed to assist. Prior soccer knowledge is an asset, but not required.

Baie Ste Anne may start a program also, for interest please contact Caroline Gregan online.

For additional information visit the website at www.MiramichiUnited.com or send inquiries to registrar@MiramichiUnited.ca



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Check us out on our Facebook page!

Local Amateur Photographer's Images

Adorn Medical Imaging Department by James M. Fisher

Late last year, a few of the technologists in the Medical Imaging department of the Miramichi hospital decided they needed some large images to enhance the appearance of the department and add a more welcoming atmosphere to visitors.

The idea was the brainchild of the MRI department to provide a more calming environment for patients who may be stressed due to having to undergo an MRI scan. Images were sourced from two local amateur photographers, John Hayward of Miramichi and Terry Girouard of Bouctouche.

Many beautiful images were available, but they were initially limited to just five, so it was a big 'chore' to narrow them down. Finally, five were chosen, and Taylor Digital Imaging was approached to print and mount these large images on a special backing that could then be affixed to the wall with adhesive pads. The results were beautiful and the MRI department was the envy of other areas, such as CT and office areas, so they chose more of Mr. Hayward's iconic images taken



around the river to adorn some previously bare walls.

Mr. Hayward recently visited the Medical Imaging department and commented: "I am pleased that people will see them as they are in the Medical Imaging department and hope that they offer a nice distraction. I enjoy making images of the Miramichi River and the region and attempt to bring the beauty of the area through my images. Sometimes we just have to slow down to see the beauty that is right in front of us and I try to show that through my photos."

Mr. Girouard commented: "I am honoured to have one of my photos printed and hung on a wall at the hospital."

On your next visit to the Medical Imaging department, have a look around, and you may see some magnificent scenery!

James M. Fisher works in the Medical Imaging Department at the Miramichi Hospital. He also is the editor-in-chief of The Miramichi Reader, an online literary magazine. He lives in Miramichi with his wife and their tabby cat Eddie.

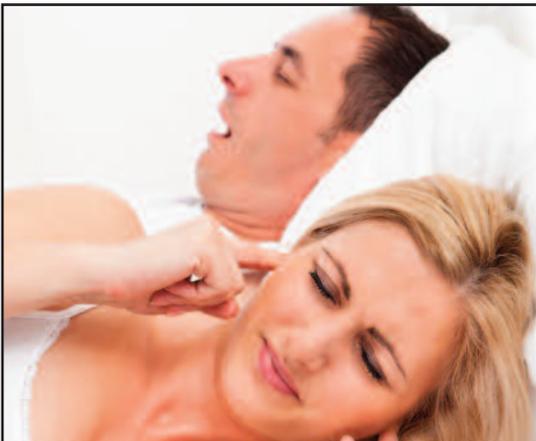
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The Miramichi Power and Sail Squadron Make a Lasting Contribution

The Miramichi Power and Sail Squadron recently donated two defibrillators to the Miramichi Boating and Yacht Club and Station Wharf Marina. This was their last act to help improve safer boating on our river, since the squadron will be dissolved this summer. The executive agreed to use their remaining funds for this purchase, to give back to the community in a meaningful way that represents the objectives of the group.

Miramichi Power and Sail Squadron was founded in September 1969 as an affiliate of the Canadian Power and Sail Squadron (CPS-ECP), the primary safe boating training provider in Canada. Miramichi Squadron has offered courses from The Boating Course which was the original entrance level course that combined safety with basic chart work knowledge, and courses like Piloting, Advanced Piloting, Celestial Navigation, the Restricted Radio Operators course for the Marine VHF radio, and the PCOC pleasure craft operator card.

Unfortunately, due to a lack of interest from boaters in taking the more advanced courses, and the aging of the squadron's membership and instructors, Miramichi Power and Sail Squadron will be dissolved this summer. It is the executive's fervent wish that younger members of the boating community will reestablish the Miramichi Squadron and influence boating safety on our river in the future.



The Miramichi Power and Sail Squadron donate defibrillators to Station Wharf Marina and the Miramichi Boating and Yacht Club. **L to R:** Jason Walsh (SWM); Maurice Richard, Laurie Gaudet, and Stephen O'Reilly (Miramichi Squadron); Joey MacDonald (MYBC).



STANDING
Left to Right
Henry Leger
Donald MacMillan
David MacRae
Jim MacMillan
William Nichols
Peter Burchill
Marc Creaghan
Kenneth MacDonald
Maurice Richard

SEATED
Left to Right
Robert Currie
Gerard Arseneau
C/cdr Reese
Joan Legere
David Tweedie
Jack MacDonald
Bernard Richard

Original members of the Miramichi Power and Sail Squadron.

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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 for submissions to the summer issue is May 30th.



Barred owl, the owl you see more often than others in daylight with dark brown eyes instead of the golden ones like most. - Brian Tozer



This porcupine swam out and got a feed from the bottom of this pond off a log. They are great swimmers as the quills are full of air. - Brian Tozer



Nelton Dedan captured this photo of an eagle in front of the full moon, taken near the river in burnt church.



The Bartibog Church through a field of daisies. Photo by Bonnie Coughlan.



The lighthouse on Hay Island at sunset. Photo by Camille Breau.



This photo was submitted by Monica McIntyre of Escuminac, who is one proud mama as she shares photos of her daughter Celine who is currently serving aboard the HMCS Margaret Brooke.

Above: Sailor 1st Class Celine Dorion stops on sea ice flow to give us a wave, as she makes her way through the snow while the future HMCS MARGARET BROOKE is parked for ice sampling in Labrador sea, during ice trials on February 27th 2022.

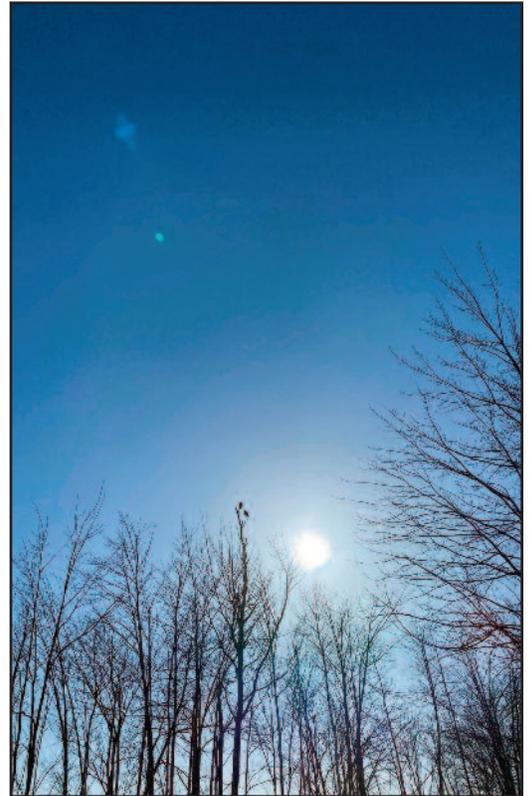
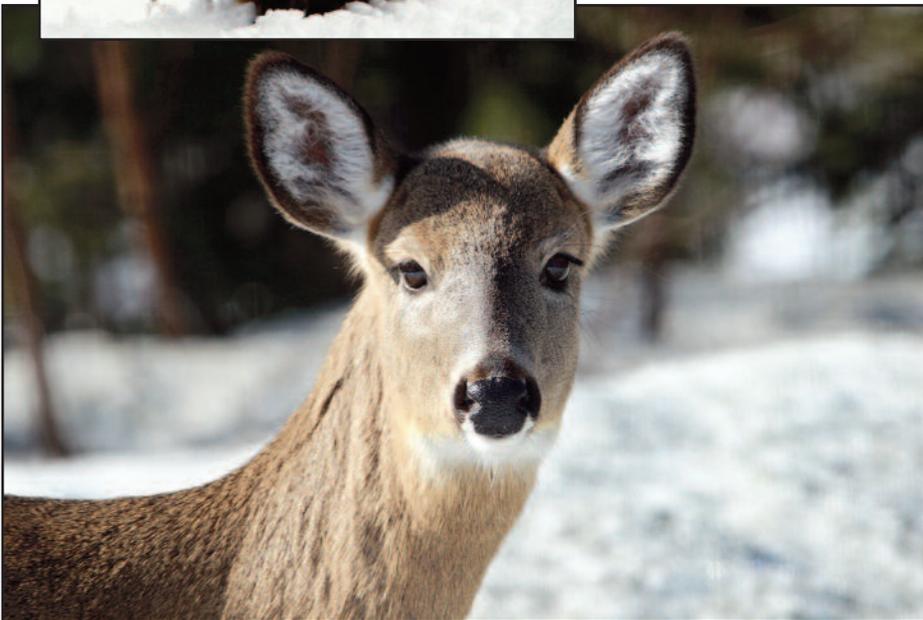
Photo: S2 Taylor Congdon *Source:* Royal Canadian Navy



Edna Moorhouse shared this photo of a familiar backyard sight in spring. The raccoon did end up unhooking the birdfeeder and knocked it to the ground for easier access.



Fernand Maltais enjoys many wildlife visitors at his home in Oak Point, such as the fox and deer pictured here.



Sophie Landreville submitted this photo of two lone birds against a big blue sky, in Neguac.

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