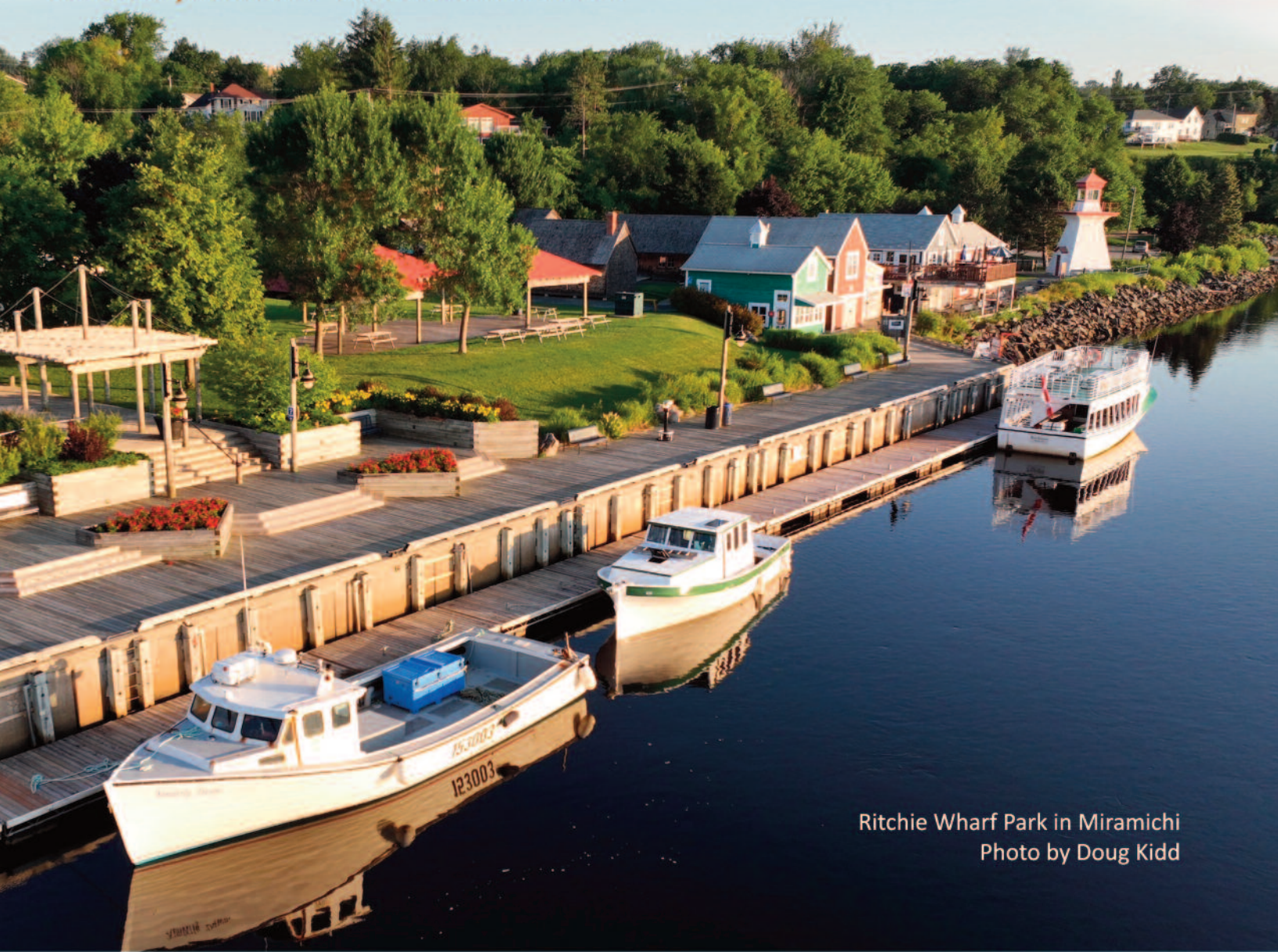


GIVER

Miramichi

FREE!
Fall Issue 2022

Published by MCG Media www.GiverMiramichi.com



Ritchie Wharf Park in Miramichi
Photo by Doug Kidd

CHECK OUT THE NEWLY REDESIGNED
2022 GRAND CHEROKEE L



Drew
Hunter



Chris
Savage



Carmen
Stewart



Koby
Prince-Vautour



Cody
Lannan-Macleod



Kyrean
Hubbard



1155 King George Hwy, Route 8, Miramichi, NB
Tel: 506-622-3900 • 1-866-740-3900
www.townechrysler.ca

Text our sales team anytime at 506-300-3218



Let Us Create Your Website While You Run Your Business



Sell your products.
Tell your story.
We make it easy.
Starting at \$500.



MCGMedia.net
506-352-7668
sales@mcgmedia.net
*Supporting businesses
online since 1999*

OPPORTUNITY CHANGES EVERYTHING

Life-Changing
Programs &
Relationships



BELONGING



RESPECT



SUPPORT



Miramichi

BGCMiramichi.com - 778-2444

Events



Find More Events
www.mightymiramichi.com

Oct. 8: 4th Annual Food Truck Festival This is a mini version of the regular festival, to be held from 11am-6pm on Water Street, Historic Chatham Business District.

Oct. 16: Golf Ball Drop Festival

Presented by the Douglastown Lions Club. Will include a pancake breakfast, raffle of donated items, and vendors market in addition to the golf ball drop. See page 11 for details.

Oct. 23: Ukrainian Day

Flag Raising of Ukrainian flag at 1:30 at Queen Elizabeth Park. At the Miramichi Kin Centre 2-5pm - Ukrainian food samples, silent auctions and local entertainment. See page 20 for details.

Oct. 23: Book Launch of *In My Life* by Johannes Bosma at the Kin Centre 2:30 - 3:30pm



Oct. 22: Blackville Spooky Market

Many vendors with handcrafted items, scents, preserves, u-bake meals, sweets and treats and more! 10am to 1pm. Free parking and admission. At the United Church Hall, 143 Main Street in Blackville

Oct. 29: 2022 Oil Painting Workshop United Church Centre, 556 King George Hwy, Miramichi
 Oil painting workshop with Edie Szabo from 1pm-5pm. Everything you need is



supplied to create a 16x20 oil painting. The painting project for October is Autumn Marsh Sunset. Make your own composition with colours you prefer. I have a few paintings for reference, or bring your own design, but stay with the same theme. Break with coffee, tea and homemade dessert. Must register in advance. \$65 per person. Reserve your spot on the Facebook group, Paint with Edie, or email: ronedie.east@gmail.com

Nov. 5 - Camp Sheldrake Quilt Bingo. Bingo will be held at the Knights of Columbus Hall, King Street, Chatham, from 2-4 on Saturday, November 5. Doors will open at 1pm. Total of twelve games will be played. Main prizes are handmade quilts, also loonie and toonie games, and a 50/50 draw. All proceeds in support of Camp Sheldrake. Come out and have a fun afternoon playing bingo and help send a child to summer camp next year.

Nov. 5: Christmas Craft Market

Join us at the Woodmen's Museum for our popular craft market, 10am to 2pm. Find the perfect homemade gifts to give to your loved ones. Join us for coffee, tea, treats and beautifully made handcrafted gifts. Vendor tables \$20 each. Call 506-369-7214 to book a table or complete the form on our website www.woodmensmuseum.com/christmas-craft-market/

Nov. 6: Remembrance Dinner Theatre & Song At the Miramichi Kin Centre. 5pm Dinner - Susan Butler's Stuffed Chicken Breast. 6:30-8:30pm - Local theatre & singing performers. Tickets \$40 each by reservation only. Contact Susan Butler 622-1780 or susanbutler@xplornet.com. See page 5 for details.

Nov. 17: Carroll Baker Christmas Concert At Carrefour Beausoleil, 7pm. Tickets in advance \$35. At the door \$40. On sale at Brookdale Flower Shop, Kingston's Car wash or by e-transfer to susanbutler@xplornet.com

Nov. 18-21: Frozen the Musical

A theatrical performance presented by RiverMade Productions. Stay tuned to www.facebook.com/RiverMadeINC for details.

Dec. 4: Annual Christmas to Remember in Memory of Gerry Cormier

Hosted by Susan Butler, featuring various performers, soloists and choirs. Time: 2-4 pm at St. Mary's church, 360 Newcastle Blvd. Admission is a donation at the door. Donations may be made in advance in memory of a loved one to office@stmbparish.ca. All donations will be divided between Gerry's charities, Women's Transitional House, Miramichi Youth House and St. Mary's Christmas Hampers.

Find more **Haunted Happenings** on the next few pages.





Remembrance Dinner Theatre & Song - November 6

by Johannes Bosma

After a two-year hiatus, the Remembrance Dinner Theatre & Song is back at the Kin Centre on Sunday, **November 6** from 5pm to 8:30pm, sponsored by the 66th Miramichi Folk Song Festival and co-hosted by Susan Butler and John Bosma. With the clock turned back that weekend, we'll have an extra hour of daylight to get there and home again.

The evening begins with a delicious Susan Butler **dinner of stuffed chicken breast**, mashed potatoes, vegetables, roll, cranberries and completed with tea/coffee and white or chocolate cake with boiled icing. The calm and beautiful **piano stylings of David Bunnell** will complement the dinner.

The entertainment portion of the evening begins at 6:30pm. **The first act** features the striking harmony of The Villagers, *Into the Wide Blue Yonder* (a short play about the Air Force) by the MVHS Drama Club, the smooth voice of Jimmy Lawlor & Friends and a dramatic presentation of *In Flanders Fields* by the Max Aitken Drama Club. Act One finishes with a beautifully, haunting song entitled "Remembrance Day Child" presented by the King Street Elementary choir.

During the intermission there will be a half & half draw and 3-for-\$5 tickets sold on another spectacular



Bill Weeks (Air Force)

painting, donated by Edie Szabo.

Act Two will feature the reading of An Answer to 'In Flanders Fields' by Mac Heckbert whose profile will be presented. It continues with the beautiful voice of Elizabeth Shatford, a dramatic presentation of *Anchors Away* (a tribute to Canadian Navy) also by the MVHS Drama Club, the talented Gary Silliker and the reading of a scholarship winning essay, "Why Should We Remember," written by 2019 MVHS Grad, Ellie Newman, and read by an MVHS drama student.

The evening concludes with the Butler Sisters, Mary & Susan, and their beautiful version of "The White Cliffs of Dover" and more, followed by two



Ella Curtis (Air Force)

additional war songs by all the performers.

Through the dramatizations, the program will honour Huntley Fanning, Jimmie Cassidy and Ray "Pony Boy" Moar (Navy); Ella Curtis, William Cadger, Arnold "Russ" Russell and Bill Weeks (Air Force); along with Mac Heckbert and Bob Currie (Army).

Tickets are \$40 each, by reservation only. Contact Susan Butler at 622-1780 or susanbutler@xplornet.com. Any dietary concerns will be accommodated.

Cover Photo: A quiet early morning at Ritchie Wharf Park in Miramichi. Photo by Doug Kidd.

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.

Submissions: email to submit@mcgmedia.net

Advertising: sales@mcgmedia.net Tel: 506-352-7668

Twitter: @mightymiramichi

Facebook: www.Facebook.com/mightymiramichi

Web: www.GiverMiramichi.com

Giv'er Miramichi is published and copyrighted by MCG Media (MightyMiramichi.com)

Mighty Miramichi

PO Box 4166, Station D, Miramichi, NB, E1V 7K9

Web: www.MightyMiramichi.com

Return of Dare the Dark - The Headless Nun

by Shawn McCarthy

There is a foreboding chill in the air; a damp fog hovers over the water, and an orange moon stares down on the creatures of the forest. For the first time in four years, the challenge to brave the murky depths of French Fort Cove is being extended, and on **October 15th and 22nd**, it will be accepted, as the **Dare the Dark Headless Nun Experience** returns.

Long ago, on autumn nights, it was believed the spirits came back for a visit. Legend has it that, shrouded in the gloom of the Cove, there is one spirit who never left. A silent, lonely, figure in black and white, she keeps a vigil over a long-forgotten buried treasure. A devoted guardian of precious items, belonging to those who left this world over two centuries ago, the souls of her people can rest; her own cannot.

Why? Her continued vigilance is freshly inspired, year after year, and generation after generation, when they come. Their hearts twisted and their minds clouded, they can think only of what they call "the treasure." A new life, another chance, a glorious future, it could all be theirs.

First, came the uniformed, and footsore hordes, marching beneath the flowing banners of Europe. They kindled the flame of war, and sowed death with pike and shot, in hopes of possessing the land, and all that it might yield up to them.

Then, there was the fiend who performed the terrible deed that consigned the sentinel spirit to wander among the Cove's pines and spruces. Scarred, either by pestilence, or perhaps by too many weeks alone with a pitiless instinct, and forged into an instrument of mayhem and malice.

Next, came the so-called "hunters," filled with greed and seeking nothing so much as their own prestige and fame. Above them all was a weary labourer, cast out from the lumber camps and the mills, searching for new hope and



French Fort Cove at night. Will you Dare the Dark?
Image courtesy of David Jardine.

redemption, along with golden riches. All around are others, likewise searching, some desire consolation and a quieted mind, and others wish to reclaim past acceptance and love, still others hearken to the call for justice, in whatever form they conceive of it.

Finally, looking over all of these poor wretches, stands one who is unaffected, who fears neither them nor even the guardian spirit herself. This one feeds on the avaricious nature of the grasping seekers, and, passing pleased, bids its decaying influence propagate further.

On **October 15th and 22nd**, the campfire tales we heard as children will once again be told with passion and acted out with exuberance. The stories heard will linger in the imagination long after the tour is over, and no doubt will take on a life of their own, as they are spread by word of mouth again and again, just as they have been for many generations. The cove will be alive, as voices from the past return, and new ones join, to celebrate one of the province's oldest ghost stories. It is said that truth is stranger than fiction, but this legend might well be the exception.

Two feature performances will take place each night, at 7pm and 9pm, and participation is capped at 30 people per

tour. With that in mind, it's best to claim your place early, as this event is expected to sell out. **Tickets are \$15**, and are available for purchase at Brookdale Flower Shop and Creative Grounds Cafe, or by emailing CharacterMattersMiramichi@gmail.com

In Miramichi, our folklore runs as deep as our river. It is unique, it is original, and it burns bright. Come and experience for yourself why the legend of the Headless Nun of French Fort Cove has captivated so many for so long.

Legends never die and neither will the call to Dare the Dark.



Illustration by David Jardine.

BOYS & GIRLS CLUB MIRAMICHI

...provides

Breakfast Programs

in **23** local schools



www.BGCMiramichi.com

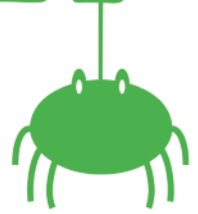


***Babysitter's* T.R.A.I.N.I.N.G**



HAUNTED HAPPENINGS

SEPTEMBER



SEPTEMBER 22ND-24TH

DOWNTOWN ARTS & MUSIC FESTIVAL

SEPTEMBER 23RD & 24TH

ART HOUSE CONNECTIONS

OCTOBER

OCTOBER 1ST TO 30TH

MIRAMICHI FRIGHTFUL FISHING PHOTO CONTEST

OCTOBER 1ST

QUEST NIGHT AT FINS AND FEATHERS RESORT

OCTOBER 7TH & 8TH

THE HAUNTING OF NEWCASTLE MANOR

OCTOBER 8TH

ZOMBIE WALK

OCTOBER 8TH

SCARY LARRY - GOLF TOURNAMENT

OCTOBER 8TH

MAGIC SHOW AT FINS AND
FEATHERS RESORT



WWW.DISCOVERMIRAMICHI.COM/HAUNTED-HAPPENINGS

SPOOKTACULAR EVENTS FOR THE WHOLE FAMILY

OCTOBER 15TH

OBSERVATION RALLY AT FINS AND FEATHERS RESORT

OCTOBER 15TH & 22ND

DARE THE DARK 2022: HEADLESS NUN TOUR

OCTOBER 15TH, 16TH & 17TH

“THE HAUNTING OF NEWCASTLE MANOR” TOUR

OCTOBER 16TH, 22ND, 23RD, 29TH, 30TH 12PM-4PM

(DAYTIME LOW-LEVEL SCARES)

OCTOBER 15TH, 21ST, 22ND, & 29TH 7PM-9PM

(NIGHTTIME SCARES)

HAUNTED CORN MAZE

OCTOBER 20TH-31ST

THE GREAT PUMPKIN WALK

OCTOBER 29TH

TRICK OR TREAT TRAIL

OCTOBER 29TH

TRUNK OR TREAT

OCTOBER 29TH

HALLOWEEN SUPPER AT FINS AND FEATHERS RESORT

OCTOBER 29TH

ROTARY HALLOWEEN DANCE & NORDIN REC.
HALLOWEEN DANCE

OCTOBER 30TH

GHOSTLY CANDLELIGHT KUNDALINI YOGA



WWW.DISCOVERMIRAMICHI.COM/HAUNTED-HAPPENINGS

Golf Ball Drop Festival – October 16

By Douglastown Lions Club

This year the Douglastown Lions Club's Annual Golf Ball Drop will be turned into a festival and will include a pancake breakfast, raffle of donated items, and vendors market.

We use this fundraiser to have money in our accounts to help our community throughout the winter. Some of the projects that we use these funds for are for scholarships as well as Christmas hampers which help families in need to afford presents for their children. As well as other projects that arrived throughout the winter.

What is a golf ball drop?

The golf ball drop part of this is a 50/50. We sell the golf balls all summer right up to the day of the drop. This year we will have a table at our festival that we're introducing

to continue selling them right up until before we drop balls. Last year the 50/50 prize was \$4000. We are hoping to have an even bigger prize



this year. Our fire department comes with their truck that has the boom lift on it. They will dump all our balls over the target and the ball that's closest to the target wins.

We will be having a **pancake breakfast** from 8:30 am to 11 am

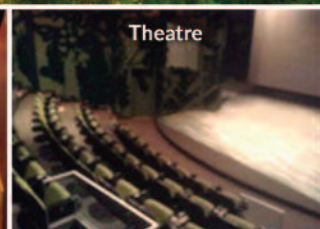
inside the Nordin Rec Center. Afterwards there will be a **butter tart contest**. We will have three judges made up of Lions members and City of Miramichi Mayor Adam Lordon who will be tasting these delicious tarts to find a winner.

Donations are welcome from our local businesses so that we can raffle them off to help raise more funds.

Vendors will be setup outside, offering a good variety of wonderfully homemade crafts and baked goods. We encourage everyone to support our local

crafts people and vendors, whether you're looking for gift ideas, seasonal items or sweet treats.

We are still planning a few more things to make it a great day. Everyone is welcome to attend.



Open For The Fall Season

Book your fall meeting or conference and enjoy an outdoor experience.

Contact us and we will happily confirm details with you.



1-888-380-3555
506-836-6118
info@metpark.ca
www.metpark.ca
Find us on

Miramichi Historical Society (MHS)

Fall Programs

By Mary King

The Miramichi Historical Society has much to offer, from area writers to local history buffs, from guest speakers to walking tours, from formal presentations to round table talks.

Founded in 1950 by Dr. Louise Manny and a group of other local history enthusiasts, the members of the Society continue today to fulfill its original mission statement: "...to preserve our heritage; to carry on research; to annotate local history, such as buildings of historic and architectural worth; to promote education; and to create tourist attractions ..."

In that spirit, the fall program featured a guided walking tour of Chatham on September 12th entitled "A Walk Through Time: A Walking Tour of the Historic Houses of Chatham -- Part 1."

In the guided tour, participants walked from Holy Hill to Henderson Street, and explored the historic properties that line our streets and heard the storied history of these houses. As the "part 1" in the title hints, there are more guided walking tours planned for Chatham.



People arriving outside the Miramichi History Museum as facilitator Charlotte Loggie (at table left) prepares for the "A Walk through Time" tour. About 30 people turned out for the guided history walk



The Miramichi History Museum's display at the Mayor's BBQ, Aug. 28, at Elm Park in Chatham. Summer student Camden Rogers and museum curator Anna Springer are at the table.

The Miramichi Historical Society is a partner with the Miramichi History Museum, located at 186 Wellington Street in Chatham, Miramichi. A number of the fall sessions will be done here. On October 3rd, Kevin Gallant will give a presentation on the Development of the Hiking Trail System in New Brunswick. Kevin has been a long-time trail developer and advocate.

On November 14, the Society plans to honour local veterans and their service at a round table discussion at Beaverbrook House, 518 King George Highway, Miramichi.

The Society meets five to six times a year on the second Monday of the month. The spring program will be announced in the new year. New members are welcome. The Society wishes to acknowledge with appreciation Mill Cove Coffee for its on-going support of local writers and publications.

Facebook: Coming Soon!

Contact: miramichihistoricalsociety@gmail.com

President: Manford Wasson

Time For Seasonal Tire Changes

We also do light repairs, wheel alignments and MVI.
We sell all the popular brands of new winter tires.

Terry & Son Tires

117 Roger St, Miramichi NB • Tel: 506-622-0454

Miramichi Timberwolves Present a Positive Outlook for the Future. (contributed article)

Have you heard the buzz around the Miramichi Timberwolves hockey team? People are talking because they are noticing a positive change in attitude.

There have been many losses for the Twolves in the past couple of years. Covid was a kick to the gut for the Wolves, as for many other organizations. The Hockey Auction Committee lost a founding member in Clarrie Hale, which was a big loss. The final shot was the unexpected loss of long time President, Jamie Keays which stunned board members, hockey lovers and the Maritime Junior A Hockey League. Jamie wore many hats over the years and his passion for sports was immeasurable. He never left a ballfield or rink without making friends. Jamie was loved.

After the new board members were assembled, they quickly decided things had to change to give this team the longevity that it needed. President, Nathan Dunnett's first project was to change the culture of the team. The public's perception of the organization was a big goal so that we could have a local Jr. A Team the city could be proud of.

Look good feel good was the boards first initiative. Miramichi doesn't have the state-of-the-art facilities that most areas have, and the state of the dressing room was deplorable. **"Let's give these kids something they can be proud of"** said Dunnett. That was all it took to get the new board members moving. Many items were donated such as paint, carpet, toilets, sinks, shower heads, lights, shower curtain and rod, shower flooring, kitchen cabinets, hall flooring and everything in between. All the items were either donated or purchased by board members. The group was



Timberwolves board members gave the team's dressing room a make-over and dedicated it to the memory of Jamie Keays.

determined to do it right.

It was an overwhelming feeling that the Timberwolves board members and executive wanted to do this for a purpose. Jamie would be so proud to be doing this for the kids. **"Let's do this for Jamie"**, said Shannen Somers, communications director. A presentation of the dressing room was made to his wife, Cathy Keays. It was touching and emotional for Cathy to learn that it was dedicated to Keays's memory. The legacy of Jamie Keays carries on throughout the rink.

The **executive board members** are: Nathan Dunnett (President), Jeff MacFarlane (Vice President), Cathy Keays (Financials) Jim

Lamkey/Jeff Lamkey (Hockey Operations), Marcia Bissette (Secretary), Shannen Somers (Communications Director). Our **board members** are: Tracy Russell, Lacey Russell, Jay McLaughlin & Sue Johnson, Tanya Jardine, Jessica Dunnett, Leah Wormell, Billy Flieger, Claude Theriault, and Craig Somers. Everyone involved in the labor of this project couldn't be prouder of all the hard work and dedication of our sponsors who made it possible.

Sponsors include the following: Superior, Kent Building Supplies, Forever Flooring, Eddy's, City of Miramichi, Benjamin Moore, Dunco Homes and Interiors, Darren Gregan, Chris O'Neil, LiteWorks and River Signs.

A huge thank you to the businesses, volunteers and all who are supporting the team this year. Positivity and to fill the seats is what we are asking from the community. To support the team financially or purchase season tickets, call 506-625-9044. Welcome to the 2022-23 season. #YouShouldSeeUsNow

TERYX S LE

YOUR WORLD.
YOUR ADVENTURE.

- High-performance
- Wide-tread
- Ergo-fit

310 Dalton Ave
Miramichi Ind. Park
506-622-8810

1585 rue Principal
Négucac
506-776-4339

LES FRERES
G&G
BROTHERS
www.ggbrothers.com

GOOD TIMES FINANCING
5.99%
FROM 60 ON 60 MONTHS

Kawasaki
Let the good times roll

Bayview

SINCE 1972
TRUCKS & EQUIPMENT LTD.

CONTACT BILL BOONE TODAY

PACKAGE INCLUDES:

54" Mid Mount Mower Residential 50" Front Snowblower



Kubota

BBOONE@BAYVIEWTRUCKS.COM

305 Dalton Ave. Suite A, Miramichi, NB E1V 3C4
Kubota Sales Pro -
(506) 545-8027



**KUBOTA BX2380
DIESEL 4WD TRACTOR**
A TOOL FOR ALL SEASONS

\$0
DOWN
\$104
PER WEEK
OAC

Winter clothing now in stock! Hurry in while supplies last.



2436 King George Hwy, Miramichi, NB

(506) 778-8497 • www.jtmotorsports.ca

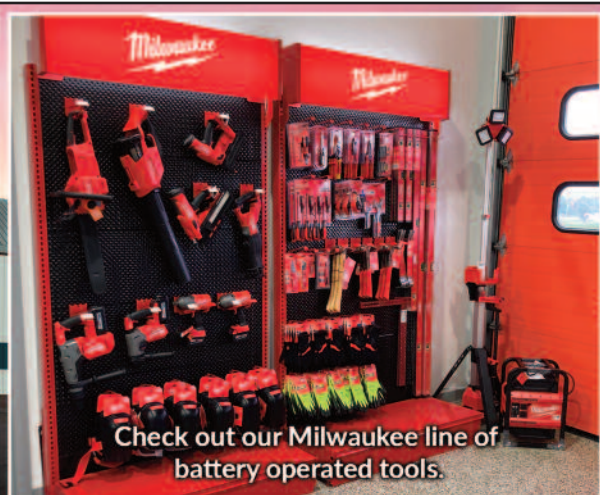
New Equipment • Great Customer Service!



We have a great selection of tools and equipment to make your project easier. Our knowledgeable team will help you find the right tools and teach you how to use them. Call and book for a day, weekend, week or more!

300 Dalton Ave, Miramichi, NB
(506) 622-1025

Monday-Friday 7am-5pm
Saturday 8am-12pm



Check out our Milwaukee line of battery operated tools.

ACE EQUIPMENT RENTALS



Mortgage specialists

Where and when
it suits you

• Accessible • Fast response time • Professional



Lison Guignard
506-397-5407



Denise Perrin
506-397-5641

uni.ca/mortgage



What's New with Lisa Leblanc?

by Vanessa Hébert

This year, the **Country Rock Folk Star of Rogersville**, is celebrating 10 years since the phenomenal success of her first album. To celebrate, she released her fourth album *Disco Chiac* in March 2022, and the critics fell in love with her all over again!

After taking a year off in 2019 she explored another side of her creativity and co-produced the first album of Nova Scotia emerging artist Jacques Surette. She also produced the 25th album of Canadian singer-songwriter and folklorist Édith Butler with whom she developed a special friendship. In the Montreal Gazette she explains that during the pandemic she went back to live in Rogersville and she created the alter ego character of Belinda, “a 60’s waitress with sass”, who provided fun inspiration for the new *Disco Chiac* album.

With this new album, the Acadian composer is coming back to her French roots and offering a different style than before. She left her banjo for a mix of disco, funk and groove, paired with funny lyrics all inspired by her life experiences. Most of the songs would make anyone want to dance. And for people wondering, the word *chiac* means the mix of French and English words/sentences that Acadians speak in the middle east and southeast of New Brunswick.

We need to remember everything Lisa did to make us so proud until this day. We can’t mention everything because we would have a book instead of an article. Its very fascinating how she did so much before her thirties. According to The



Lisa Leblanc

photo ©Annie France Noël

Canadian Encyclopedia, she started working in a bar in Miramichi where she was asked to sing 2-3 times a month. She gained a lot of press when she won the famous Granby Festival in Quebec. Following that, her first video in 2010 was viewed 4.2 million times on YouTube. Her first album was also on top of the iTunes Canada downloads the first week of its release. She sold 140 000 copies of her first three albums. She was either nominated or a winner at the Juno Awards, The Indies (CMW), the L’ADISQ, The Polarise list, the SOCAN and much more. She has performed all across Canada and in Lafayette, Switzerland, Belgium, and Paris. Lisa Leblanc doesn’t have to prove herself anymore. She never had to.

With all her success and popularity, she has always stayed herself; humble, funny and real. Her fans love that she is not scared of saying or singing the real things. In one of her shows at the Montreal Metropolis, she invited her Rogersville high school janitor, Normand Arseneau, because he was the one who taught her how to play guitar.

Follow Lisa on Instagram, Facebook, YouTube and visit her website www.bonsound.com/fr/artiste/lisa-leblanc.

Vanessa Hébert, from Tracadie-Sheila, is passionate about promoting francophone and Acadian music and culture. She lives in Bartibog River with her “Lower Newcastle born and raised boyfriend.” A high school teacher for 13 years, she now teaches online students from 22 French New Brunswick schools.

**Need to update your
computer skills?
Get your GED?**

**Contact Miramichi Adult Learning
to find out more.**



MALI • AAMI

Building Skills for Success! • Bâtir ses compétences pour réussir!

Call: 506-778-6998

Email: info.mali.aami@gmail.com

www.miramichiadultlearning.com





Cindy Lou's Corner

Life's Trifecta

Physically Fit, Mentally Fit, Financially Fit.

Any and all of these elements of our lives matter. If one is out of balance, it ultimately affects the others. When you strive to bring one into balance you inadvertently affect the others.

When we move our bodies, the energy within our body moves. This is why when you exercise, you may experience different emotions during and after exercising.

When our mind runs rampant with fearful thoughts, it affects our nervous system. In turn, we make decisions from a place of fear rather than awareness.

These decisions affect our financial wellness.

This is why being Physically Fit, Mentally Fit and Financially Fit, matters.

Consistency is the key for change to happen. Give yourself a time frame of what you want to shift. Make a plan in how you are going to make the change and keep yourself accountable. Use calendars to check off each day you are consistent. If you miss a day just start again. Remind yourself what you did do, rather than what you didn't.

Here are three examples of balancing out the Trifecta in life.

A person wants their body to be stronger and leaner. They begin to exercise. Their whole focus becomes about their body and changing it. After a very short while, they notice they are able to make decisions better, they have a different perspective of life, their self awareness becomes better. They keep focusing on their body and the food they consume. Then seemingly, out of no where, a new job offer comes to them where

they would make more money. The financial part of their life is having the opportunity to change.

A person wants to no longer be full of rage. They want to be carefree and happy. They seek out ways to change. They begin to meditate. They learn how to breathe when they are feeling uncomfortable. Their focus is on how to release or control their mental/emotional self. They take long walks and try yoga. Their self awareness improves and they notice, the

rage and anger has subsided. They can feel how their body is becoming stronger. They now have space in their mind to recognize opportunities. The financial element of their life can now change.

A person wants to increase the amount of money they receive. They decide to go back to school and take classes in something they have always wanted to do. They discover there is a bigger learning curve then

they anticipated. They decide to exercise to relax their mind. They go to yoga classes, learn to breathe, take long walks and join a gym. They begin to feel more inspired, more confident in pursuing their dream. Opportunities to realize their dream, come forward. Their financial situation changes.

"It doesn't matter where you start, just start and see what happens"

Check out Cindy Lou's upcoming classes Oct. 16 and Nov. 13 on www.cindylouscorner.ca. Classes are held via Zoom. All are welcome.

Cindy Lou, Educator of Positive thinking, Published Author.



1454 rue Principale Neguac
(506) 776-8230
Check us out on our Facebook page!



Online Farmers Marketplace is Officially Launched

The Round Table Farmers Marketplace is officially launched and our curbside pick-up service is



Serenity Foods is on the marketplace offering baking mixes that are free of gluten and common food allergens.

on the go at both local in-city farmers markets.

Fresh and prepared food, local vegetables, fruit, meat and honey, artisan's wares are available, and more as we grow.

Customers place their order online before Wednesday and pick up at their farmers market of choice between 11am and 1pm Fridays at the Newcastle Farmers Market and Saturdays at the Water Street Farmers Market, Chatham.

For more information, visit www.roundtable ronde.coop or find us on Facebook or email theroundtable@gmx.com, or call 506-210-0287.



River Trail Orchard & Farm Maple Syrup, products are available at the Round Table Farmers Marketplace.


Abenaki Associates
People of the New Dawn
www.abenaki.com

Serving First Nations Since 1984
1-800-361-1402

We are a full service Sage 300 Partner
Sales | Installation | Support | Training
Inquiries: sage@abenaki.com

 Ask us about our First Nations Management Suite of Products


Because your community deserves the best.

**Investia Miramichi...
INVESTED IN YOU**

**Helping People Make Smart
Decisions About Their Money**

13 Henderson Street
Miramichi, NB E1N 0G3
Phone: 506-778-8446
Fax: 506-778-8459


Investia
Financial Services Inc.



Decor Haute Look

Your Home Decor Center
944 rue Principale, Neguac, NB
Tel: 776-0200
decorhautelook@gmail.com
www.decorhautelook.com



Dining & Entertainment



Chez Raymond
RESTAURANT
SINCE 1986

Eat In or Take Out
Licensed Dining
NOW HIRING

486 Main St, Neguac
MOTEL: 776-8718
REST: 776-9000
www.motelbeausejour.com
www.chezraymond.ca



**Good Times,
Good Friends,
Great Food!**

Pub 981.com

981 rue Principale, Neguac, NB
(506) 776-8981
Pub981@gmail.com



RIVERSIDE PUB & COASTERS LOUNGE

Restaurant Open 7 Days

Daily Lunch Special \$12.95

Mon - Tues open at Noon

Wed - Sun open at 10 am

Live Entertainment:

Thurs, Fri & Sat, no Cover

Bingo: Mon, Tues, & Wed

Dine In • Take Out • Delivery

See our NEW MENU at
www.Riverside-Pub.ca

2246 King George Hwy,
Miramichi NB
506- 773-6100



Tim Hortons WE ARE HIRING!

Health Benefits • In-store Employee Incentives • Employer Matched Savings Account



Now Hiring
Manager, Assistant Manager,
Store Front Team Members,
Bakers, Shift Supervisors.

Please apply at your local Tims
in Miramichi.

Come join
Brandon and Lisa
at Tim Hortons
on the square.



The Hidden Live Theatre Secret in Miramichi

by John Bosma

I attended, and fully enjoyed, two stage productions last month. One was a professional two-act musical comedy entitled *The Tell Tale Harbour*, at the Confederation Centre, based on the TV movie *The Grand Seduction*, very well attended. The other, also a two-act comedy, *Lend Me A Tenor*, an award-winning Broadway play that was not well attended at MVHS.

Let me begin with the play at the Confederation Centre. It was adapted by Allan Doyle, the frontman for Great Big Sea, who wrote the music and played the lead role. It began slowly but picked up as it went along and was hilarious. At the end, it received and deserved a standing ovation. My wife and I were on a bus tour, and we had \$70 plus seats.

Two nights later I attended the CM Productions presentation of *Lend Me A Tenor*, aptly acted by former MVHS students and well-directed by Chris Matheson. In my opinion, it was even funnier than *Tell Tale Harbour*, from start to finish. I wasn't just laughing, I was belly-laughing and splitting my sides. The set was even grander as well and the characterizations were just as good. My wife and I were very satisfied with our \$20 seats.

I have attended both CM and MVHS productions for

years now and can never figure out why the attendance is so low. To me the sets and the direction are professionally done, the actors always give their all, and I sometimes enjoy the show so much I go again, especially to see the difference from opening night to the closing production. Murray Baillie also couldn't understand the low numbers attending. He told me, "All the plays I saw at MVHS were well done!"

Consequently, I would like to share, with those Miramichiers who enjoy theatre, the hidden live theatre secret - The MVHS Theatre stages excellent live shows. By themselves, the set construction and lighting and sound by Chris Matheson, the costumes by Nancy Carter and the antique props

loaned out by Louis Jean still blow me away each time I go. In addition to that I see great acting, directing and over one hundred per cent effort by cast and crew. All the treats during intermissions, served by the stage moms & dads, are \$1 each.

Go see the next production at MVHS and experience it for yourselves. Tickets are always available at the door but after people discover the hidden secret, they may not be.

Follow CM Productions on Facebook to stay informed of upcoming productions.



The cast of *Lend me a Tenor*, a two-act comedy presented by CM Productions at MVHS in August.

WARM UP TO OUR WINTER SAVINGS

GET UP TO
\$100

MAIL-IN REBATE
WHEN YOU BUY 4 NEW
MICHELIN® TIRES.*



Casey Tire Ltd.

Serving the Miramichi since 1952

49 Newcastle Blvd
Miramichi, NB
Tel: 506-622-0682
Fax: 506-622-5554
www.CaseyTire.com



 **MICHELIN**

FROM OCTOBER 3 TO DECEMBER 19, 2022

*\$100 mail-in rebate redeemable with the purchase of a set of 4 new MICHELIN X-Ice or X-Ice Snow SUV tires. \$70 mail-in rebate redeemable with the purchase of a set of 4 new MICHELIN passenger or light truck tires. Visit michelin.ca for complete offer details. Offer expires December 19, 2022. Void where prohibited. For Canadian residents only. © 2022 MICHELIN. All rights reserved. The Michelin Man is a registered trademark licensed by Michelin. (01/19/03-B-07/22)



Welcome To Ukrainian Day

October 23

by Johannes Bosma

Sunday, October 23, has been designated as **Ukrainian Day in Miramichi**. It will begin at 1:30pm with the raising of the Ukrainian flag in the town square and then move on to the Kin Centre from 2-5pm. There will be local entertainment every 20 minutes, Ukrainian food to sample, a book launch by a former immigrant, silent auctions, a donations table, and the opportunity for past and present donors to meet the families they have helped and will continue to help.

Ukrainians Feel Welcome

I know those Ukrainians who have emigrated here have found Miramichi and its people as welcoming as my family did in 1955. Oksana Hryvnyak, one of the leaders in the Moncton area, wrote to the Miramichi Supports Ukraine (MSU) committee to tell us that she had been talking to Natalia Hubchak who said, "I'm just speechless how warm and welcoming it's been for me and my daughter." She even started crying and saying that she didn't expect such great hosts and warm environment; that she has never had that much help; and that no one has ever done more for her than the Miramichi group!

Personally, Miramichi has given me so much and I welcome the opportunity to give something back, especially to our new families of immigrants who have chosen Miramichi to live. So, on October 23, I will be launching *In My Life*, the first book of a trilogy of short anecdotes that I wrote with some of the proceeds to go toward the newly arrived Ukrainians.



Tanya, her two sons (pictured above) and her sister are one of the families looking for a host home in Miramichi, with the help of the Miramichi Supports Ukraine (MSU) committee.

Looking for Host Homes - With the present difficulty in finding places to stay here, the MSU needs your help to be short-term host for families. However, with the number of families slated to come to Miramichi, we know you have questions about becoming a host home. Here are answers to two queries that are frequently asked.

How long will guests stay in my home? Typically, 1 - 3 months with you setting the limit that is comfortable for you.

What about costs? I'd love to help but can't afford it. While in a host home, your guests can contribute toward food and other expenses with additional financial help from MSU.

We have a number of incoming families who will need host homes in October and perhaps November. We would like to introduce you to one such family - Tanya, her two sons (in photo) and her sister Svitlana. Their husbands remain behind, engaged in the war to save Ukraine. Both women are eager to work and to begin immediately to give back to the community.

Miramichi has always been a community that demonstrates warmth and generosity for which the Maritimes are well known. If there is room in your heart and home, contact us today at msu22office@gmail.com.

The MSU has a document of *Guidelines for Host Homes* with loads of information -- to receive it simply email msu22office@gmail.com and ask for it. This will give you plenty of information to help you decide if hosting is right for you.

Order Online!



Locally grown & homemade products



Curb-side Pick-up!



Beef, pork and eggs

Two pick-up locations: Newcastle Farmers Market (Friday)
Weekly 11am - 1pm Water Street Farmers Market (Saturday)



www.roundtableronde.coop



The Salvation Army in Miramichi: Christmas 2022 Opportunities to Give



Christmas Kettle Campaign: November 18th – December 24th

Can you give the gift of your time this Christmas season? We need volunteers for shifts during our Christmas Kettle Campaign at various locations around Miramichi. Shifts are two hours in length. For more information please call (506) 622.7826 or email Emily Newbury at Emily.Newbury@salvationarmy.ca

Make a Donation: November & December

Can you assist us with a physical or monetary donation this Christmas season? Gift cards, new/unused toys, knitted items, and monetary donations for Christmas programs can be made at The Salvation Army Community Resource Centre on the 2nd floor. Cheques can be made payable to "The Salvation Army Miramichi CRC".

Sponsor a Family

Can you partner with us in supplying a family with food and gifts this Christmas season? Families are assigned to sponsors by mid-November. Please call our Community and Family Services office if you, your family, group, workplace or church are interested in helping us give hope in this tangible way at (506) 622.7826.

Thank you for helping us *Give Hope Today!*

Christmas Assistance Registration:

When: Thursday, November 3rd & Friday, November 4th – 9:00am-4:00pm

Where: The Salvation Army CRC (2nd Floor)
231 Pleasant Street, Miramichi

Christmas Assistance is available for individuals, couples and families living in Miramichi including Newcastle, Douglastown, Lower Newcastle, Derby, Millerton, Sunny Corner, Lyttleton/Halcomb, C.I. Road, Chatham Head, Nelson and Blackville areas. The following information must be provided at registration: A piece of identification for each member of the household (adults and children included) and proof of income for the entire household.

Registration will take place on a first come, first served basis.

The Salvation Army Community Resource Centre
231 Pleasant Street, Miramichi, E1V 1Y6
Tel: (506)622.7826



Pisgwa' Welcome
to the Red Bank Lodge

Enjoy your get away
surrounded by nature, walking
trails, local wildlife, beautiful
fall colors or a fishing
experience.



**RED BANK
LODGE**

Reserve your date today
Call (506) 836-6128
or book online
www.redbanklodge.com

ZOMBIE WALK

**The Miramichi Zombie Walk 2022
happening on October 8th from 12pm-3pm
at Elm Park in Chatham.**

Our fundraiser is organized by volunteers with the profits being donated to local groups or non-profits. This year all monies raised will be donated to Miramichi Ground Search & Rescue.

Walk Registration is \$5/zombie. We will also have a cash BBQ and \$2 registration for our Brain Eating (jello) competition. Free games and free photo booth for all zombies.

There will be **prizes for best costume** (youth, adult, and couple/group categories).

Disclaimer: This event is open to ****ALL**** ages, however, due to the graphic nature of Zombies it might not be suitable for everyone.

For more information visit the Facebook page Miramichi Zombie Walk 2022.



photo by Ben Coy

**SHADCOMM**
SYSTEMS INTEGRATOR

**Access Control
Systems**

**Surveillance
Systems**

**24/7 Customer
Support**



271 Dalton Ave, Miramichi, NB E1V 3C4
506-622-1101 • 1-888-388-8800
support@shadcomm.com
www.shadcomm.com

**Kim McEVOY**
25+ Years Experience
DRYWALL & PAINTING

• Custom Blinds

- Interior Painting
- Residential Drywall Renovation
- Residential Drywall Installation
- Drywall Texturing
- Drywall Repair
- Drywall Demolition
- Drywall Ceiling Installation
- Commercial Drywall Renovation & Installation

625-3849
Home: 506-622-3049
2015 Route 118
Doyles Brook, NB E9E 2J1



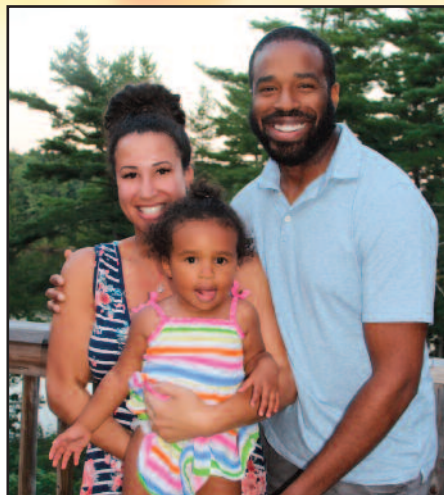
What is Your Favourite Thing about Fall?

by Vanessa Hébert



Norma MacGregor, Lower Newcastle and **George MacDonald**, Bartibog Bridge

“Me and my dad like fishing for bass at Gordon’s Wharf together. And I also like going to the camp in Renous.”




Delaney, Desirae and Daryl Wright, Bartibog

“We love seeing the beautiful fall colours and enjoy the crisp fresh air while canoeing down the Bartibog River.”



Carol Fleiger, Chatham

“I like walking in the trails and admire the beautiful leaves colors. Fall is also my favorite season because its cooler.”




Northumberland
LeisureScapes

POOL & HOT TUB LIFESTYLE

(506) 622-3555
northumberlandpools@gmail.com

www.northumberlandpools.com



**FEEL GOOD
MIRAMICHI**



VENDORS - SPEAKERS - CLASSES

JOIN US FOR A DAY TO EXPERIENCE
THE MANY PATHS TO WELLNESS

01.21.2023

10AM-5PM

THE ROOD MIRAMICHI
1809 WATER STREET
WWW.GETWELLMIRAMICHI.COM



Miramichi Heritage/Seamen's Hospital

Fall Events, Fundraisers and Updates

Seamen's Hospital Craft Group has begun fall events following their summer break. Craft group will be meeting at Seamen's Hospital on Wednesdays from 9:30 to 3 pm. All crafting folks are welcome to come visit or to stay the day for only \$3.00. Bring your project, lunch, enthusiasm and dues and get together with fellow crafters. Currently quilting, sewing, knitting and embroidery are the popular interests. Come see what's going on, try something new or volunteer to teach something.

Seamen's Hospital is pleased to announce that the **Seniors weekly card games** will resume on Tuesdays at 1 pm to 3 pm. Auction 45's is the game of choice and we'll be happy to get together again.

Seamen's Hospital is a great place to **host events** like weddings, birthdays, graduation and retirement parties, baby showers, anniversaries and more! Find us on our Facebook Page for photos of the space and to send a message. Or call 773-6996 or 778-8081 for available rental dates.



Apple Pie Day – Annual Fundraiser

Our popular fundraiser continues for the 5th year. We will be making homemade pies with locally grown fresh apples, for sale at \$11 each. The pies are uncooked. We make them and you take them home to bake or freeze. This allows you to have the smell and satisfaction of homemade pies in your house without all

the work!

Pies will be limited and it will be first booked, first delivered. So order yours soon!

To Order Pies: Call and leave a message at the hall 506-778-2349 or on our Facebook Page (Seaman's Hospital). Leave your name, phone number, and the amount of pies you want. We will call you when they're ready. We would like orders to be placed by Oct. 10. The anticipated pick-up date will be in the last two weeks of October.

This fundraiser assists us with expenses and to ensure the Seamen's Hospital Heritage Building remain an icon in the community.

Thanks for your support.

**WINDOWS & DOORS • VINYL SHUTTERS • SIDING
KITCHEN CABINETS • RESIDENTIAL & COMMERCIAL
• ALL YOUR GLASS NEEDS**

FREE ESTIMATES We Supply & Install
Lifetime warranty on all parts including the glass.

Ronald Kelly Thermo 2018 Inc.
1411 Wellington St, Miramichi NB
Tel: 506-778-8338 | Fax: 506-778-8330
rudy@ronaldkellythermo.com

ALLSCO
Trust your family to ours.
Energy Plus Advantage.

THE DIRTY DOG
THREE DOG DISTILLING CO.
HANDCRAFTED SPIRITS

**BOOK YOUR PARTIES AND PRIVATE
EVENTS HERE!**

506-623-8239 • 279 Newcastle Blvd, Miramichi NB

Follow us on Instagram and Facebook

**CHECK OUT THE ALL NEW
2022 OUTLANDER**

TREVORS MITSUBISHI

2.99% O.A.C.

MARTIN ARSENEAU
GENERAL MANAGER

ISAAC CURRY
FINANCE & SALES

RANDY YOUNG
SALES

1621 KING GEORGE HIGHWAY, MIRAMICHI • (506) 352-4460 • TREVORS-MITSUBISHI.CA

MITSUBISHI MOTORS



Sunrise on the Miramichi. Photo by Terry Matchett.

Chatham Autobody & Mechanical
773-4371
"We Meet By Accident"
 119 Hill St, Miramichi
 506.773.4371
 chathamautobody@hotmail.com

YOUR ONE STOP SHOP ON THE RIVER

- Collision Repair
- Motor Vehicle Inspections
- Undercoating/Rustproofing
- So much more

NICHOLSON'S

Roofing & Siding

506-625-8864
 Monday- Friday 8 am - 5 pm

Home building centre

LeGresley
Home building centre

Windows

1988 Water Street
 Miramichi, NB E1N1C2
 Phone: (506) 773-5150



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. Send submissions for the Christmas issue by October 24th.



Maisie Thebeault and her children made this Back to School backdrop for school pictures.

"It was my son's idea. We went to the beach and he saw a pencil shaped piece of wood and asked if we could do it. It was a great idea and a fun project to do together, and it turned out great. I am so proud of my babies that are growing, way to fast! Wishing every child, a great start to the new school year!



A beautiful fall scene by Cathleen Richards-Green.



Fall reflections on the Miramichi River at Derby.
Photo by Laura Lea Harrison.



This striking photo of a Monarch Butterfly in flight was taken by Amber Lynch in Oak Point.



Bernie Colepaugh submitted this Monarch Butterfly photo. "After finding a monarch caterpillar on a potato plant earlier this summer, close to the milkweed plants I planted years ago, I found a butterfly just emerging from it's cocoon at 10 am today, Sept. 6th."



Brothers fishing for minnows in Oak Point by Amber Lynch.



Fall beach grass in Oak Point. Photo by Amber Lynch.



Givin'er on the Sevogle River! Submitted by Gloria Mullin.
 "The only way to spend a hot day on the river; with good people, beautiful scenery and a cold one."



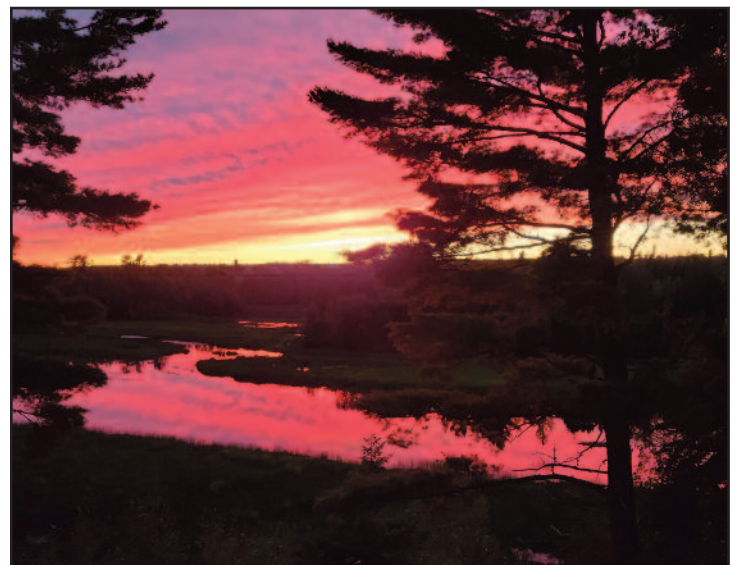
"Sunset hitting the beautiful Miramichi River. Taken from my back yard in South Nelson." by Annita Flaherty Dignam



Edna Moorhouse submitted this photo of a fiery August sky.



Andrew Sullivan submitted this colourful sunset in the woods, taken in Barnaby.



Brilliant colours in the sky captured by Jacques La Fontaine.
 Photo was taken on The Mill Stream.

TOWNE Mazda
622-2900
townemazda.ca

336 King George Hwy.
Miramichi, NB

506 622-2900
www.townemazda.ca





Kyle Tozer
Sales Manager



Jimmy Lantin
Bilingual Sales



Wesley Parsons
Sales



Monico Pagkalinawan
Sales

**We will buy your vehicle.
No trade necessary.**

**BOAT WINTERIZING!
BOOK NOW!**

Insurance companies
will back our service!



Miramichi Marine

199 King St, Miramichi | (506) 778-8386
miramichimarine.com

TRASH AWAY

UNBEATABLE SERVICE
AT A BETTER PRICE!
623-8859

- ROLL OFF CONTAINERS
- DUMPSTERS

TrashAwayMiramichi.ca



**Your Home Health Care
Centre - Making Your Home
Health Care A Priority**

We Rent & Sell Medical Equipment



MIRAMICHI Medical Supplies

130 Duke Street | Phone: (506) 778-8811
www.miramichimedicalsupsplies.com

\$5.99 King Meal Deal



Angry Cheeseburger

Mix or Match Includes 2 sandwiches,
Also available with Cheeseburger, 1 small fries and 1 small drink.

BURGER KING

For more great offers visit
burgerking.ca

Limited time only. No substitutions. Terms apply.
*PLUS APPLICABLE TAXES. PRICING MAY VARY BY REGION.
AT PARTICIPATING RESTAURANTS IN CANADA.
*Coca-Cola Ltd., used under license.

Fall Arrivals

Gift Certificates Available



Fantastique Ladies Fashions

117 Jail St, Miramichi, NB • 506-622-8338
www.FantastiqueFashion.com

AJS COATINGS



- Epoxy Flooring
- Protective Membrane

Coatings for Metal Roofs and Foundations

(506) 625-7151
ajsepoxycoatings.com

Excellent Quality New & Used Family Clothing

NEW FALL ITEMS ARRIVING WEEKLY



Global Styles
Be dressed for less

16 University Ave, Miramichi, NB
506-773-7595
www.globalstylesmiramichi.com

Classifieds

Sales & Service

Add Your Classified. Only \$175 - business card size. Tel: 623-8711



Conroy Construction
Jimmy Conroy
Licensed Carpenter

Over 14 years of experience. Specializing in:
• New builds • Renovations • Steps • Doors
• Flooring • Decks • Siding • Windows

Tel: 506-210-5990 email: jimmyconroy@hotmail.com



**ARM & SONS
NEW & USED TIRES LTD.**

JUNK CARS WANTED

- Now Into Used Cars - Financing Available
- New & Used Tires
- Oil Change • Wipers

Mon-Fri 8am-5pm, Sat 9am-1pm

506-776-5371 1620 Route 11, Barryville, NB



190 Jane St.
Miramichi, NB
E1V 2T4

Specializing in
Bolts - Metric & Stainless
Rivets, Ready Rods, Washers,
Plough Bolts, Screws, Cap Screws
Locally Owned & Operated

Tel: (506) 622-1042
Fax: (506) 622-1062

NEIL SHAW, Owner



**RADIATOR
& MORE**

CARS • TRUCKS & INDUSTRIAL

Automotive Service & Motor Vehicle Inspection Station

Kerry Parks: **Tel. 622-7794, Cel. 623-9399**
220 Station Street, Miramichi NB E1V 1G5

We Will Not Be Undersold!



Get a Kitty Kash 50/50 ticket at any participating Kitty Kash location or call the shelter at (506) 622-0645.

The deadline to play is 3pm on Wednesdays with the draw taking place on Friday mornings of each week.

All proceeds go towards the care of the many abandoned, abused, and neglected animals in our area!

Visit www.spcamiramichi.com for more info.



Oil Painting Workshops with Edie Szabo



Everything you need to create a 16x20 oil painting is supplied.
Coffee break included.
\$65/person per session.

Next session: Oct. 29, 1-5pm in Miramichi.

To register, email ronedie.east@gmail.com or join the Facebook group, Paint with Edie,

River Trail Orchard Maple Syrup
Miramichi Gold Natural Honey



STEP UP for local.

Shop | Eat | Give | Celebrate Local

@StepUpForLocal

#StepUpForLocal

Eastern Embers Premium
Wood Pellets



254 Lawlor Lane
506-627-7722
northumberlandcoop.ca



Live life your way.

We understand being independent, active and social is an important part of living your best life. At Parkland, residents spend each day as they please, gardening with friends, knitting their latest creation, relaxing in their beautiful suite, or finding balance with an exercise class after lunch and a delicious slice of carrot cake with dinner.

If you or a loved one are thinking about exploring a retirement community that promotes wellness, happiness and service excellence, consider Parkland—it's a place residents are proud to call home.

Parkland™
RETIREMENT LIVING
ON THE RIVER



Connect with us to learn more

506-625-5892 | experienceparkland.com/ontheriver

GIV'ER WEAR

Variety of styles, colors and sizes
for men and women
t-shirts • hoodies • ball caps • toques

**GREAT GIFTS!
ORDER NOW
FOR CHRISTMAS!**

shop.GiverMiramichi.com

Order Online – Have it shipped or
pick-up locally.



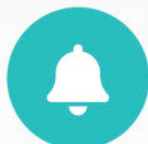
DOWNLOAD



recycle coach



**CUSTOM COLLECTION
SCHEDULE**



**COLLECTION
REMINDERS**



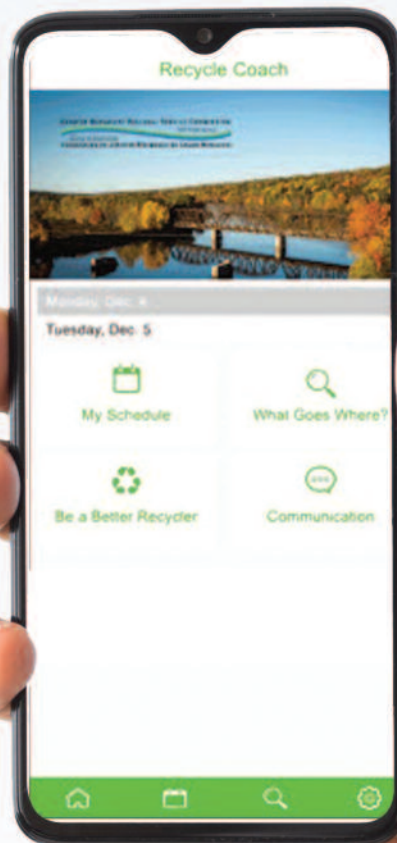
**WHAT GOES WHERE
SEARCH TOOL**



**NOTIFICATION ALERTS
(STORM CANCELLATION, ETC)**



REPORT A PROBLEM



**DON'T DELAY. DOWNLOAD THE RECYCLE COACH
APP FOR FREE TODAY!**

**DON'T HAVE A SMARTPHONE? CONTACT US TO REGISTER FOR TELEPHONE NOTIFICATIONS OF SPECIAL EVENTS,
SCHEDULE CHANGES AND MORE.**

Recycling Hotline
778 - CART (2278)

Toll Free
1 - 844 - 307 - CART (2278)



 www.greatermiramichirsc.ca

 **GMRSC - Solid Waste Services**