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Harvest Issue 2022



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Events

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August 21 and 28: Piper at the Point

Join us under the pines on Sunday 2-4pm and let the sound of bag pipes from the Moncton District Pipe Band stir your soul. Bring your lawn chair and a picnic if you like. The acoustics are amazing and some pipers will meander along the trails as their melodious notes float atop the sparkling Miramichi River that cradles the shore of the Point. Free admission.

August 25: Pioneer for a Day, hosted by the Doak Heritage Site.

Children ages 6-15 can attend this pioneer for a day camp program. Registration is \$20 per child. The day will begin at 10am and end at 4pm, filled with the following activities: baking, quilting, gardening, nature walk, site tour, crafts. For more information or to register, call 365-2026

August 26-28: Bluegrass Music Festival in Rogersville.

Headliners Brad Hudson and Rhonda Vincent & The Rage. Onsite camping available. Weekend or day passes. Call 775-2200. www.rogersvillebluegrass.com

August 28: Great Miramichi Duck Race Quack, Quack, Quack!

The ducks will be taking to the river again in large numbers at 1:30 PM on Sunday, August 28 at Bicentennial Park on St. Patrick's Drive as Camp Sheldrake hosts the Great Duck Race in conjunction with major sponsors, Maurie's Ice Cream and 99.3 The River.

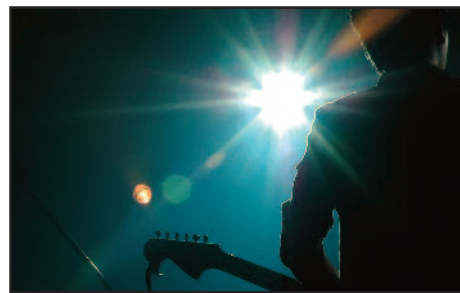
There will be 25 prizes with a value exceeding \$6000 where the first duck to cross the finish line will earn the winner \$3000! This year's event will feature a barbeque at the race and a draw for a free night stay at the Rodd Inn. Duck tickets will be sold at various locations and events throughout the summer. Got your duck yet? If not, contact the camp at 622-8907.

Sept. 4: Davidson Makes a Point

Every Sunday 1-4pm from September to October Join William Davidson, Miramichi's illustrious Founding Father as he takes you on an impromptu personal tour of his beloved Point. Meet him in front of the little church and listen to his tales of triumph and defeat, then follow along with him as he tours the St. James Church replica, trading post and the historic graveyard where you will learn interesting tidbits of its residence and see William's final resting place. Tours begin when you arrive. Admission is free, but the experience is priceless.

Sept. 5: Annual Harvest Home Supper

Turkey Dinner Take-Out. Includes turkey, potatoes, carrots, peas, dressing gravy, roll and a slice of pie for \$18. Pick up from 1-4pm at the Black River Centennial Hall. Tickets must be purchased in advance by August 28 (or until 500 dinners are sold). Organized by the St. Stephens United Church. For tickets call 773-9312 or email cghamlyn@gmail.com



Sept. 22-24: Downtown Arts & Music Festival

The event features artists and artisans in the Queen Elizabeth Park, Newcastle, by day - free family fun for all ages. Followed by ticketed shows at Downtown's food & beverage establishments (age 19+). Enjoy the entire weekend's events by purchasing our Full Fest Experience Pass. Individual venue tickets and day passes

are also available. Follow our facebook page for more DAM Fest news! www.downtownartsandmusicfestival.com



October 2nd: The Neguac Giant Pumpkin Provincial Festival

will celebrate its 25th anniversary of 2019, 2020, 2021 this year on Sunday, October 2, 2022. All former participants are asked to show up for this special day. We invite the public to participate in this event, which attracts people from all over the province.

Last years largest pumpkin was Daryl Maureen Tingley with 1721 pounds. www.facebook.com/Neguac

Oct. 8: Miramichi Zombie Walk

Events held at Elm Park (by Chatham Library) 12pm-3pm. Zombie Walk + BBQ + Games + Photo Booth + Best Costume prizes. Organized by volunteers with profits being donated to Miramichi Ground Search & Rescue. Check us out on Facebook, Instagram, and Twitter.

Tai Chi Classes

Tai Chi classes will be held at Ritchie Wharf every Monday morning for the rest of the summer until the 26th of September, from 9.30am to 11am, rain or shine. After which it will be held at the Golden Hawk centre. Contact Dave Bucklow for information at dbucklow@msn.com

Mrs. Murphy-O'Malley's High School Reunion

A Comedic Play Debuting on September 17th

By Betty Mutch

Betty Mutch has written another play; *Mrs. Murphy-O'Malley's High School Reunion* which is mainly about the graduating class of 1962 and the 60's era. Greg Donovan plays Mrs. Murphy-O'Malley and dresses as such. If you haven't seen any of the Mrs. Murphy series and you enjoy a good laugh; you are really missing out. These shows contain adult content and the narrative is very light and funny. If you have seen Mrs. Brown's Boys, they are similar but with totally different story lines.

September 17th will be the big day and we want to make this a very special event. There will be two showings, at 2 pm and 7pm at **Miramichi Folklore Park** in Renous. Tents will be set up outside with tables and chairs and music from the 50's and 60's era. Before each show there will be a barbeque with hot dogs, hamburgers and root beer floats. We thought you might like to come early, have lunch and socialize. There will also be antique cars for viewing.



Carmen Young (L) and Greg Donovan (R) are in character as Mrs. Murphy-O'Malley and her husband Tom.

2 pm Show: The barbeque will be held from 12 to 1:45 pm, with the doors opening at 1:30pm for the first performance of *Mrs. Murphy-O'Malley's High School Reunion*. When you enter, please have your ticket ready to show at the door. You will be shown to your corresponding seat and you can keep your ticket on the table in front of you. We will be drawing for prizes, using a copy of your ticket for the draws.

7 pm Show: The barbeque will start at 5 pm until 6:45 pm, with the doors opening at 6:30 pm for the second performance. We have assigned seating so you don't have to come extra early to get a good seat at the play. This time your seats will not only be numbered but lettered as well, this should avoid any seating mistakes. When you enter, please have your ticket ready to show at the door, you will be shown to your corresponding seat and you can keep your ticket on the table in front of you. We will be drawing for prizes, using a copy of your ticket for the draws.

Tickets for either show are \$15 each and sold in advance only. All sales are final. Tickets go on sale on August 8th and must be purchased before September 8th. For tickets call Betty at 843-6244.

If you want to have a good laugh, don't delay because the tickets go really fast.

Please come out and socialize and support our players, we would love to see you!

Cover Photo: *The Chatham Waterfront*, photo by Les McLaughlin

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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Summer Activity at the Miramichi Cross Country Ski Club

By Deana Gadd



Above: New Disc Golf targets are being set up on the trail.

Yes, believe it or not, there are things going on at the Miramichi Cross Country Ski Club (MCCSC) through the summer and into the fall! The club has opened a **re-built 4 km section of trail** for club members and the general public to use. The trail is ideal for running, Nordic walking, birding, walking, and cycling. It is especially good for family cycle trips. You could tow a child behind in a bike trailer and a jogging stroller would have no difficulty on the trail.

The 4 km trail follows lighted trail signs - or you can just do the 2.3 km section which is the Red Trail. Although there are signs at the junctions, it may be helpful to take a photo of the trail map with a smart phone for later reference. The trail goes through the forest so you may need insect repellent, especially in the evening. Dog walkers are welcome but please have your pet under your control and pick up and remove any droppings. Motorized vehicles are not permitted.

Users who are not MCCSC members are asked to pay a **small user fee**. The rate is \$2 for one person and \$4 per family, per day. Yearly passes are available for \$20. To pay, an e-transfer can be sent to skimiramichi@gmail.com or you can pay when the club house is open during the ski season.



Above: The Miramichi Archery Club uses the field and they welcome spectators and new members.

The **Miramichi Archery Club** has started to use the field in front of the old clubhouse for archery during the summer. They are there from 10 am until noon on Sunday mornings. Everyone is welcome to drop by and give archery a try. You can find more details on their Facebook page.

The **Miramichi Biathlon Club** meets every Saturday morning at the biathlon range behind the new club house. Biathlon is a sport that combines skate skiing with target shooting, the biathletes then take target practice during the off-season. A warning red flag flying at the range indicates that it is in use. If you have an interest in biathlon, stop by and see what is involved. We have youth and adult members.

Plans are underway for **Disc Golf** to be available on portions of the trail, with some “targets” already installed, stay tuned!

The clubhouse is not open in the summer although you may see parked cars outside as it is being used regularly by the Miramichi Duplicate Bridge Club.

For more information visit www.skimiramichi.com.

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Introducing Miramichi's Very Own Online Farmers Market!

Submitted by The Round Table Farmers Marketplace

The Miramichi region will soon have its own virtual Farmers Market! The Round Table Farmers Marketplace is the first step in uniting local producers and consumers around local food and homesteading products and will feature: local food and farm products in all its forms - farm and garden products, frozen/prepared/preserved, ethnic and international food and groceries, home health and home-steading supplies, pet and animal wellness products, and an Artisans' Agora, featuring select local art and crafters' wares. The site will feature local fresh produce, eggs, meat and more from enterprises such as Tottie Flower and Organic Vegetable Farm, River Trail Orchard and Farm, The Green Bear Organic Farm and Shipyard Farm. Vendors will be added as the market grows.

Virtual farmers markets became popular when the recent global pandemic wreaked havoc with normal food systems, from farmers who found themselves with rotting produce that couldn't go to closed markets, to restaurants that couldn't serve people in their seats, to food banks and community meals serving their folks outside the door in long lines on cold days. Everything



Fresh organic vegetables and eggs from The Green Bear Farm, Kouchibouguac

was disrupted, and here in NB we soon learned that nearly 95% of our food is being brought here from somewhere else. As the pandemic rolled on and supply chains became part of the chaos, the demand for good, fresh local food escalated as well. Home gardening expanded in Atlantic Canada by 300% and our food distribution and delivery systems, including farmers and markets, went largely online, big and small.


Here in Atlantic Canada, the evidence is in that people now would like both -- access to fresh, locally

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- International/Ethnic Food & Flavours
- Health Food/Special Diet
- Homesteading & Artisans Agora

and more to come!



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- River Trail Orchard & Farm Syrup

and more to come!

Friday - Newcastle Farmers Market, 481 King George Hwy.
Saturday - Water Street Farmers Market, 1 Ellis St.
www.roundtableronde.coop roundtableronde@gmx.com

prepared food and efficiency in how they get it. Hence, the Round Table Farmers Marketplace will highlight our region's unique producers and artisans while offering the ease and efficiency of online pre-order and payment. Customers shop online as they would any other virtual storefront, place their order by the weekly cut-off and collect it at their pick-up point. The order is ready and the service paid for by a Community Software Support fee added to the bill for the service. The order is loaded into their vehicle and off they go. The vendor is already paid, banking is done, and all is efficient.

For the vendor, the ease is in the access to their own unique virtual storefront that offers much of the same benefit the consumers enjoy -- pre-sold, pre-paid, and delivered once a week instead of sitting at markets in hopes the wilted produce will appeal while the gardens need weeding.

Customers in turn, shop online before the Tuesday deadline, then pick their order up between 11am and 1pm on Friday at the Newcastle Farmers Market, Lindon Recreation Centre, and Saturdays at the Water Street Farmers Market, Chatham Pioneer Senior Citizens Club.



A dahlia at Tottie Farm, Miramichi Bay, an organic vegetable and flower farm.

For updates or more information, visit our Facebook page www.facebook.com/The-Round-Table-La-Table-Ronde-Co-op-Ltd or email theroundtable2@gmx.com.

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Exploring the Gong as a Powerful Healing Tool

by Erin Savage, Yoga Siromani & Kundalini Teacher

The gong has been used throughout history as a ceremonial and healing instrument. Sources describe its use in 4,000 BC to as far back as 16,000 BC.

The vibration of a gong is a powerful method for reducing stress. Known as a gong bath, the gong creates an ocean of sound that is profoundly relaxing; a state which activates and balances the over-amped, over-taxed, sympathetic nervous system.

Water has often been used as an analogy for the rippling effect of the gong's vibrations, partially because our bodies are approximately 70 percent water and water serves to conduct sound waves. Like ripples created by a pebble skipped onto a glassy lake, the gong's sound gently reverberates over, around and through the entire body to calm, relax and soothe.

Typically, the listener's heart rate slows, blood pressure drops, and breath is restored to its natural rhythm. The gong induces a holistic resonance in the body and a spontaneous meditative state in the mind, resulting in a sense of expanded awareness and wholeness.

Gong master and Kundalini yoga teacher, Don Conreaux, who is in his 50th year of gong healing and teaching says, "The sounds from the gong travel from the outer ear throughout the body via the vagus nerve—impacting brain waves, respiratory rate and heart rate. Sound enters the healing equation from several directions: It may alter cellular functions through energetic effects; it may entrain biological systems to function more homeostatically; it may calm the mind and therefore the body; or it may have emotional effects, which influence neurotransmitters and neuropeptides, which in turn help to regulate the immune system—the healer within."

"The wisdom traditions teach that illness is a



Erin Savage, above, trained with Gong Master Don Conreaux and offers healing gong sound baths as one of the many services at her business, Avadata Yoga.

symptom of imbalance, or dissonance rather than resonance. Sound energy healing focuses on creating vibrations that improve overall health and wellness."

Conreaux adds, "Gongs open up your chakras and often release a lot of blocked energy, much like acupuncture or massage can do – it really is a sound massage."

"A gong bath is excellent therapy for depression, fatigue, feelings of separation, loneliness, anger, fear, hostility and many other conditions caused by a lack of balance and harmony in the body and mind." According to Conreaux, "A gong bath is the most powerful form of holistic resonance known to man."

In the simplest terms, the gong awakens innate wholeness and guides the body to a state of greater balance and harmony.

A gong bath is as scientifically sound as it is mysterious. It is as other-worldly as it is logical. It requires nothing but receptivity in order to be fully experienced, but it must be experienced in order to be understood.

Erin Savage has been a student of yoga for over 25 years. In 2017 she attended a Sivananda Ashram to become a Siromani (yoga teacher) of Hatha Yoga and the following year through KRI with Sat Darham, became a teacher of Kundalini Yoga.

Erin is also trained in the Art of Gong by Gong Master Don Conreaux, is certified to teach Interoceptive Yoga, The Gong of Holistic Resonance Yoga and has taken training with Dr. Gabor Mate in Compassionate Inquiry. She is currently working towards becoming a certified Yoga Therapist.

Erin is also a trained reflexologist and doula. She has built her Aromatherapy business from the ground up, offering 100% pure therapeutic grade essential oils to the community since 2018.

For more information or to contact Erin visit www.avadatayoga.ca
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Interview with Athena Rose

A Young Author with a Head Full of Stories

by Stacy Underhill

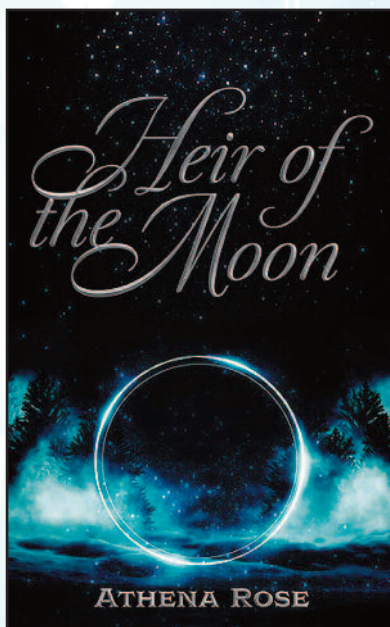
Athena Rose knew from a young age that she wanted to be a writer and even before she could read or write, would tell her mother about the books she would write one day. At 16 years old she started writing her first book, and now at 18 years old, she is a published author. Athena lives on a small farm just outside of Blackville with her large and lively family and a menagerie of beloved animals.

Her first book, *Heir of the Moon* is a young adult fantasy fiction novel. The publisher, Friesen Press, describes it as “A beautifully crafted tale of a storied land peopled with magical creatures, *Heir of the Moon* takes its readers on a thoughtful and fantastical journey of courage, lost innocence, and the transformative power of love.”

When I heard about Athena’s accomplishment of writing a book while still in high school, I knew she would be an inspiration for our readers. I asked her a few questions and was delighted by what she had to say.

Q. At what age did you start writing?

A. I remember when I was about five years old, my grandma sat down on the couch with me and I read a board book to her. (Grandma always made sure I was proud of my scholarly



accomplishments.) I imagine I began writing stories at about this time, for stories were always churning inside my head. But I know that when I was seven, Mama bought me a pretty notebook under the general assumption that it was my first “diary”, and after I received that gift, I never entirely stopped writing.

Q. Have you always loved writing?

A. I always liked to tell stories, but I didn’t always enjoy the actual pen-on-paper writing experience. I remember as a little child, I always got so caught up

in the action of the story portrayed in my mind that I would grip my pen very hard. My fingers would hurt and I would give up telling stories with the pen and would instead resort to going through my day, mentally narrating everything to myself in third person, as if I was writing a story. When I was about twelve or thirteen, I trained myself to not grip my pen so hard and then I truly enjoyed writing.

Q. Do you read a lot? Who is your favourite author and why?

A. I do read a lot! Both Papa and Mama have a love for literature which they passed down to my siblings and I with very little effort. Papa always enjoyed watching me amaze everyone with how much literature I could memorize, while Mama’s favourite pastime was reading aloud books like *Little House on the Prairie* and *Heidi* while us children ate lunch or played with LEGO.

I am yet to find a favourite author; I like different authors for different reasons. I enjoy Howard Pyle (*Men of Iron; The Merry Adventures of Robin Hood*) because while telling incredible stories, his choice of words stretches my mind and encourages me to keep learning new words. I like JRR Tolkien



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(*The Lord of the Rings*; *Farmer Giles of Ham*) because of the sheer power his words have over my pictorial imagination.

Q. What inspired you to write *Heir of the Moon*?

A. Many things inspired me to write *Heir of the Moon*. My childhood desire to write came to a peak when the lockdowns were first introduced. I liked to take long walks in the woods and on those walks my imagination ran wild when I saw small wonders like dew sparkling on spiderwebs in the morning sun. At one time, my imagination drew up a picture of a faun (a half-goat half-human creature) hiding behind a cedar tree. While I never used that specific picture in my book, the scene was fuel for thought and kept my pen moving.

I think my writing method was unique in that I did not have an outline for the story before I began writing. I just went with what the characters told me was coming next. In a sense, the story inspired itself.

Q. Do you have a favorite character from the book,?

A. I feel that, as a writer, I am required to have relationships (of a kind) with my characters in order to properly write about them. Take the main character, for instance. Her name is Annastasia. At first, Ann is a care-free child, but then a shadow falls on her happiness. It is my duty as the writer to discover what happened, and how the event affected her, for it is developments like this that determine how she reacts to up-coming situations around her. To do so, I must build a relationship with her, as with all the other characters in the story. Sometimes, if I feel I cannot build a relationship with my character, I will befriend someone who I want my character to reflect so that I can more clearly envision their reactions to different situations.

So, while I love each of my characters dearly (except the villain; it is required to hate the villain) I think I have the best friendship with Cerulea. She is someone who demands respect but will be easy-going with you once she trusts you. She is fiercely loyal to those she loves, but also knows how to speak truth even when it might hurt.

**"I just went
with what the
characters
told me was
coming next."**

—Athena Rose



Q. How long did it take you to write the book?

A. All told, it took me about two years to write the book. The first draft, which I wrote on real paper with a real pen, took about four months. With my sister's help, I put it into a Word document, and that took another month. Then I revised, and deleted lots, and added more, and revised it again. I let it sit and wrote organized nonsense (a potential book) and went back at it again.

I like to tell people I revised it 13 times, but in reality I did not count how many times I changed it, I just know that it was a lot. Revisions included everything from spelling and grammar to character and even plot changes. For instance, in the first draft, Kempolar had twelve brothers, then later on he just had a twin, and in the final result, he had no brother at all.

Q. What method did you use for publishing the book?

A. I self-published the book with Friesen Press. They were very helpful with all the ins and outs of the ordeal, and I am glad I took that route. I would recommend this publishing method to other writers but not without adding

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that it can be difficult to want to read your own manuscript repeatedly (it is something that is required when you self-publish). More than anything, patience, chiefly with yourself, is a must.

Q. What are your goals as a writer?

A. Obviously, I'd be a proud writer if I wrote a bestseller. But that is just a 'surface' goal. A deeper goal would be to uplift my readers. I remember when my early teen years gave me a rough go, I would turn to beautifully written stories of victory and I always wanted to do my best to fight my bad situations and be willing to turn them into learning experiences which I would treasure later. I hope that I can do something similar for readers someday.

Q. What advice would you give to new/young writers?

A. Writing something worth reading takes time. And even after months and months of work on your precious story, you will still see a plethora of mistakes. Remember that you have to give yourself room for improvement and assume that next time will be better.

Be willing to be corrected. Other people will see things that you are blind to.

I would also advise new authors to read their favourite authors while writing. The reasoning is that the experienced

authors influence the new author and give their writing a bit more of a natural flow. Some professionals would argue that an author's writing needs to be his/her own, while others argue that being influenced by other writers gives a more 'refined' feel to writing styles.



Q. Where can we purchase your book?

A. *Heir of the Moon* can be purchased locally at Mill Cove Coffee, 144 Newcastle Blvd, Miramichi. It is also available virtually anywhere online, particularly through my publisher at www.Friesenpress.com.

Also, if someone is interested in contacting me, I would be very happy to reply to emails at authorathenarose@gmail.com



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www.napanshow.com by MCG Media.



Cindy Lou's Corner

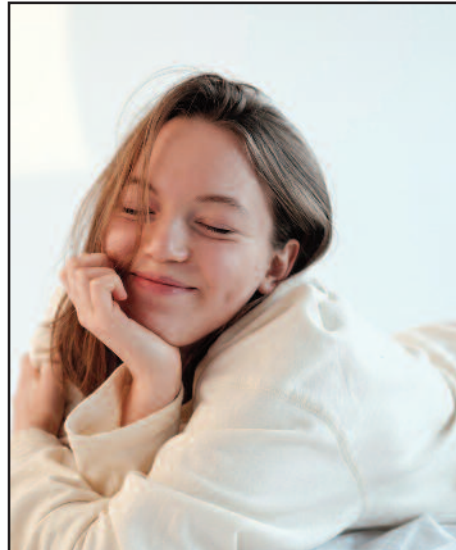
Appreciation and Joy

How we start and finish our day is very important. Those few moments at the beginning of the day and at the end, are when you can create with the most intention, what you will experience.

You might have heard people say, "I should just go home and go back to bed, or I should have just stayed in bed today," which is in reference to how the day is unfolding for them. Something inside us knows we started this day before we got out of bed. We think if we return there, it will change.

The first few moments in the morning before you start allowing random thoughts to run wild in your mind, is where you can make an impact on how the day will manifest itself. At the end of the day is also a time you can set yourself up for the next day. Giving you double your power.

At the end of the day just before



you close your eyes, you have an opportunity to dump your thoughts that you have recycled all day. At the beginning of the day, we can set our intentions without interference of old thoughts or random ones.

The word joy and appreciation are very powerful words to help in setting the tone for your life experiences.

Here is a tip:

You can apply this while you are still laying in bed or when you are in the shower. Sooner is better than later. Take a deep breath in and out three times, on the last breath, quietly say to yourself "I choose joy today" as you take the new breath. Follow this up with the statement "I appreciate this day and all the experiences I will have; I appreciate my life!"

At the end of the day before you close your eyes for sleep whisper to yourself, "Thank you for this day, I appreciate all my experiences. I appreciate my body and tomorrow I choose joy."

Apply this process in your life. Be as consistent as you can. See what happens.

Sincerely,

Cindy Lou

Educator Of Positive Thinking

Published author



Tipi Retreats

Metepenagiag's representation and interpretation of the Mi'kmaq culture is excellent, and it just got even better – you can now sleep in a contemporary tipi. Once you arrive at the Heritage Park, you will be given a tour of the park and then you'll be taken to your traditional accommodations.

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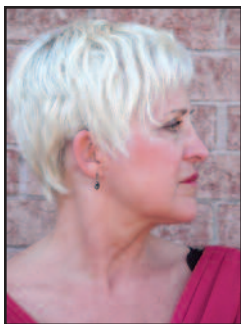
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Miramichi Ground Search and Rescue Maintaining Peak Performance

By Paulette Arsenault

In this issue of the Giv'er magazine, I will describe how search members keep their skill sets honed.

Being curious, I often wonder how Miramichi Ground Search and Rescue members (MGSAR) maintain their peak performance and optimum skill sets. So, I asked my husband Philippe, a member of the organisation:

"We train, train and train again. It might sound fastidious, but no, its usually a lot of fun. We train on **GPS** (Global Positioning System) to know where we are and going to; **Map and Compass** to understand terrain and surrounding land masses and trails; **Radio Communications** which is paramount to keep in touch with the command post; **Low Angle Extraction** when a person is rescued from a mountain or steep slope; **Knots and Ropes** to securely extract people in dire situations; **First Aid** to help injured people with body injuries or broken limbs; **Basic Search and Rescue** techniques like grid search; **Field Team Leader Coaching** to increase knowledge for efficient team searches; and the crown jewel of training, **Mock Searches** to mimic real life events and circumstances."



MGSAR volunteers recently held a mock search exercise on Beaubears Island which mimics a real life-threatening situation. The photo shows the searchers GPS tracks.

Lately, MGSAR had the opportunity to implement all of the above needed skill sets with a mock search exercise on Beaubears Island. In the last edition of the Giver (Summer Issue 2022 pages 12-13), I wrote about the implementation steps of an actual search. A mock search exercise mimics a real life-threatening situation without the drama. During

this exercise, searchers were sent by boat to the island to perform a grid search of predetermined areas, flag the search areas with special tape, send report updates through their TMR radios, identify/mark possible clues with their GPS, have prospective women Field Team Leaders manage teams of 5 to 7 searchers, and perform a First Aid





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emergency extraction incorporating first aid response, head injury, broken leg, using a basket stretcher and scoop stretcher to carry the injured person on a 1 km walk to the boat and mainland. All this supervised by a Search Manager, a Logistic Chief, an Operations Chief and a Safety Officer making sure members perform in a safe environment.

Philippe adds, “Part of the allure of being a MGSAR searcher is the built-in camaraderie involved in experiencing a close-knit search and rescue operation leading to a fruitful conclusion. This can only be achieved with constant maintenance of the needed skill sets when called upon for a real search. There is no time for guess work when a child goes missing or an elderly person with Alzheimer’s disease is absent from a medical facility. That is where the drama starts and where MGSAR has to hit the ground running.”

The Beaubears Island exercise was a great success with more than 28 members reporting for duty with Craig from Parks Canada and Donna and Nicky from the Beaubears Interpretation Center, giving a helpful hand. MGSAR members look forward to punctual training sessions from guest speakers on a variety of topics such as: how do kids with Autism respond to searchers, how do despondent people react under drug abuse, and where would a lost and injured hiker find refuge.



MGSAR volunteers performing an emergency extraction during a mock search exercise.



Miramichi Ground Search and Rescue membership is composed exclusively of volunteer women and men, of all ages. MGSAR is always looking for new recruits, if you're interested, please contact us at: join@mgsar.ca Help us find lost people.



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October 9: Hunter's Moon

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A Special Musician to Discover - Marc à Paul à Jos

By Vanessa Hébert of Bartibog

Do you know who Marc à Paul à Jos is?

Not yet? Well, let me introduce you to this interesting artist.

Marc à Paul à Jos is a folk and bluegrass singer - songwriter from Clare, an Acadian region by the Baie-Ste-Marie in Nova Scotia. He is now living in the beautiful region of Oak Point, since 2017. Yes, in the greater Mighty Miramichi!

Marc à Paul à Jos is known for his funny song lyrics, his Clare Acadian dialect, his style and of course, his talent! He has made five albums that lead him to perform for audiences in Canada, the United States, France and Switzerland. Each summer, you can usually see him perform in different festivals around the Maritimes.

What is the origin of his artist name?

In Acadian communities, it is very common to use the grandfather's and father's name to name a person. So his name would mean in French that Marc is the son of Paul and the grandson of Jos.

What does he write and sing about?

He writes about funny Acadian characters, expressions,



Marc à Paul à Jos, an Acadian singer-songwriter living in Oak Point and performing in the Maritimes.

and traditions from his hometown in Nova Scotia. The characters and the stories of his songs are real and fascinating. One of his famous songs called "Une chanson pour mam" has been viewed 143,000 times on YouTube. This song, like the others, are written in the Acadian dialect of Clare.

Maybe you wonder why he chooses to live in Miramichi?

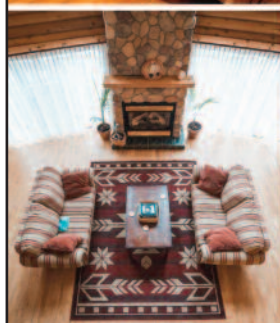
After moving and working in Vancouver for 12 years, he was offered a job here in Miramichi as a mechanical engineer. A second reason why he chooses Miramichi is that Miramichi is closer to his hometown, and also close to the Peninsula Acadienne, Gaspésie and Moncton where he does most of his shows. It is nice to hear him say that another reason is that he "just loves living here in Miramichi."

You can hear or buy his music on www.marcapaulajos.com. You can also visit his Facebook page www.facebook.com/marcapaulajos.



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50-Year Reunion

Miramichi Hospital School of Nursing

Graduating Class of 1972

By Wendy (Simpson) Gainsborough

In September 1969, 22 young women from across New Brunswick set off on an uncertain and somewhat daunting road to becoming registered nurses at the Miramichi Hospital School of Nursing.

Approximately every five years since graduating, the 14 graduates from the class of 1972 have met at various locations to reconnect and share the current events happening in each others lives.

They have migrated across Canada from coast to coast, and even to Germany, developing their skills in numerous areas of nursing practice, including surgical and medical wards, OBS/Gyn, community nursing/extramural, paediatrics, kidney dialysis, emergency, out-patient and medical clinics, and serving as an RN in the Canadian Forces.

This year, 10 of the surviving 13 grads spent an awesome four days and nights at the Upper Oxbow Lodge, reminiscing and viewing pictures of their three years in residence at Miramichi hospital and their six months at the Royal Victoria Hospital and Montreal Children's Hospital studying OBS/Gyn and Paediatrics.

With the laughter and regaling of the many good times spent together over the years, it seems like they never skip a beat catching up, from one gathering to the next. It's not often that a group can join together in their chosen career and forge a lifelong bond that continues to grow stronger with each passing year. So, it is exciting to say, that the countdown has begun for our next reunion in 2024!



Above: The Miramichi Hospital School of Nursing Graduating Class of 1972

Back: Elaine Carter, Wendy Simpson, Tari MacDonald, Susan Lebrun, Dianne Phillips, Linda MacIntosh, Carolyn MacTavish

Front : Susan Currie, Peggy Taylor, Georgette Essiembre, Patricia Carmichael, Cynthia Russell, Gail Sherrard, Lynda Gallant



Right: The nursing graduates at their 50-year reunion.

Back: Elaine (Carter) McKibbin, Wendy (Simpson) Gainsborough, Dianne (Phillips) Taylor, Linda (MacIntosh) McKinnon, Carolyn (MacTavish) (Kierstead) Thurber,

Front: Susan(Currie)Wilson, Peggy(Taylor)Kierstead, Georgette (Essiembre)Dutcher, Patricia(Carmichael)Sarin, Lynda(Gallant)Gray

Unable to attend: Gail (Sherrard) Colosimo, Cynthia Russell, Susan (Lebrun) Walsh, and in memory of the late Tari (MacDonald) Jana

Miramichi Supports Ukraine

by Valerie Sherrard



Original Logo by Michael Kettela

Early in May of this year, in response to the plight of Ukrainians forced to flee their country, a group of local professionals came together to form **Miramichi Supports Ukraine (MSU)**. Since that time, this committee of volunteers has met most weeks to carry out the work described in their mission statement: **“MSU coordinates resources to create a welcoming and supportive community for Ukrainians in need of refuge.”**

Those few words represent a wide range of initiatives being carried out by committee members, as well as volunteers. The key objectives of the group focus on housing, employment, education, transportation, and other immediate needs.

The majority of the work done by the committee is organizational. Newcomers need a great deal of support and guidance and having solid databases of information and resources to connect them with is key to the MSU role.

There are, of course, tangible supports in place as well. We contribute toward basics such as food and clothing for a minimum of three months. Other needs are considered and, if approved, assistance and/or funding are tendered on a case-by-case basis.

Some of these efforts are only made possible by the generosity of our communities. In particular, the committee is grateful to Susan Butler and all who supported her efforts in a fundraiser on June 12, when more than **\$20,000 was raised** to be used in this work.

Follow-up and ensuring needs are met and issues are



Hosts Sherry and Lloyd welcome the Maliarchuk family at the Moncton Airport.

addressed is vital. We are mindful that these folks have been unjustly forced from their country. They have left behind homes, jobs, communities, and most of their possessions. They have placed their hopes in a land whose language and customs are unfamiliar. We are the hands reaching out to welcome, to guide and to encourage.

In return, we see how earnestly they desire to work, to contribute, and to give back. We recognize that, whatever we may give, the ultimate benefit will be to our community as a whole.

Of everything we've been doing, the largest challenge has been to find housing to accommodate the growing need.

While we receive regular inquiries, we are not always able to direct them to housing options, and this has resulted in a number of families having to look elsewhere. Happily, resources have been available for others and we look forward to several new families arriving soon. But the need remains.

Housing can be in the form of rentals – homes, apartments, suites within houses. A second option is that of hosting. If you have space and are willing to share your home for a limited period of time, you may like to consider this. Seniors or others who could benefit from help with lawn care, snow removal etc. may even find a long term arrangement appealing.

Want to help? Visit the Facebook page: **Miramichi Supports Ukraine** for information on what's needed, or email msu22office@gmail.com

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Billet Families Play an Essential Role in the Miramichi Timberwolves Hockey Club

When a young man becomes a member of the Miramichi Timberwolves Hockey Club, he is placed with a billet family and spends the entire season with them. Billet families are an essential part of our organization.

Billets not only help players with their day-to-day living arrangements but are also there to help to enforce important values and team rules along the way. At the same time, players are made aware of the rules and are expected to abide by them. Players are also aware that they are a role model for any children in billet families and expected to act accordingly.

Billet families often become second families for the players, building lasting relationships that remain with both the family and the player long after the player moves on.



Sophie Dunnett and her billet family welcome Timberwolves player Antoine LeBlanc.

during the season. The visitation of families or guests in your home is at your discretion.

- We have team guidelines and policies that the players must abide by while with our organization, and we expect our host families to enforce these team rules.

- Some players will have their own transportation, but transportation to school and practice is a responsibility of the players and hockey operations staff to coordinate.

What does the team need?

Currently, we are in dire need of billets for the duration of the entire season. Sometimes we require short-term involvement for training camps or try-outs, this could last days or weeks. Some billets have hosted two or more players at a time over the course of one or two seasons.

Billets can be two parent families, single people, or single parent families

Things to consider before applying to be a Timberwolves billet:

- Most of our players are 16 to 20 years old. They will come to Miramichi from all over the Maritimes, Quebec, or the rest of Canada to play with our team. As they travel so far from home at such an early age, our players require a very stable home environment during their stay in the area.

- The players will arrive in Miramichi at the beginning of September and will remain with the team until the end of the season (mid-March – mid-May). At Christmas, the players are given a break to go home and spend time with their families. Oftentimes, their families will come to visit

Benefits for Billets:

In addition to receiving season tickets, Timberwolves billets also receive a monthly stipend.

Billeting enables you to be part of the hockey community. A wonderful family experience that creates friends for a lifetime and a chance to support a young athlete in their quest to fulfil their dreams.

To become a billet or if you have any other questions or concerns, please contact Sue at 622-0688 or Tracy at 626-1244.

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Jamie Keays Awarded 2021-22 MHL Moe Bent Builders Award

The Maritime Junior Hockey League (MHL) has selected the late Jamie Keays for the **2021-22 Moe Bent Builders Award**. An integral part of the Miramichi Timberwolves organization for many years, Mr. Keays passed away in February at the age of 53. Tributes poured in upon news of his passing, showing the mark he made with Miramichi, the MHL, the hockey world at large, and beyond.

As president of the Timberwolves, Mr. Keays handled much of the day-to-day operations of the team, as well as other behind the scenes tasks such as gathering sponsors and selling tickets. He spearheaded major fundraising initiatives for the Timberwolves, such as Spring Fling,



The late Jamie Keays, former President of the Miramichi Timberwolves who passed away in February 2022, is being honoured for his achievements.

the annual dinner and auction, and golf tournament. Mr. Keays was also heavily involved in the community, including the Casey Tire Fire Hawks in the gentlemen's league.

Miramichi have established two awards in his honour. **The Jamie Keays Memorial Education Fund** will support players as they pursue post-secondary education.

Meanwhile, the **Jamie Keays Leadership Award** was given out for the first time this season to recognize an individual as a superior leader within their sport and as a contributing member of society, as selected by team personnel and community educators.

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What Exactly Does a Life Coach do?

By Karen Clark

A life coach motivates and supports. As you explore your life you will be encouraged to make decisions in line with your values. Decisions that empower you in the most important relationship of your life-the one you have with yourself.

Through a process of setting SMART goals you will learn the skills necessary to set goals that are specific, measurable, achievable, relevant and time sensitive. You will focus on goals that enhance your everyday life. You will practice being accountable to yourself, aiming to meet your goals consistently and when possible, exceed them. Making small manageable changes will enhance your personal and professional life.

As a life coach I will celebrate your successes and walk with you in your struggles. I will ask powerful questions. Questions that act as a spark lighting the fire within, where answers can be found to shape the life you want to live.



As a life coach, Karen Clark (right) guides clients to set and achieve goals that will lead them to the life they want to live.

I will encourage space for you to explore how you might bring your vision of life alive.

Confidentiality is essential and a key component of our work together. It is the foundation of our working relationship. In our relationship, you are the expert in your life. I am the guide. Together we will explore the life you want to live and set SMART goals to move towards achieving that life.

I am flexible in how I provide services. Sessions are offered in the following formats: online Zoom video calls, telephone, in person either in an office setting or walking in a natural environment. I believe nature in itself is

a healing space.

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Miramichi United Soccer Club

Dedicates Bench to Logan Matchett

Recently at the U18 soccer match, Miramichi United Soccer Club dedicated a bench purchased for the turf with a generous donation from Chris and Debbie Matchett, parents of the late Logan Matchett.

Logan passed away in a car crash a few years ago with three other area teenagers. Logan was an avid soccer player, having started in the Sunny Corner youth program before moving onto the competitive program in Miramichi.



The quote selected by the family to go on the plaque is a testament to Logan's dedication to his teammates. Miramichi United Soccer Club is grateful for the continued support of the Matchett family.



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Local Singer-Songwriter Wins Award - Abby Keenan

The 2022 Jane LeBlanc Music Award has gone to 20 year old singer-songwriter **Abby Keenan** this year.

The award is for emerging New Brunswick artists to assist them in the recording and mastering of one of their original songs.

Abby Keenan is a Fredericton-based singer-songwriter, dancer, and performing artist originally from Blackville NB. She recently released her first single, "Pretty When I Cry," as Abby McCartney and is set to perform at the Downtown Arts & Music Festival in Miramichi on September 23rd and 24th. Come out and support her!



You can find her as Abby McCartney on Youtube and all streaming platforms and can be seen in Downtown Fredericton participating in open mics.

Bobby Sylliboy Awarded Order of New Brunswick

The names of the ten new recipients of the Order of New Brunswick were announced this month as part of NB Day celebrations in Fredericton.

Included in the 2022 inductees is **Robert (Bobby) Sylliboy**, from Esgenoôpetitj First Nation (Burnt Church), for his incredible work and dedication as a coach and champion for youth in his community of Esgenoôpetitj, and for his exceptional mentorship and excellence in volunteerism.

The Order of New Brunswick recognizes individuals who have demonstrated a high level of excellence and achievement in their field.

The recipients will be invested with the Order of New Brunswick during a ceremony at Government House in Fredericton on Nov. 2, 2022.

Winner of Quilt Draw

The Friends of Seamen's Hospital Craft Group are delighted to announce the winner of our Labyrinth Walk queen-sized raffle quilt. Sally Estey of Exmoor is the lucky lady. We are grateful to Sally and many others for buying our tickets as well as our hosts at Atlantic Superstore, Sobeys and Deals 4U. The proceeds from this project will go to the Renovation Fund of Seamen's Hospital, a non-profit organization dedicated to the care and management of this National Heritage Site, the last remaining Marine Hospital in Canada.

Although the Craft Group is taking the summer off, we will be back to 'work' in early September, Wednesdays 9:30 to 3:30. Members welcome and needed.



Sally Estey (left), winner of the quilt raffle, as presented by Christel Pond (right), president of Miramichi Heritage Inc.

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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 all submissions to the fall issue is September 12th.



Monarch Butterfly by Bonnie Coughlan



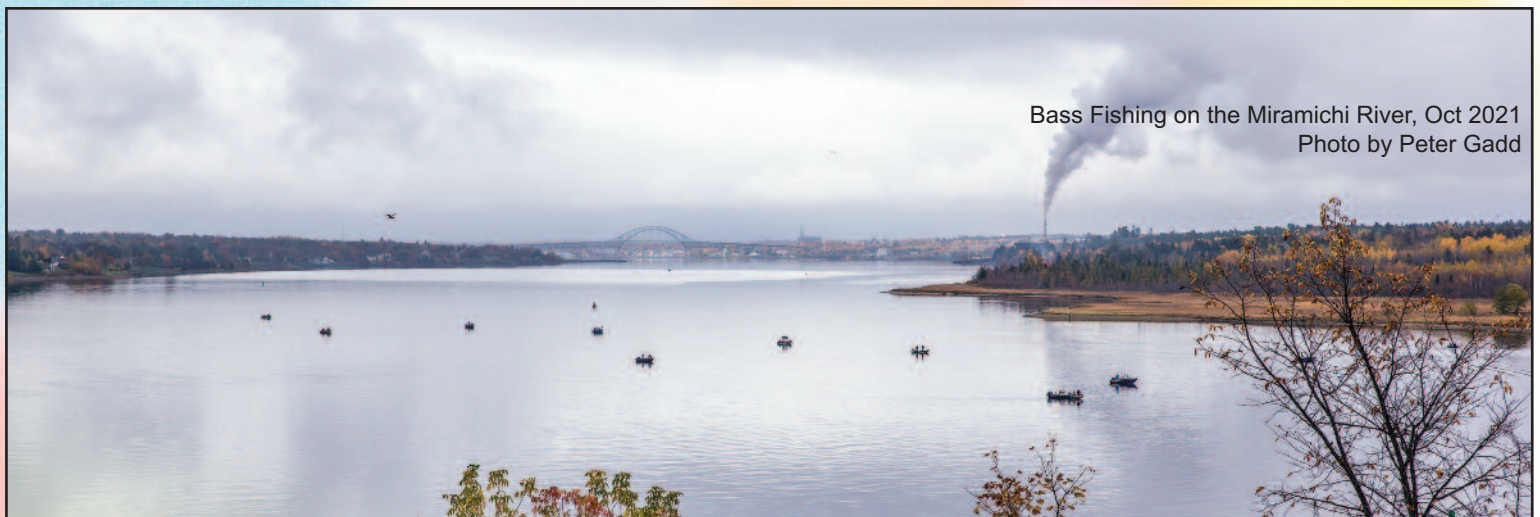
Photo by Bonnie Coughlan



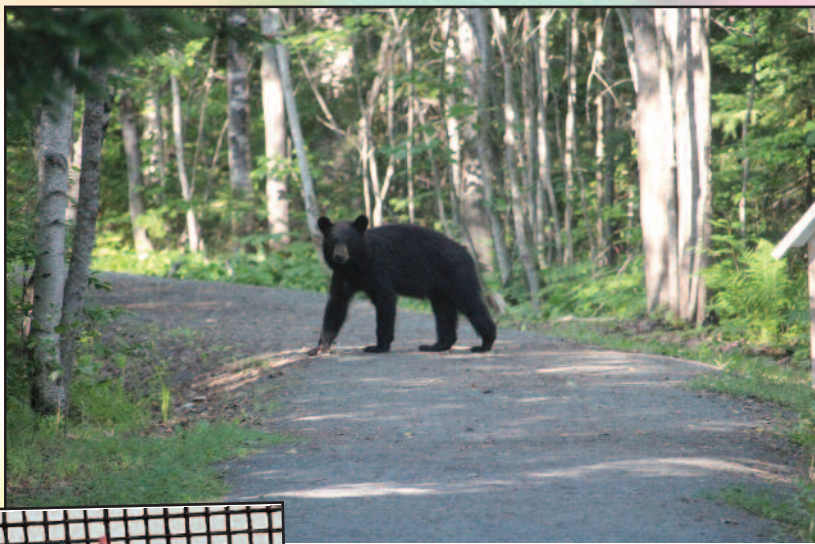
Kite Festival in Miramichi by Edna Moorhouse



Henry Dumouchel with his conjoined twin cucumbers.



Bass Fishing on the Miramichi River, Oct 2021
Photo by Peter Gadd



Above: Edna Moorhouse came across this surprise visitor while walking the trails. She also had one visiting outside her home.



Left: Edna also discovered this Rosy Maple Moth on her window screen.



My dog Koda likes to sit or sometimes sleep in the rhubarb patch. This pic was taken at my house in Burnt Church - Cynthia Joe

Below: Mathew Despres submitted this breathtaking photo of a distant thunderstorm lighting up the Miramichi River.



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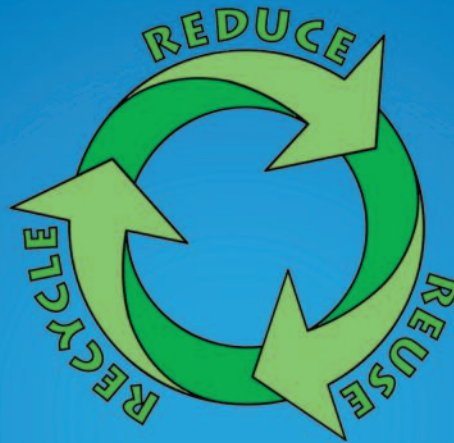


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