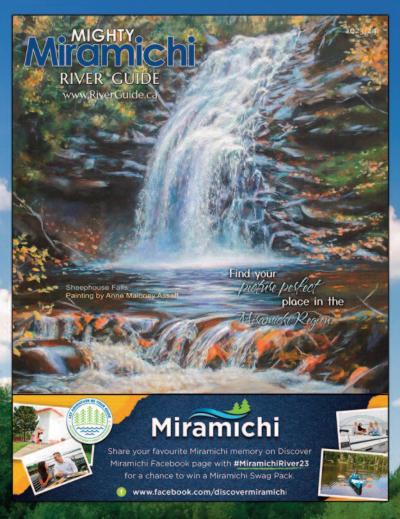




2023/24 Mighty Miramichi River Guide

Our annual tourism publication is available now!



FREE COPIES on display at local restaurants, accommodations, and attractions in the Miramichi Region.

View online at

RiverGuide.ca

Send to your family and friends.

Explore and enjoy the river!

- Communities
 Festivals & Events
- Places to Eat & Stay
 Map of Region
- Things to See and Do Photography
- Art & Culture History... and more!





CLUB DAY



bgc Miramichi Club

Girls on Boards Miramichi

Empowering Girls Through Paddleboarding



Girls on Boards Miramichi is a unique non-profit program that offers **free paddleboarding sessions for girls aged 8-18**, providing them with all equipment needed to participate. The program aims to provide girls with a safe and supportive environment to learn how to paddleboard, build confidence, and focus on body positivity. It also encourages participants to be disconnected from social media and societal pressures and learn to trust their bodies.

According to Statistics Canada, girls are less likely to participate in sports than boys. In 2018, only 60% of girls aged 3 to 17 participated in sports, compared to 74% of boys. **Girls who participate in sports** are more likely to have higher self-esteem, better mental health, and are less likely to experience depression and anxiety.

Girls on Boards Miramichi aims to combat the trend of girls' underrepresentation in sports by providing a fun and accessible activity for girls to participate in. Paddleboarding is a **low-impact**, **full-body workout** that can improve balance, strength, and cardiovascular health. It also provides an opportunity for girls to connect with nature and experience the benefits of being outdoors.

In addition to promoting physical health, Girls on Boards Miramichi also **focuses on body positivity.** According to the Dove Global Beauty and Confidence Report, only 23% of Canadian girls aged 10 to 17 feel confident in their bodies. This lack of confidence can lead to negative self-talk, low self-esteem, and a distorted body image.

Girls on Boards Miramichi aims to challenge these negative self-perceptions by providing a supportive and inclusive environment where girls can learn to appreciate their bodies and focus on what they are capable of, rather than how they look. The program encourages girls to celebrate their strengths and unique qualities, and to recognize that their worth is not determined by their appearance.

The program also provides an opportunity for adults to support young girls. The **paid sessions for groups of adults,** coworkers, friends, or families help to sponsor the free sessions for the girls, making it possible for more girls to participate in the program.

The program has been successful in attracting girls from all walks of life, with 142 different girls participating in the free sessions last summer. Located on the Miramichi River, Girls on Boards Miramichi launches its boards by the Beaubears Island Interpretive Center, providing a scenic and peaceful setting for the sessions.

For more information and session availability you can find us on Instagram at girlsonboardsmiramichi, on Facebook at Girls on Boards - Miramichi and by email at girlsonboardsmiramichi@hotmail.com



Saving Miramichi Animals One Faithful Friend at a Time.



What does \$650 mean to you? Part of a mortgage payment or rent? A car payment? Groceries? Heating costs for the winter? Maybe registration fees and equipment for your kid's sports teams?

What if we tell you that \$650 is the cost of running our

shelter for ONE day. We know it's hard to believe, but with the rising cost of everything around us, that's the position the Miramichi SPCA is in. The heart-breaking reality is that without more financial support our doors will close very soon, leaving hundreds of animals each year with nowhere to go.

In the last five years we have had over 1000 animals come through our doors that could have had terrible fates without our help. Most of

these animals have received a spay/neuter surgery, vaccines, a microchip, and flea and worm treatments, on top of daily routine care. They are looked after by experienced staff that have critical knowledge of animal welfare and years of dedication to animal rescue.

Miramichi is such an amazing and supportive community that has rallied around this shelter, and many other nonprofits like us, during difficult times. We are so lucky to be here for these animals and we are asking for your help so we

can continue to provide care and comfort for them.

We'd like to introduce you to our new initiative, "Faithful Friends of the Miramichi SPCA". We are looking for 200 people to commit to donating \$25/month for one year. All these donations are tax deductible.

> Our average monthly operating bills are \$20,000 and our "Faithful Friends" will help us to raise 25% of this cost. This initiative, along with our bottle recycling donations, fundraising events, existing donations, and our weekly Kitty Kash draw will help us keep our doors open to care for surrendered animals.

> We are asking you to consider making this donation of \$25/month by following this link website our

www.spcamiramichi.com/donate-faithful-friends.

A dedicated \$25/month will ensure that the shelter is here for years to come and we can continue to save hundreds of abandoned, abused, and neglected animals every year!

Thank you so very much for your support.



Cover Photo: Insets of local events: Ferris wheel - Bonnie Coughlan, Powwow and Fireworks photos - John Hayward. Background of river - Stacy Underhill.

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. Send us your good stuff to talk about on the river! We're looking for events, stories, celebrations, pictures and articles about what's up, what's new, what's happening. Keep it positive, and we'll promote it .

Editor/Layout Design: Stacy Underhill Ad Design: Cindy MacLean

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Tel: 506-352-7668

Facebook: www.Facebook.com/mightymiramichi

Web: www.GiverMiramichi.com



Find more local events at www.mightymiramichi.com

June 29 - July 2: RiverMade Productions presents 'Mama Mia!' at James M Hill High School Theatre, 7pm nightly. Get ready for an unforgettable night of music and dancing with Mamma Mia the Musical! Immerse yourself in the story of a young woman's search for her father, set to the timeless hits of ABBA. Sing along to classics like "Dancing Queen," "Take a Chance on Me," and of course, "Mamma Mia!" This show is perfect for anyone who loves music, laughter, and a good time. Limited seating. Get your tickets before they are gone! Tickets: Creative Grounds, Brookdale Flower Shop & online at Eventbrite.ca. www.facebook.com/RiverMadeINC

June 30 & July 1: The Fourth Annual Thomas Dunn Memorial Ball Tournament will be held at Centennial Field in Blackville. There will be a BBQ, and canteen, 50/50 draws, prizes, and merchandise available. Washer boxes and Toonie tosses will also be on site. A lantern send-off will happen Friday evening at dusk. Lanterns will be available to purchase. All ages are welcome. All proceeds go to The Thomas Dunn Memorial Fund.

July 1: Fundraising Yard Sale

Saint Marguerite Bourgeoys Parish Giant Yard Sale will be from 8am - 12pm in the St. Mary's Church basement. We'll have a large assortment of gently used items for sale. Sale of hotdogs and strawberry shortcake at 10am. Donations are welcome, Location: 360 Newcastle Blvd.

July 1st, Aug. 5th, Sept. 2: Miramichi Folklore Park Monthly Breakfast

The Miramichi Folklore Park's monthly breakfast is held the first Saturday of each month from 8-11am at 46 Memory Lane in Renous. Breakfast is \$10 per person and includes bacon, eggs, toast, homemade beans, tea/coffee, and a variety of juices. Everyone welcome.

July 1: Second Annual Show & Shine at the Atlantic Salmon Museum from 10am – 4pm. In addition to stunning vehicles, we'll have music, a market, BBQ, 50/50 raffle, ice cream, and lots of prizes. For more information contact the museum at 506-365-7787.

July 6-8: Neguac Celebrates Summer with events and entertainment at the park.

July 8: Women's Getaway for The Day at Avadata Yoga Retreat in Blackville. Enjoy Yoga Nidra, a delicious healthy lunch, and a half hour reiki session. Everyone is welcome to relax in the sauna, get refreshed in the plein air shower, hike the beautiful trails, or fish in the pond and visit the many animals. See www.avadatayoga.ca for details or contact us at 506-626-0024 or avadatayoga@gmail.com.



July 22: Lavender Festival at the Untamed Grange Organic Lavender Farm in Trout Brook, 12-6pm. Activities include, lavender soapmaking workshops with children, entertainment by Dillion Ryan, lavender flower arranging workshop and more. Plein Air Miramichi will showcase their paintings of our farm/flowers to be auctioned off with all proceeds donated to Frieda's House. We are working on a food truck and liquor licence, and people are welcome to bring picnic lunch. www.untamedgrange.com and follow us on Instagram and Facebook for updates.

July 22: Sea of Suffering: The Tragedy of the Looshtauk Presented by Character Matters, 4:30pm & 7pm, Dr. Losier



Theatre, 124 Henderson St. Captain John Mount Thain recounts his journey across the waves with an overloaded ship of desperate Irish immigrants. An emotional portrait of a man burdened with the heaviest of responsibilities and caught in an unrelenting struggle for survival.

July 22: The Second Annual Cruisin' 4 Cats Car & Bike Show will take place at Blackville Municipal Park from 11am to 3pm. Car/Bike Show registration and admission is by donation with proceeds going to My 3 Sons Cat Rescue. Come on out for a fun-filled afternoon of 50/50 Draws, prizes, vendors, cotton candy, slushies, live entertainment with Marilyn & Bernard, foam slide, BBQ with proceeds to Youth First Miramichi.

July 28-30 Silent Retreat - Join us for an evening and two days to the self through silence. Learn techniques to stay in the present moment, calming thoughts through mindfulness and breath awareness. Your stay includes healthy delicious meals, walking the trails, meditation, and time for relaxation. See website for details www.avadatayoga.ca.

July 29: Market on the Square at Queen Elizabeth Park (Newcastle), 11am to 4pm. Open air market taking place during the Miramichi Rock N Roll Festival. Contact 506-625-6877.

August 5: Geocaching on Beaubears Island. (raindate August 6) We are partnering with a group of geocaching enthusiasts to offer this day of fun exploring the island.



July 1

Fishermen Powwow www.fishermenpowwow.com

July 7-9
Sunny Corner Days

July 13-16

Natoaganeg Powwow

www.natoaganegfirstnation.ca

July 13-16

Miramichi Exhibition

www.eastcoastamusements.ca

July 20-23

Canada's Irish Festival

www.canadasirishfest.com

July 28-30

Rock 'n Roll Festival

www.miramichirocknrollfestival.com

July 28-29

Downriver Music Festival

www.neguac.com

July 29-30 Barnaby Days July 29-August 6

Brussel Sprout Festival www.rogersvillenb.com

July 29-30

Metepenagiag Powwow www.metpark.ca

July 30-Aug 6

Bay du Vin Summer Survival

August 4-6

Blackville Days

www.miramichirivervalley.com

August 4-7

Doaktown Salmon & Fiddlehead

Festival www.doaktown.ca

August 3-6

Miramichi Folksong Festival

www.miramichifolksongfestival.com

August 10-13

Napan Agricultural Show

www.napan.ca/show

August 15
National Acadian Day

August 19

NB Lumberjack Championship www.woodmensmuseum.com

Aug 18-20

Miramichi Scottish Festival

www.miramichiscottishfestival.com

August 26-27

Burnt Church Powwow

August 25-27

Bluegrass Music Festival

www.rogersvillebluegrass.com

August 27

Mayor's Welcome BBQ

Elm Park, Chatham

October 1

Giant Pumpkin Festival

www.neguac.com

October 7
Food Truck Feastival

July 7-9: Sunny Corner Days

Friday

6 PM: Slow Pitch Tournament begins.

7 PM: Hypnotist Ian Stewart

Saturday

8 - 11 am: Breakfast

9 am - 12pm: Farmers Market

9 am: Slow Pitch Tournament continues.

Noon to 3 PM: Family Fun Day

10 PM: Dance featuring Spoiled Rotten

Sunday

10 AM: Slow Pitch, semis & finals

All events held at the Sunny Corner arena and ball field.

Art Exhibits at Chatham Public Library

The library will be exhibiting work from local artists in their gallery space throughout the summer.

June 3 – July 8: Jennifer Robyn Burke

Sept 2 – Sept 30: Helen Godfrey

View the exhibit during library hours at 24 King Street, Miramichi. Hours: Tuesdays and Thursdays 1 – 5pm and 6 – 8pm; Wednesday, Friday, and Saturday 10am - 12:30pm and 1:30 – 5pm. Closed on Sunday and Monday. Contact 506-773-6274. www.facebook.com/chathampubliclibrary.

If you are an artist or photographer interested in exhibiting at the library, contact Jennifer Wilcox at 506-773-1184 or jennifer.wilcox@gnb.ca.

Central N.B Artisan Market

You'll find this talented group of local artisans on Saturdays from 10 am - 2 pm on Main St. (hwy 8) in Doaktown. This roadside market offers a unique selection of handcrafted merchandise and is located across from the Village Family Restaurant. Dates: July 1, 15 & 29, Aug. 5 & 19, Sept. 2. *August 19th, to be held in Boiestown across from the Woodsmen's Museum. Weather permitting for all dates. Find the group on Facebook: Central NB Artisan Market for updates.

Elm Park Night Market – Every Thursday from June 22 to September 28 (weather permitting)

Blackville Night Market & Live Entertainment

Discover the Blackville Night Market at Blackville Park this summer held bi-weekly on Wednesday evenings beginning June 14, from 6-9pm. Featuring handmade crafts, homemade goods and treats, delicious food, live entertainment by local musicians. Dates: June 14 & 28, July 12 & 26, Aug. 9 & 23, and Sept. 6.

SALUTE TO CANADA – June 30 By Susan Butler

The 66th Miramichi Folksong Festival and the choral group, The Villagers are collaborating on celebrating Canada Day with a special evening featuring the music of Canadian artists, such as Gordon Lightfoot and Ian & Silvia, to name just a few. The evening will highlight many Miramichi performers.

The Villagers chorus is a 13-year-old mixed voice community chorus based in Miramichi, directed by Lois McKinnon. They currently have 30 members and sing sacred and secular music in 4-5 part harmony. The group have a diverse membership of young and old singers who vary in musical abilities. The Villagers will also be featuring some of the children of their members and they are known as the Young Miramichi Villagers.

The concert will also feature **Bert Munn** who is making his debut on the Miramichi. Born in Fredericton, Bert has been out west since 1979 but spent many summers in Miramichi. He and his partner moved to Miramichi this past year.

Bert has had a very exciting musical career. He has done many musical commercials, travelled with the Tommy Hunter Show as a drummer and provided back up vocals for Ian and Sylvia plus many Canadian tours. He has just released a new CD.

Another relative newcomer, Elizabeth Shatford moved to Miramichi in 2019 and she has performed at some of our fundraisers before. She comes from a very large musical family and is a recording artist. She has performed in many choirs, amateur theatre, and gospel bands. Her music includes country, classic standards, to jazz and gospel.

We are pleased to have the Miramichi Fiddlers and hope their music will feature some of Matilda Murdoch's tunes. It is always a pleasure to have Jimmy Lawlor perform, a Miramichi concert would not be complete without him.

Our youngest performer is an up-and-coming star, **Kate Barry**, daughter of Jason and Melissa Barry. This young lady is not only a singer

but an awarding winning actress. She had the lead role in Cinderella this past spring and also won best actress in the provincial drama festival. She will be accompanied by her mother.

I will be closing off the evening with "Mystical Magical Miramichi" and the Villagers will join me with "Proud to be Canadian". I will be accompanied by **Barbara Somers**.

The show is Friday, June 30 at 7pm at St. Mary's Church, 300 Newcastle Blvd.

Advance tickets - \$10. At the door - \$15. Children under 12yrs - free. On sale at Brookdale Flower Shop, from the Villagers, by emailing susanbutler@xplornet.com or by calling 506-622-1780. Tickets may be reserved at the door for the advance price.











CLYB DAY

66th Annual

Miramichi Folksong Festival

by Melanie Ross, Director Miramichi Folksong Festival

The **66th Annual Miramichi Folksong Festival** is shaping up to be a packed weekend of entertainment for all ages. Running from Thursday August 3rd to Sunday, August 7th, this year's festival plans to deliver true Miramichi culture and tradition with everything from toe-tapping fiddling to traditional Miramichi and New Brunswick ballads.

The **Grand Opening**, A Night at the Miramichi Folksong Festival, will feature the old songs and singers represented by our current performers and will give a taste of the beginnings of the festival. Friday will kick off with a **Miramichi Folksong Workshop**, follow with a **Folk Ladies Noon Luncheon**, proceed with the popular **Children's Show**, and finish off with a Friday night full of favourite performers and Miramichi music.

Indigenous, French Acadian, and Multicultural programming will be presented on Saturday by donation. The evening **Pub Night** will feature the homegrown talents of the Beaulieu Family Band, and the Shadbanger's Ball.

Kicking off Sunday will be a **Gospel Breakfast**, the **Miramichi Fiddlers and Friends Kitchen Party**, and a **Songwriter's Circle** hosted by Jason Barry and David Stone.

Everyone is welcome as we continue Dr. Louise Manny's legacy with song and tradition!

fanny's legacy with song and tradition! tie Get your tickets at Brookdale Flower Shop or call w

Four Days of Music
Fiddlers & Singers
Noon Luncheon
Breakfast
Children's Show
Pub Night with...
The Beaulieu Band
The Shadbanger's Ball
ALL SHOWS AT BEAVERBROOK
KIN CENTRE(100 NEWCASTLE BLVD.)

The Children's Show

The Beaulieu Band
Miramichi Fiddlers

Wan & Vivian Hicks

Miramichi Regional
Multicultural Association

Mike Bravener

George Paul

Visit the website to see the full schedule, purchase tickets and to download a brochure. Find all details at www.miramichifolksongfestival.com.



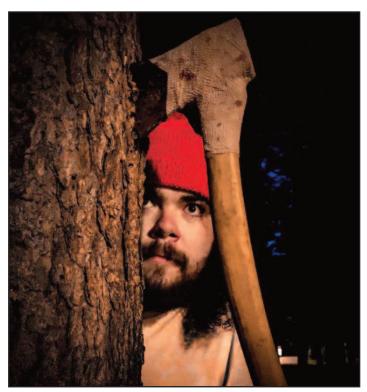
The Spectre Rises Anew: **Dare the Dark Returns**

Hold on, because this summer, the ghosts of French Fort Cove walk the trails again with DARE THE **DARK: The Headless Nun Experience.**

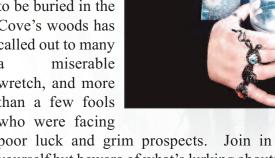
Join your guide at 9:30pm, every Monday, Wednesday and Friday (July 3-Sept 29) at the Zipline building at French Fort Cove; tickets are \$15 a head.

You don't know who you'll meet when things begin, but that won't be the only surprise waiting for you in the woods.

You might be shepherded by the wicked Mammon, who revels in the destructive greed that has poisoned so many souls, as they sought to protect wealth rather than life. Learn how the most famous ghost in New Brunswick met her end, in a tale of grisly murder that set in motion hauntings that have echoed down the generations, and still frighten us today.



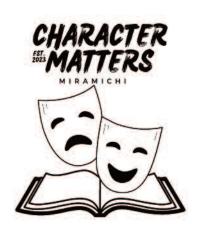
Of course, it's just as likely you might travel with the bizarre Fiona Finnegan, who's seen much of the Cove's horrors, and enjoys giving a good scare herself. The treasure said to be buried in the Cove's woods has called out to many miserable wretch, and more than a few fools who were facing



poor luck and grim prospects. Join in the search yourself but beware of what's lurking about; everything has its cost, and no one gets something for nothing.

The DARE THE DARK: The Headless Nun Experience is organized and performed by Character Matters Miramichi, a new heritage theatre troupe committed to presenting local history through engaging stage performances and character tours. After the success of our debut show, Mullin's Boom, we are proud to revive this staple of Miramichi's haunted history this summer. We hope you'll join us, and test your courage against the Cove's unforgettable atmosphere, and a cast that is second to none.

For more information on the tour, and upcoming performances, including Sea Of Suffering, a harrowing tale of the coffin ship "Looshtauk" told by Captain John Mount Thain and presented as part of Canada's Irish Festival on the Miramichi on July 22, visit www.charactermattersmiramichi.com



Beaubears Island

Update on Hours and Programs for 2023



We've had to modify our summer programming due to unforseen circumstances, and it is now different from what we shared in the spring issue of *Giv'er* magazine.

NEW days and hours. The season begins June 22 and ends September 30. We will be open from 10 am - 6 pm from Thursday to Monday. We have extended the ferry service to end at 5pm, so the last ferry from Beaubears Island to Nelson is at 4:45 pm.

The **Eves on the Island** program is still in action. If anyone sees any fires, camps, fireworks or anything unusual, please make an anonymous call to Parks Canada to report at 1-877-852-3100. Beaubears Island has been around for hundreds of years, it would be sad to lose it due to people not respecting the island's rules. It survived the great 1825 Miramichi Fire, would be a pity to lose it to reckless action by people. As per Parks Canada Historic Site rules, no smoking, no camping, no parties, no overnight stays, no littering, and not to disturb the earth nor remove anything from the island.

Therapeutic Thursdays. This new program aims to provide visitors with

the peace and tranquillity that only a walk on an island offers. Science has proven walking in the forest with the pines has improved mental and physical health, which Beaubears Island can provide. Take the time to walk or relax on the island to destress and connect with nature. Join us during your lunch break from work and experience the island's benefits. Every Thursday between 12-2 with pre-registration, visitors can walk/hike the island alone, with friends, co-workers, family or with their furry four-legged buddies for half

price, \$6.50 (reg. \$13). This includes the on-demand drop-off and pick-up from the boat.

July 2: Beaubears Island Annual Picnic Many years ago, Peter Mitchell had a picnic on the island which hundreds of local Miramichi'ers attended. Peter Mitchell. Father of Confederation, owned the island from 1871 to 1893. Back then over 130 people joined the picnic, so how many will join us on July 2, 2023? The picnic is an afternoon of music from The Heritage Players while having an excellent authentic meal (Mi'gmag, Acadian and Scottish cuisine) and having fun playing a game or two. Or simply enjoy a walk on the island after ingesting the natural healing powers of Mother Nature.

Volunteers are always in need of volunteers. What is there to do? Provide tours, local history, school programming, local events, partnerships, fundraising and the ability to give back to a local charity. We will accommodate whatever the volunteer wants to the best of our ability.

Contact us anytime by email at info@beaubearsisland.ca or call the centre at 506-622-8526.



Wilson's Point Summer Events

Wilson's Point Interpretive Centre is open daily 9:30am-4:30pm, from June 19-October 21, and they have many events, programs and workshops planned for this summer.

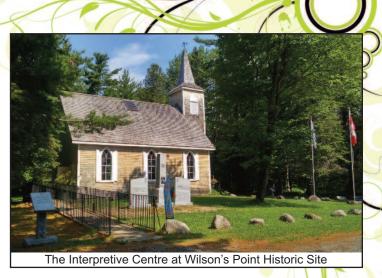
July and August - Piper at the Point and Davidson Makes a Point is offered on Sundays, 2-4pm. Free to the public.

July 22: Summer Concert Series begins with Katherine Moller award winning violinist, performing at 7pm. Tickets are \$15 each and are available at Brookdale Flower Shop and Wilson's Point in advance. Limited seating. Refreshments provided.

July 29: Haunted Graveyard Walk at 8pm with Character Matters Miramichi. \$10/person. Children under 6yrs are free. Family Friendly. Tickets available the night of the event at Wilson's Point.

August 19: Old Fashioned Family Picnic from 11am to 4pm. Musical Entertainment by the Steeve's Brothers Bearded Bards and Frantically Atlantic. All day entertainment includes Miramichi Art Core Plein Air artists, Funtastic Inflatables, a quilt show and sale, tours with William Davidson, and the Campbell Boy's cash BBQ. The Healing Farm and McKenna Entertainment Face Painting and the snocone machine will be on site from 1-4pm. Miramichi Accessible Transit will be shuttling visitors from the parking areas to the site. Everything is free aside from the cash BBQ. Debit will be available for sales in the interpretive center for the gift shop, quilts, and paintings.

Adult Workshop Wednesdays - Come craft with us under the pines. Workshops provide supplies and a light lunch



by Goodness Gracious and most will run 11am-1pm. Seating is limited and can be reserved by etransfer. Prices vary depending on materials used. More details can be found on our Facebook page or by calling the site at 506-627-0162.

July and August Workshops (tentative schedule)

July 5: The Art of Wool Dying by Leslie Lewington

July 12: Wool Felting by Shelley Clark

July 19: Simple felt and embroidered bird Christmas ornaments by Gill Wallace

July 26: Scottish Dollies and Corn Husk dolls

August 9: Heilan' Coos by Gill Wallace (11-2pm)

August 23: Beeswax sheet candles

August 30: Tartan and embroidered hoops tree ornaments

For more information on Wilson's Point or any of these events, call us at 506-627-0162, visit www.wilsonspoint.com and www.facebook.com/WilsonsPointHistoricSite.



Learning to Create is a Never-ending Journey

By Laura Lea Harrison



Five different artist's paintings from the same still life composition, called The Pearls.

"You can't use up creativity. The more you use, the more you have."

- Maya Angelou

An art friendship grew from an event in 2022, where a diverse group of artists, including myself, connected over our shared passion for art. When winter arrived, we realized our group of friends could motivate each other's creativity instead of hibernating from the cold, and Gerard Godin graciously opened his basement studio to use as our meeting grounds.

As an experiment, an idea was formed for each of us to work from the same photo to see what the results would be; very different artists, sharing techniques within the group. The resulting paintings highlighted the diversity between the artists, as well as

the commonality of vision. Alike but not alike. The exercise gave insight into each other and the learning process of each artist. Every painting carried a little bit of each individual artist's personality. Contributors were Kelly Hay Hambrook, Gene Whyte, Gerald Godin, Anne Maloney Assaff, and me, Laura Lea Harrison.

Now that the temperature has warmed up and summer is on its way, plein air painting has become a new addition to our group. It has allowed us to explore new ways of learning, and further demonstrates how we each view the world so differently, even from the same subject matter. Armed with our easels and paints or mediums, we head outdoors to capture the moment through each artist's eyes.

This has led to the creation of **Plein**

Air Miramichi, an informal group that gets together every other week, either on a Friday or a Saturday, to paint outside. Plein air is the art of working outdoors, directly from the subject matter, in a quickened fashion. The gettogether is open to anyone who would like to join in; everyone is welcome no matter what your skill level.

We invite you to bring your smiles, your supplies, lunch, and an interest in learning more while networking with each other. The Tuesday before each outing, when the weather forecast is known, the meeting location and confirmed date will be posted on Facebook, so check it before coming www.facebook.com/Pleinairmiramichi Upcoming plein air dates are: July 8, July 22 at the Lavender Festival, 2147 Northwest Road, Trout Brook, Aug 5

and 18, Sept 2, 15 and 30, Oct 13 and 28. Dates are subject to change depending on the weather.

Thoughts from members of the group:

"This has encouraged me to develop my skills as a painter, and since I am selftaught, the group has helped me expand my knowledge of mixing paint and in being more confident. We have done four sessions of working from the same subject, and everyone has a different take on the piece we were working on. For example, the piece we are calling The Pearls, Laura, Kelly, Anne, Gerard, and myself looked at it in different perspectives, but achieved great results. Hopefully we can encourage others, whatever their artistic skills are to join us during specific outdoor painting sessions." - Alvin Gene Whyte

"This was an enjoyable exercise. Kelly created a great composition to work from and it was fun to see each artist's

interpretation of the subject. The essence may be similar, but the style and personality of each artist make the paintings so unique." - Anne Maloney Assaff

"The art that was created by the artist over the winter months is wonderful. Four subjects and sixteen paintings later, you see through their work how each artist is different and shines in their own style, use of colour, technique and medium. The group gives me focus that challenges me to better my artistic output." - Gerard Godin

"One of the best things to come out of the Summer of 2022 was meeting a group of people interested in bettering themselves in the art of plein air. We developed a friendship over the summer that carried over into gatherings inside during the winter. Laura came up with the idea that we all



The Plein Air Miramichi group of artists will be meeting every other week this summer, to learn from and support one another, as they paint in nature. The above artwork shows how they each view and paint the subject matter differently.

paint the same subject in our own style and compare how we all interpreted it. What a wonderful outcome to see all the different styles and colors that each of us used. It was interesting to see what each of us focused on. It was a great experience and now we are back to painting outdoors in the sunshine!" - Kelly Hay Hambrook

"I've always found it fascinating how different artists can see the same things, that's what makes a group participation fun; taking time to see what the other person sees." - Laura Lea Harrison







We welcome you to check out our club!

The Miramichi Naturalists' Club (also known as Nature Miramichi) is made up of members of the general public who have one thing in common: they enjoy being in nature. There is no other requirement needed. Members can, if they wish, take advantage of learning about various parts of nature from fellow club members, at meetings or during outings, from guest speakers and from shared on-line resources. They can also share in the enthusiasm for the natural world by others, as the club is informal, welcoming and friendly.

This past year starting in September 2022 we had **expert speakers each month** on these topics: Breeding Birds of Beaubears Island, Wildflowers of NB, Healthy NB Coastlines, Wild Turkeys of NB, Nelson Sparrow Population of Tantramar, The work of the Marine Animal Response Society, Spruce Budworms of NB, The Impact of Climate Change on the Boreal Forest and lastly the Bat Population in NB.

Some of our **field trips** involved short hikes in local parks to see the plants, to look for and record birds and to observe the nearby ecology. Specifically, a recent outing involved seeking and identifying spring wildflowers on the trails of the Metepenagiag Heritage Park. Also, this spring we held two Warbler Walks at



French Fort Cove, during the narrow time gap between when migrating birds return and when the hardwood trees leaf out and reduce visibility.

The club and club members are active in other areas such as participating in three local Christmas Bird Counts and offering guided tours for interested members of the public. We also help to monitor conditions at local nature preserves with annual inspections and reports.

Two free smart phone apps which are very popular with those exploring nature are: 1) iNaturalist, used for help in identifying many elements of nature and contributing to a world-wide database as a citizen scientist, and 2) Merlin, which suggests the names of birds the app hears calling and singing or captured in a photograph. Club members would be more than happy to help explain how these apps work (both are available through the app store on your phone.

Nature Miramichi meets monthly from September

to June on the first Tuesday of the month at 6:30 pm at the Nelson Senior Citizens Centre at 26 Sutton Rd. Nelson. Typically, we start with a guest speaker for about 75 minutes then have a snack and a chance to chat amongst ourselves to share recent experiences, sightings and so on, sharing a social and informative time.

possible through Zoom. There is a Nature Miramichi Web Site. www.miramichinaturalistclub.com and a Facebook page. We also communicate through an email list. For more information email gadd1313@nb.sympatico.ca.

All are welcome.



The Scarlet Tanager is not seen very often in our area. We are at the very northern tip of its range which extends across the Eastern US to the southern states. We were lucky to have it visit our home in May - Peter Gadd.



The Miramichi Naturalists' Club (Nature Miramichi) took part in the City Nature Challenge using iNaturalist, a mobile app for identifying, recording and sharing observations of nature with a global social network of naturalists, citizen scientists, and biologists.







The **Miramichi Slammin' Salmon Rugby Club** is a thriving community-based organization that provides rugby programs for all ages and skill levels. With a focus on fun, inclusivity, and skill development, the club is becoming a place for rugby enthusiasts in our community!

For **kids aged 4-12**, the club offers a 12-week flag rugby program every Wednesday from 6-7:30 pm, running from May 17 to August 2. This program is designed to introduce kids to the sport, and to help them develop rugby skills in a fun and safe environment.

The club offers summer tackle programs for **older players**, U14 coed, U17 girls, and U17 boys, happening every Monday and Thursday from 6-8 pm, starting on May 22. These programs include travel to play other teams around the province, providing players with an opportunity to compete and develop their skills.

For **senior adult players**, the club offers tackle rugby for men and women every Wednesday beginning May 17th from 7:30-8:30 pm. Childcare is provided at adult practices, making it easier for parents to participate in the sport.

The Miramichi Slammin' Salmon Rugby Club is a growing club that is volunteer run, with world rugby trained coaches who are dedicated to the sport and their community. The club welcomes new players of all ages, and no experience is necessary. Whether you are a seasoned rugby player or just starting out, the club provides a welcoming and supportive environment for all players.

The club is actively involved in the community,

participating in events such as parades, hosting an annual pajama drive for local pediatric patients, helping with community spring cleanups, and hosting public events at the field.

If you're interested in joining the Miramichi Slammin' Salmon Rugby Club or would like to stay up to date on what they're up to, contact them at miramichirugby@hotmail.com, on Facebook under Miramichi Slammin' Salmon RFC, Instagram at Slammin'SalmonRugbyClub, or Tiktok at miramichirugbyclub.

The club looks forward to welcoming you to the rugby community!





Cindy Lou's Corner

Find The Money/Find Me

We choose our beliefs, traits, and flaws. We create the little world we call ours. It can contain children, spouses and extended family. Sometimes just friends and us. It can have money or not, peace of mind or trauma and stress. Or all of the above.

It's all yours baby! The messy parts and the fun parts.

"I am lost, I need to find myself!" When we feel this way, we often make drastic changes in our lives. What we soon discover is, we are not lost; we are searching for inner peace. The more chaotic our lives are, the more finding inner peace feels like a distant memory of ourselves. The need to find ourselves becomes a screaming thought in our minds. We strive to make more money so we can escape the chaos or the struggle. We take a chunk of time and remove ourselves from our world and step into a retreat setting, health spa or self-help workshops. This helps us to remember our inner peace. In other words, we find ourselves. We make promises to ourselves when in this inner peace state, "I want to feel this way always, I will change my life to fit this."

We step back into our little world with great intentions. We do well at first. Then the pursuit of money takes over. Bills need to be paid, rent needs to be made. Obligations need to be met.

Here's the thing about creating money.

When we have a surplus of money, we feel a relief of worries and stress for a while. Creating money in our lives takes up a lot of our thought process. Remove the need for money in our lives and all of a sudden, we can focus on other interests. Here is the kicker, if you haven't created something in your life that you enjoy doing, when you have a surplus

of money, you become solely focused on spending it. This creates dissatisfaction when you run out of money or you have purchased everything you have always wanted.

When we no longer have to pursue experiences to obtain money, an enormous amount of time and space is created in our mind. This space in our mind feels peaceful. We feel like we have found ourselves, (no worries, no fears, no chaos, no stress). However, the mind needs to be given a job, otherwise it will create random thoughts of fear or worry. Pursuing money gives the brain lots to do.

When people discover something, they love to do, often there is no financial stability with it. What we love to do, is our inner peace, where we connect to ourselves. We subconsciously don't want it to be our money maker.

Then there is the 1% or so who do both, they do what they love and make a lot money with it. Money is not their main focus, but it matters to them to keep their experiences alive.

Life is a combination of experiences. Your perception and attitude towards them are your money makers. Inner peace is your guide, Creation is your experience.

If you would like some guidance in your life, contact me.

Sincerely Cindy Lou,

Educator of Positive Thinking, Published Author Follow me on Instagram and Facebook @cindylouscorner Email:cindytheta7@gmail.com







Miramichi Ground Search And Rescue Meet The Scrounger

By Paulette Arsenault

In this issue of *Giv'er* magazine, I wish to describe the important role played by the Ways & Means Officer.

Occasionally, a member of a volunteer organization takes it upon him/herself to go beyond what is expected in a chosen role. Miramichi Ground Search And Rescue is fortunate to have such a member in the role of the

"Scrounger" - the official name is Ways & Means Officer.

The principal function of the Scrounger is to obtain funding from sponsors. Without this funding, MGSAR would not exist and could not play an active role in the community. As you might have read in previous articles, the Search & Rescue role of MGSAR requires its members to be trained extensively and requires different types of equipment to make a safe and efficient search: Command Post and Logistics trailers with the proper hauling vehicle. communication radios, computers and printers for our mapping system, GPS, Compass, and other

All this has a cost, and our

Scrounger spends hundreds of hours each year fundraising to pay for this equipment and maintenance, since there is limited Government funding available. Jerry McKenna is the MGSAR Ways & Means Officer and Scrounger-in-chief without whom this chapter, one of nine within the NB Search and Rescue Association (NBSARA), would be in a dire situation. Jerry is tireless in his search for new sponsors that could donate any amount and finds ingenious ways to entice prospective donors. Unknown to most people, in the past years, some chapters in New Brunswick had to fold and cease operations due to lack of funding. The help we receive from donors is invaluable and paramount to our

continuing ability to function. Sponsorship and fundraising is what keeps MGSAR hitting the ground running when called upon in a Search & Rescue mission, both in the Miramichi, area and anywhere in

the province.

Jerry's role is one of many fulfilling endeavours that a MGSAR member can accomplish. Volunteering with MGSAR is rewarding in the sense that people find themselves involved with an enthusiastic group of women and men of all ages, ready to give back to their community, while learning new skills and having fun. A member can become a: searcher, trainer, instructor, radio or GPS operator, first aider, logistics support person, mapping specialist, planning or operations chief and more.

As past president and Scrounger (a name he relishes), Jerry is the first person to promote the organization, "There is a need

and space in many different roles for more people in MGSAR. Come and join."



Jerry McKenna at a mock search event.



Miramichi Ground Search and Rescue membership is composed exclusively of **volunteers** of all ages. MGSAR is always looking for new recruits, if you are interested, please contact us at: join@mgsar.ca

Help us find lost people.

Sana'a Cannabis:

Crafting Cannabis as a Work of Art

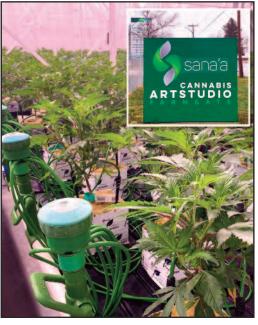
Contributed article.

Sana'a Cannabis, located at 123 King St, Miramichi, takes pride in producing high-quality, non-irradiated Cannabis products, including flowers, pre-rolls, and accessories. Their commitment to producing premium products is reflected in the company name, which derives from the Swahili term for "work of art" and the Spanish term for "healing."

This cannabis production facility boasts a 35,000 square-foot building with nine state-of-the-art flower rooms, advanced processing, automated packaging capabilities, and a rigorous research and development genetics program. Sana'a Cannabis uses sustainable and eco-friendly practices to reduce their carbon footprint and

contribute to a healthier planet. They utilize smart energy lighting and equipment, as well as water-recycling systems, to minimize waste and reduce energy consumption.

The onsite **Farmgate Store**, also known as "The Art Studio," offers visitors a welcoming and informative environment, with knowledgeable staff who can provide guidance and advice on selecting the right products for their needs. Sana'a Cannabis is committed to promoting responsible cannabis use and has been actively involved in the local community by making an impact in several areas,



including economic development.

Sana'a Cannabis also offers educational tours, providing a better understanding of the industry and its benefits. Additionally, they often participate in local events, building a strong relationship with the community and enhancing their reputation.

On the national front, Sana'a has just announced a joint venture with Global Compliance Application Corp. and Special Forces Experience Ltd. to form Citizen Green Inc., a company geared to help veterans use cannabis responsibly and provide coaching and counseling to the veterans in need. The Citizen Green joint venture has been structured to provide these services free of charge to qualifying veterans. To

learn more please go to www.citizen-green.ca.

In addition to its positive impact on the local and veteran communities, Sana'a Cannabis has created several job opportunities. As the company expands into other markets with their current portfolio and new upcoming products, the staffing is expected to grow.

Sana'a Cannabis is wholly owned by international investors based out of Florida, and holding Canadian residency.

Visit our website at www.sanaamj.com to learn more - we can't wait to welcome you!



Napan: Showcasing Tradition, Community, and Agricultural Excellence

Napan, a community with deep Scottish roots, was predominantly settled by immigrants from Dumfriesshire, Scotland. In 1818, a significant series of land grants spurred its development, and over the next few decades, the population grew steadily. Many of its early residents were employed in the lumber industry, as well as in fishing and farming.

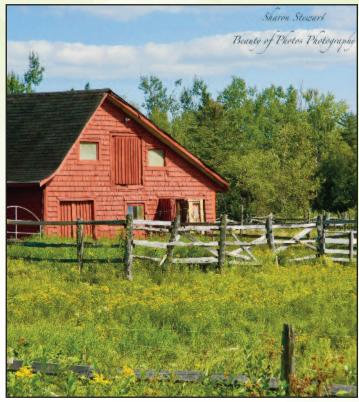
For over a century, local children attended several oneroom schoolhouses until grade 8. These schools were eventually replaced by Napan Elementary School in the 1960s. Higher education was typically pursued in nearby Chatham or other locations.

In its early days, Napan residents attended church services in Chatham and Black River. However, in 1883, the community built its first Presbyterian church called Carmel, which later became Carmel United Church. For a time, a small Roman Catholic chapel also stood in Napan Bay. Additionally, in the early 20th century, a religious revival emerged in Napan, with its followers referring to themselves simply as Christians.

By the early 1900s, the lumber industry had declined, leading many residents to rely on farming and fishing for their livelihoods. The community once boasted several sawmills, gristmills, and a creamery. In 1913, the Napan Agricultural Society was established to encourage agriculture in the area, and several prominent local farmers gained recognition throughout the county. Some of these agriculturalists were among the founders of the Northumberland Cooperative Dairy.

Napan Agricultural Show - In 1974 a group of local volunteers hosted a horse haul and country supper to raise money to purchase uniforms for the Napan baseball teams.





This was the beginning of an annual event that slowly grew by adding meals, horseshoe pitching competitions and dances which soon became a 2-day event, which in turn evolved to clearing land and building barns. Thirty years ago, the Napan Agricultural Show held its first 4-day event in mid-August.

Now an estimated 15,000 people visit the 4-day show held each year in August that has something for all ages. Highlights include livestock and non-livestock competitions, cattle displays, horse hauls, tough farmer & woodsmen competitions, antique museum, horticulture & handicrafts displays, petting zoo and pony rides. A crowd favourite is the Wild & Wooly events where children excitedly run and catch goats with hundreds of people cheering them on. Breakfast, suppers, and food vendors are enjoyed by all. The Napan Show provides a safe, fun atmosphere for farmers to showcase their draft horses and light horses through friendly competition.

The show's mission statement is to "Educate the general public on agriculture and community living." Many volunteers make the show a success, and there is a sense of community togetherness that is hard to describe.

Sources: Barry R. MacKenzie, Melanie Gilliss-Buckley

A Walk in the Woods

by Stacy Underhill

My happy place is in the woods. I grew up with a mother, Lorraine, who always took time to teach us about trees and to point out flowers and interesting things on the forest floor. She would show us how to identify different trees by their bark, cones, the shape of their leaves, and sometimes by their taste.

We were told that if the leaves were turned up on a tree it was going to rain, and that spruce gum was her favourite treat as a child, before "boughten gum" became popular. Trees were often a destination for us. We'd take a walk to the big pine tree that was towards my grandparents house, or go see if the hazel nuts were ripe for picking. Just this past Mother's Day when I was visiting, we went for a walk in the woods to find the Ironwood tree and of course when we got in the general area she prompted me to look at the bark of all the surrounding trees to try and pick it out.

Today I love exploring the forest and fields around my home and thought I'd share a few photos of wild things.









The Goldenrod Crab Spider is easily camouflaged on the Trillium above. It can also change its colour to yellow to blend in on goldenrods and other flowers.

Above: Pink and White Lady's Slippers. These ladies always make me smile because they look like they're all dressed up in fancy hats, dancing with their arms out to the side.

Far right: As I was checking out the fungi, this curious chipmunk photobombed my shot.

Right: Finger Fungi





Post-Secondary Opportunities



BURSARY WINNERS!















Post-Secondary Opportunities



BURSARY WINNERS!













How Does Your Garden Grow?







It's time to show off your garden! We know you put a lot of love and attention into your flower gardens so get your cameras ready, and let's showcase how your garden grows!

In the Harvest (August) and Fall (October) issues of *Giv'er* magazine we'll have a section called "How Does Your Garden Grow" and will be accepting submissions up until September 15.

Whether you have a tiny balcony garden, a sprawling backyard oasis, or a community garden bursting with life, we want to see it all. Photos may be of your entire garden, or a close-up of your favorite bloom. Vegetable and fruit gardens are welcome too!

Tips and tricks for capturing stunning photos of your garden.

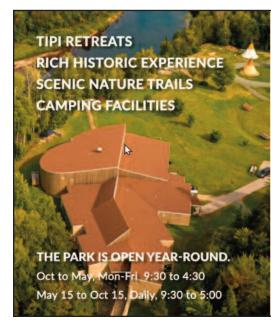
Lighting: Pay attention to the lighting conditions. Soft, diffused lighting in the early morning or late afternoon tends to be the most flattering. Too bright midday sunlight can create overly contrasted images and shadows.

Composition: Experiment with different angles, perspectives, and focal points to create visually engaging images. Consider including elements such as pathways, garden structures, or unique plant combinations to add depth and interest to your photographs.

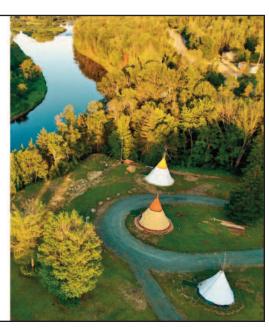
Details and Close-ups: Try zooming in to capture the intricate

details that make your garden special. Close-ups of vibrant flowers, delicate textures, or busy pollinators can create captivating images.

How to submit: Send your photos to submit@mcgmedia.net with "garden photos" in the subject line. Include your name, the plants name, and any other details you want to provide such as where you live, or a brief description of the photo and what makes your garden special. Photos should be high resolution meaning not re-sized or reduced for emailing (choose "send original size" if prompted from your phone). If you're not sure, email us a question! - Stacy Underhill, Giv'er Magazine







Robbie Tucker's Latest Creation The Glitch is a Frenetic Masterpiece

Rollie Ticker
The Glith

Robbie Tucker loves making music, that much is clear.

His latest project The Glitch is not only diverse and authentic to his incomparable style, it might just be his most impressive creation yet.

"I made nothing off-limits during the recording process. If I felt like laughing, making weird sounds, or found myself singing about something that didn't make sense, I just went with it. I made up lyrics and dialogue on the spot while creating songs about robots, rockets, lost sisters, and imaginary places. Using new mixing techniques and instrumentation helped give this album its very distinct feel and sound."

Robbie Tucker is a singer, songwriter, and producer from Miramichi, New Brunswick, inspired by Elvis Presley, Roy Orbison, and Paul McCartney, although this album often feels more like he's channeling David Bowie.



This indie artist continues to hone his craft while creating work that is interesting and unique. The Glitch is available now on all digital streaming platforms and for purchase on www.robbietuckermusic.bandcamp.com
Latest info at https://linktr.ee/robbietuckermusic

Full biography and photos at www.musicnb.org/en/directory/robbie-tucker





Book Review

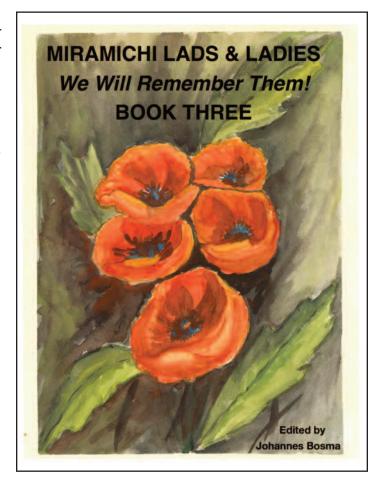
By Shawn McCarthy

MIRAMICHI LADS & LADIES: We Will Remember Them! Book Three

Between 1995 and 1996, my Grade 5 teacher, Johannes Bosma, first introduced me to the horrors and the heroism of the world wars, in detail. To be sure, I had been aware of these conflicts in a general sense, and understood that a local connection to them existed, but it was in that year that I began to recognize the significance of those connections and see their living faces. Remembrances of these times, and of those lessons, were stirred in me as I read Mr. Bosma's third edited collection in the *Miramichi Lads and Ladies: We Will Remember Them!* trilogy.

This third book is once again the result of research and community commemoration. It includes the work of military historians and the remembrances of family members for their honoured relatives. The style is direct, and easily accessible to the reader, with sufficient context to allow for understanding of the broader conflict these men and women were a part of. The entries are of variable length, ranging from the poignantly brief notes on fallen soldiers, to richly detailed stories that take you on the journey from Miramichi, through the crucible of war and, at times, home once again.

The strength of this book is certainly its ability to bring to the reader a greater appreciation of the lives of local people swept into the midst of a global conflict, some who volunteered to stand in the breach, others who were compelled by various factors, all having displayed bravery in the face of conflicts so destructive we remember them





today in hopes that their like never arise again. This local face of war grounds events that seem, at times, to be far removed from the river; events that are most often presented to us today with cinematic opulence and narrative relish. Mr. Bosma's work, and that of his contributors, speaks to military struggles that were populated, in part, by people from down the road, across the way, and not all that far from here – children of local parents, spouses, in some cases parents themselves – as well as those who came from elsewhere, and chose to defend this place, and fight alongside its soldiers.

Just as important is this book's ability to encourage and inspire the virtues of remembrance within the Miramichi community. As he did in Grade 5, Mr. Bosma, along with his fellow historians, continue to call forth the necessity to honour the fallen, of both body and spirit, and care for the country and community for which they fought. These stories are more than personal journeys, and, when shared, continue to remind us of the need for selfless love and sacrifice in order to uplift the lives of others, even those in countries far away. We look forward in hope to a day when we can talk through our differences, rather than solve problems through conflict and violence. Even then the stories of this venerable trilogy of books will be important to read in continuing to honour the bravery and the love of those who offered their lives to sustain ours.



Miramichi veteran Lt Len Robertson receiving the Military Cross from Field Marshall Montgomery at Oploo, Holland September 18, 1944

During the attack on CHATEAU DE LA DONDE on 28 Jun 1944, Lt Roberson was in command of a Platoon of 'C' Company. During the fierce fighting in Normandy. Robertson watched how an enemy force of tanks and infantry had rolled up on the other two platoons of his company. The heavily armoured Germans demanded the surrender of the depleted platoons and Robertson watched as many of those who had laid down their weapons and surrendered were shot by the enemy. He said he had no intention of surrendering his platoon, having them dig in at a local garbage dump as they stood their ground. His story is on p.211.

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Heal

With a wellness treatment or natural therapy.

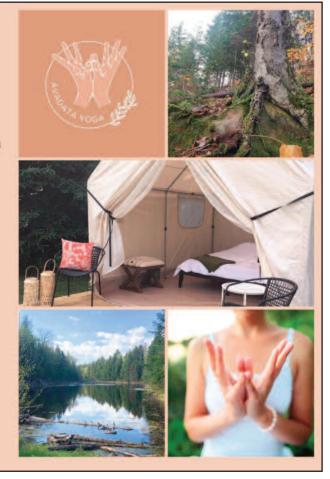
Explore

Take a stroll down one of our trails, fish the stocked pond or visit with our many farm animals.

Reconnect

With nature and take time for self care.

Create Memories and friendships.



MIGHTY EATS.ca





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See our MENU at www.Riverside-Pub.ca

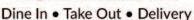




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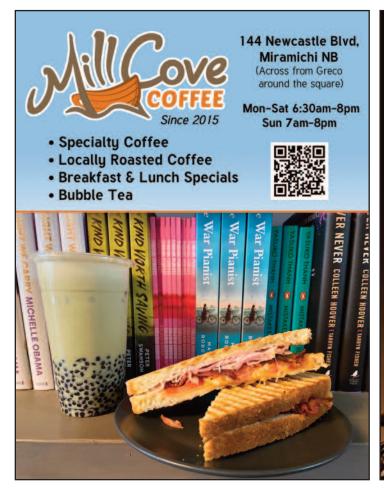










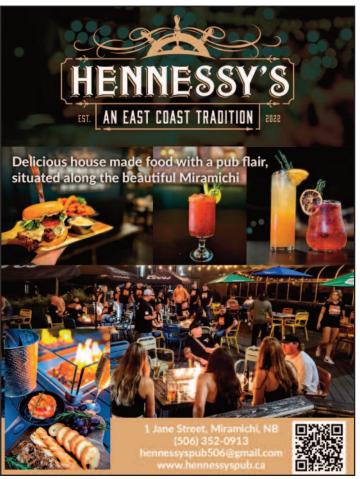






























Book Review

By James M. Fisher, The Miramichi Reader

Death Between the Decks: An Old Manse Mystery by Alexa Bowie

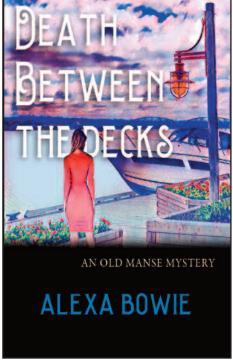
I must admit to a certain love/hate relationship with the "cozy" mystery genre. I love them because they are typically wholesome in nature and by that I mean no graphic sexual content (if any), no foul language and very little gratuitous violence. Some will say that's what makes them boring, Jim! Not so with me. I just want a good mystery. The hate part, though? Often they are too sugar-sweet: good friends, good neighbours, loving family members and so on. In short, "cozies" are escapist literature for many.

However, I have recently come across a series that I really enjoy, Alexa Bowie's Old Manse Mysteries.

To date, there are now three entries in the series, and as the stories develop, so do the characters and their relationships with each other and with those in the small town of Newcastle in New Brunswick.

Our main protagonist is Emma Andrews, a young professional woman who grew up in Newcastle but left for the bright lights of Toronto until her father's passing and as the only child, she inherited the Old Manse. All of this occurred in the first book, Death Between the Walls. A second book, Death Between the Tables, quickly followed and little time passed between mysteries in the timeline.

Now, still recovering from smoke inhalation from her last



adventure, Emma and her boyfriend Dave go on a river cruise with friends and several local lawyers and their wives. As the title suggests, a murder occurs onboard, so the suspects are few, but all have a motive for killing the victim, an obnoxious man when alive. Naturally, Emma, in true Nancy Drew form, begins to snoop around and ask questions, which gets her threatened. This, to the consternation of her aunt, mother, and friends does little to dissuade her from finding out who the murderer is.

While the author (who is perhaps better known as Chuck Bowie, the author of the popular Sean Donovan: Thief for Hire not-so-cozy adventure/mysteries) sets her stories in New Brunswick, it could be any North American small town located on a river, with lots of colourful local yokels,

historic places and nosy neighbours.

On her "About the Author" page, Alexa states:

"Alexa writes cozy mysteries because she wants a well-written tale told that delivers a satisfying ending, and because she wants her readers to experience a warm, humorous story with a happy ending."

And she delivers!



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Experience the convenience of online shopping while continuing to support local businesses at the very heart of our community. **Scan the QR codes**, and discover the treasures of Miramichi, one click at a time.



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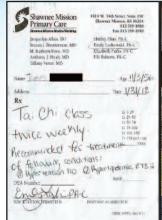
Summer Tai Chi Classes at Ritchie Wharf Health and Serenity by the Miramichi River by Dave Bucklow

Summer Tai Chi classes have started at Ritchie Wharf in Newcastle.

Classes are held on Monday mornings from 9.30am to 11am. Come and enjoy a beautiful, gentle, morning work-out on the bank of our Mystical Magical Miramichi river.

Tai Chi, an ancient Chinese martial art, offers numerous health benefits. It improves balance, flexibility, and strength while promoting relaxation and reducing stress. Regular practice enhances cardiovascular health, alleviates chronic pain, and improves mental clarity. Suitable for all ages and fitness levels, Tai Chi provides a holistic approach to well-being for the body, mind, and spirit.

Now, due to the efforts of Bill Douglas at World Tai Chi & Qi Gong Day the results of so many scientific studies are begging to bear fruit here in North America. Shown here is a



doctor's prescription for Tai Chi practice to help a patient with his rehabilitation. Also in

Queensland Australia Tai Chi has been offered through the hospitals for the past two years or more.

We know the many benefits of this ancient art can improve people's health and I myself have been working to



make that point known for the last 30 years. So, to see this prescription was a WOW moment for me.

Come join us on Monday mornings at Ritchie Wharf Park for a beautiful, relaxing workout beside the river. www.taichidave.ca













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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 you'll be proud to call home.



Watch video

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Miramichi | Riverview | Saint John | Quispamsis | Fredericton

Miramichi Literacy Council

Middle School Poetry Winners

The Girl I Used to Be

I wish I could light up a room with my smile like she could.

I wish I was as kind as she was,

I wish I was as lovable as she used to be.

I wish I could be myself like she always was,

I wish I could be like her.

The thing is, I was her.

I used to be able to light up a room with my smile,

I used to be kind,

I used to be lovable,

I used to be myself.

I miss the girl I used to be.

And I'm sure she misses being around.

Elaina Pellerin

Grade 7, Max Aitken Academy



Above (left to right): Nadine Pesch, Community Engagement Coordinator with MLC; Hunter Morris, Honourable Mention; Hanna Somers, 2nd Place Winner; Elaina Pellerin, 1st Place Winner; Katie Grattan, 3rd Place Winner; Nika Hubchak, Honourable Mention. (Missing: Daniel Akinwole, Honourable Mention)









A Warm Welcome: Quilts Donated to

Miramichi Newborns

The Friends of Seamen's Hospital Craft Group were pleased to donate 20 isolette-sized quilts for the newborn babies at the Miramichi Regional Hospital.

An isolette is a clear plastic enclosed crib that maintains a warm environment for a new baby and isolates them from germs.

Nurse Manager Kathy Ahern (right) of the Maternity and Pediatrics Department is shown displaying a few of them. Each baby will take one home.

The beautiful quilts were well-received and very much appreciated by the Miramichi Regional Hospital Auxiliary, staff and parents.









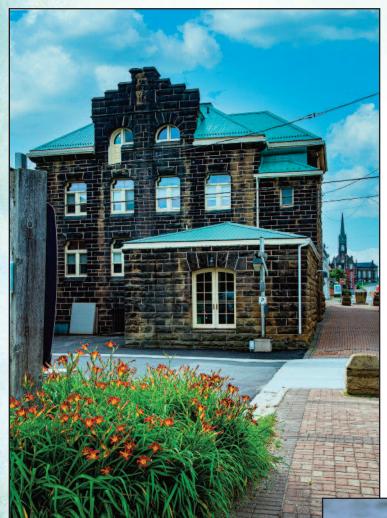




Photo Submissions

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 in submissions to the **Harvest issue by July 24.**

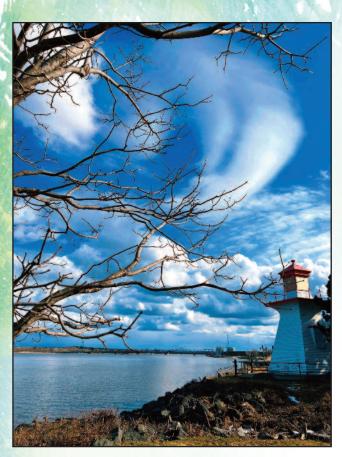




Above: The old Chatham Post Office on Water Street, photo by Bonnie Coughlan

Above right: Carnival ride at the Miramichi Exhibition in Chatham, photo by Bonnie Coughlan

Right: Seals enjoying the sun at Tabusintac Beach, a location only accessible by boat, photo by April Vye



A cloudy day at Ritchie Wharf, photo by Har Har

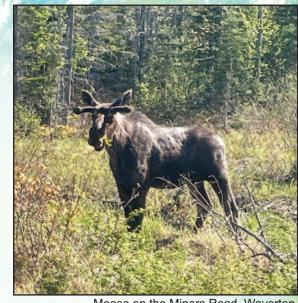


Summer Fireworks, photo by John Hayward

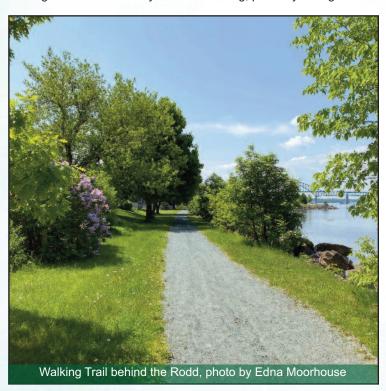




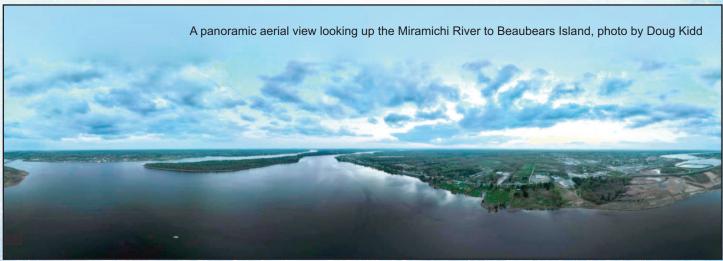
Neguac sunrise first day of lobster fishing, photo by George Bowie



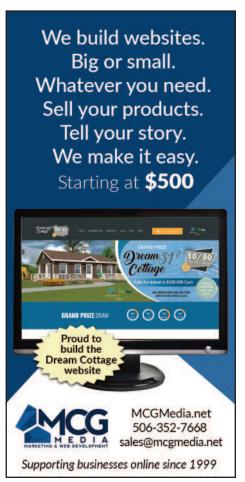
Moose on the Miners Road, Wayerton, photo by Doug Baisley



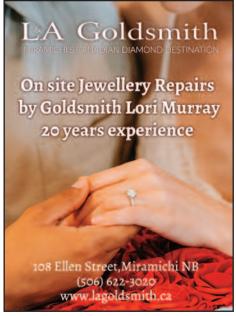




















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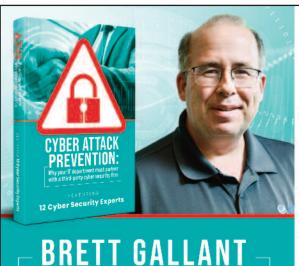
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Over the Cove Zipline will be open for the Summer/Fall season for 2023 Opening Hours: June 24th - September 4th Open Daily 12pm - 7pm September 9th - October 9th Weekends/Holidays 12pm - 6pm Costs: \$20/Adult, \$15/18 years and younger, \$15/55 and over



For more information contact Miramichi Community Wellness and Recreation at 623-2300.

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