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Photography by Phil Riebel



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2026/27 Mighty Miramichi River Guide

Our annual tourism publication will be out in May 2026



MIGHTY Miramichi RIVER GUIDE
2025/26

Ile-aux-foins/Hay Island, Neguac

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Festivals and Events

June 7 Chi Shany Music Festival June 20-23 Rogersville Country Festival www.rogersvillefestival.com	July 1 Fishermen's Powwow www.fishermenspowwow.com	July 4-5 New Maritime Music Festival www.newmaritimemusicfest.com	July 5 NB Lumberjacks www.wowind.net	July 7 Sunny Co Canada's www.lana.com	July 8 Jul www.natad.com	July 14-26 Neguac Country Festival www.neguac.com	July 25-27 Rocks' River Fest www.rocksriverrfest.ca	July 26-27 Métispenning Powwow www.metispen.com	July 26-27 Barnaby Days July 26-Aug 3 Bay de Vein Days	August 7-30 Neguac Country Show www.neguacshow.com	August 9-10 Miramichi Fleets Extravaganza festextravaganza.com/location/miramichi	August 15 National Lacrosse Day	August 15-17 Miramichi Scottish Festival www.miramichiscottishfestival.com	August 22-24 Shawigan Music Festival www.rogersvillefestival.com
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Community Tidbits

June 9: Poets, Writers, Builders, and Dreamers Take the St. Michael's local writers whose work helped build Miramichi into the wonderful community it is today. The tour begins at 9:30 pm with facilities May E. King there will be light refreshments. Comfortable walking shoes recommended. NOTE: No wheelchair facilities on site. Rain date is the following Monday, June 16. Hopefully those fortunate attendees individuals will be held in the future.

August 22-23: The Miramichi River: A History The author of *The Miramichi* announced at Mill Cove Coffee, 144 Newcastle Blvd, Miramichi.


The Base Church Community and Socials this summer season, July 30, August 7 and August 13 from 11:30 am to 2 pm. In addition to baked goods and veggie options, we will again be serving our famous locally made Maple Syrup. Multiple vendors will be onsite selling local goods and a great selection of clothing, and showcasing local art. Come out and have a great lunch and make some new friends at 324 Church Street, Miramichi.

St. Michael's Church, serving the Catholic Miramichi diocese

Country Church has an outdoor stage that will take place if it is not overcast. Hosted by Amy Howe from 2pm-4pm, the being something special in memory of an he made in an extraordinary church. Tickets at cost, 75¢.

Photo Submissions

Photos from locals, exploring our region.
If you'd like to submit your photos to our annual *Mighty Miramichi River Guide* or to *Giv'Er Miramichi* magazine, send to submit@mcmgmedia.net.



Village of Neguac

On the south shore of the Miramichi Bay is the Village of Neguac. Considered the Oyster Hub of Atlantic Canada, Neguac is an important Acadian and French cultural center. The Savaria monument is displayed at the entrance of the Richelieu Municipal Park commemorating the arrival of the first Savaria's around 1757. With exceptional natural attractions such as the mannequin dances along its shores and the Miramichi Bay, visitors can enjoy a day at the beach or take in the Eco-tourism Park.

Richelieu Municipal Park, situated in the heart of the community has been transformed into a wonderful place for families and visitors. Since 2022, we have a walking trail, splash pad and playground. There is a garbage that can be used as an outdoor stage.

Be-aux-fines Park (Hay Island) in Neguac is both an Eco-tourism site and a location for outdoor family activities. The lighthouse site offers visitors a picnic area, gardens, change rooms, and a playground. The park includes a network of walking trails, interpretive panels and substrate beaches.

Miramichi Through Our Artists Eyes

Paintings by Local Artists

These next few pages are dedicated to showcasing the extraordinary talent of our local artists. Their brushstrokes bring to life the breathtaking landscapes, charming scenery, and untamed wilderness of the enchanting Miramichi region. Their work is often on display in their home studios, at local markets, libraries, exhibitions, galleries and plain air events, and online.



Eda Gaska, French Text Co., and Eugénie and Friends Art Group on Facebook



Jeanne Rivest, French Text Co., and Eugénie and Friends Art Group on Facebook

Submit your events, articles, and photos by March 27
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Guiding locals and tourists alike to discover all that is available "on the river".
View current issue at www.riverguide.ca



Canadian Peacekeeping Veterans Association (CPVA) Miramichi Chapter

Since 1991, the CPVA has been a leading voice for veterans, fostering camaraderie and advocating for those who served. It is a national, all-volunteer, not-for-profit, and apolitical organization dedicated to preserving the legacy of Canadian peacekeepers and enhancing the lives of veterans and their families. To learn more about the governance and mission of the CPVA national organization, please visit www.cpva.ca.

CPVA welcomes as members any military person who meets the definition of Veteran set out by Veterans Affairs Canada. Also welcomed as members are RCMP, provincial, regional, or municipal police and civilians, serving or retired, who participated in peace support, peacekeeping, anti-terrorist, war operations, or humanitarian missions, domestically or internationally.

This notice is to inform you that there is a chapter of CPVA located right here in the Miramichi, which currently has members from each of the Atlantic provinces.



We hold monthly executive meetings, regular general membership meetings, and an annual meeting. We also have regular social get-togethers, such as breakfast gatherings, monthly suppers, and various holiday gatherings, to which spouses, family members, and guests are most welcome. The organization also takes part in community occasions that mark significant military events, such as D-Day and Remembrance Day.

You may join by completing the membership application at www.cpva.ca/en/membership-application. You also have the option to contact our Membership Chairperson, Mr. Bill Doman, at (506) 251-9143. He will be happy to answer any questions you may have about the CPVA Miramichi Chapter.

Come take part in an organization that fosters fellowship and continues the legacy.

Cover Photo: A Cedar Waxwing eating apple blossoms. Photography by Phil Riebel.

Giv'er is about giving it your all and finding joy in every day.

Share your inspiring stories, uplifting moments, informative articles, photos, poems, essays, artwork, community events and more — and help us celebrate what's up, what's new, and what's happening around the Miramichi Region.

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

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Events

Find more local events at
www.mightymiramichi.com

March 13: Redemption Friday

Presented by IHW Wrestling & Rewind 95.9fm at Miramichi Valley High School. In action will be TNA Wrestling star Cody Deaner, Miramichi's own Hunter Sampson and Shane Butter Love, Honour Champion Fantana, Kirk Aube, Chevron, The Big Bad LG, Julien Young, and more IHW Wrestling mega stars! 50/50 proceeds will go toward MVHS. Tickets are available on <https://3common.com/event/697cef961163b939d53f7772>, by e-transfer wrestlingihw@gmail.com and in person at Pizza Delight Newcastle.

March 14: An Afternoon of Performance with Character Matters

Join us at 1pm at Nelson Community Hall, 102 Islandview Dr. for an afternoon of original music and theatre. Cindy Rule's folk music tells local stories in ways that explore perspectives, engage audiences with the world around them, and thoroughly entertain. After refreshments at intermission, settle in for a gripping story from Miramichi's past. *The Tide Recedes* tells the story of the Harley family and touches on Irish identity, the rise of industry, love, and loss. This moving play is, above all, a story of resilience.

March 14: Community Breakfast

Hosted by the Miramichi Recreation Council from 8:30am–11:00am. Enjoy pancakes, hash browns, eggs, beans, bacon, sausage, toast, tea, coffee and juice. Donation at the door. Held at Black River Bridge Centennial Hall, 1919 Route 117, Black River Bridge.

March 14: Corned Beef & Cabbage

You will find the luck of the Irish this year at Legion 3 in Chatham. Come out for a feed of Corned Beef and Cabbage 11:30–6pm or until we run out). \$18 eat in or takeout. Located at 18 McCurdy Street, Miramichi.



March 17: St. Patrick's Day

Supper Feast Day Mass at 4pm followed by supper at 5pm at St. Patrick's Church in Nelson. Ham & scalloped potatoes, corn, roll, dessert, and tea or coffee. Adults-\$17. Children-\$8. Take-outs are available for 50¢ extra.

March 21: 5th Annual Beaubears

Sugarbush Taking place from 1pm–4pm, with a special Newcomer Hour at 12pm (free for newcomers to Miramichi). Enjoy classic sugarbush favourites including maple taffy on snow, homemade maple fudge, traditional baked beans, hot beverages, kids' games, and historical interpretation highlighting the importance of maple syrup production in Canadian history. Admission by donation. Held at the Beaubears Island Interpretive Centre, Bicentennial Park, 35 St. Patrick's Drive, Miramichi.



March 21: Fourth Annual Seed

Sharing & Potluck Hosted by Carrol Mysko and Meagan Elaine from 11am–1pm. At 11:15am, sustainable living expert Meagan Elaine will present *Top 10 Herbal Plants to Grow to Enhance Your Garden & Your Health*, highlighting plants that support both your garden and can be used medicinally. A Q&A with local growers, Carrol and guests follows at 11:45am, offering the opportunity to ask questions about common pests and garden concerns.

Seed sharing and potluck take place from 12–1pm. Bring something for the seed exchange, potluck, or a donation for the food bank to receive a ticket for a chance to win one of many door prizes. Free event; donations



optional. The organizers are also looking for a few local vendors to join the event. Held at Black River Bridge Centennial Hall, 7919 Route 117, Black River Bridge, NB E1N 5K7. Contact Carrol at 705-220-3871 or prozperz@yahoo.ca to become a vendor or to donate seeds, door prizes, or items for the food bank.

March 22: Spring Mind–Body–Spirit

Wellness Fair Hosted by *Follow the Light* magazine from 11am–4pm. This relaxed, come-and-go wellness fair features local practitioners offering supportive services for the body, mind and spirit. Drop in, explore at your own pace, and connect one-on-one in a welcoming community space. Admission \$5. Parking available across the street. Held at Nelson Community Hall. For more information, visit www.wandaquinn.ca.

March 29: Miramichi Local Helpers

Market A fundraising market featuring local vendors and artisans in support of the Chatham Public Library. Opens at 10am, held at the Miramichi Agricultural Exhibition in Chatham. For more information, call Eileen Clancy Teslenko at 506-251-2689.

April 5: Happy Easter



April 6 to April 27: Miramichi Art Core Online Auction

The Miramichi Art Core will try something new this year with an online-only art sale of local art. The works will be profiled on the group's website at www.arttellsstories.ca. The sale will take place online and individual artists will make pickup and delivery arrangements for each purchase. Start checking the website on Monday April 6 for a chance to own some exciting new works!

April 12: Tartan Day Dinner/Concert

Supper begins at 5pm, followed by Scottish music. Tickets are \$45 each and must be reserved on or before March 31. Held at the Beaverbrook Kin Centre, 100 Newcastle Blvd. See details page 6.



Middle School Poetry Contest Submit by April 30

Join us in celebrating National Poetry Month! The Miramichi Literacy Council invites all ASD-N students in grades 6-8 to write and submit an original poem, on any theme, up to 25 lines in length. Submissions must include the student's name, school, and grade.

First place will be awarded \$75.00, with additional prizes of \$50 and \$25 for the runners-up.

Poems can be submitted through schools or directly to info@miramichiliteracy.org or Contest deadline is April 30, 2026.

Seeking Local Histroy: Clearwater Brook Camp (1940s)

Jan Brinch Hansen, a Danish book collector, is seeking historical information about Clearwater Brook Camp, owned in the 1940s by Charley and Victor (Vicktor) Norrad.

He is researching a salmon fishing trip that took place on the Main Southwest Miramichi River in mid-May 1944, when the renowned American judge E. Barrett Prettyman visited the camp with five friends — Frank, Harry, Bill, Tom and Mitch. The guides that week were

Clair, Jimmy, Cecil and Ellery.

Jan is hoping that fishing logs, diaries, photographs, or any historical information about the camp, its owners, guides, or notable catches from that time may still exist. He is especially interested in identifying the five visiting fishermen.

If you have any information that may help, please contact Jan Brinch Hansen at jbh@mail.dk

The Best Sleep Ever

“I often fall asleep in my canoe during a five-day trip down the Cains River. My three buddies of 20 years and I canoed the Cains in 2013 and again in 2014. We put in under the bridge at Doaktown and took out at Salmon Brook Pool.

I don't sleep well on these trips — my old body doesn't do well with a root or rock digging into my back. By the third or fourth day, I usually have to take a daytime nap. I lie back in my canoe, and the fresh air under sun-drenched skies puts me out like a light. Sometimes my canoe banging on the rocks doesn't even wake me up.

When I do wake up, I feel totally rested and reset. It's my best sleep ever. Waking up in the wilderness, with birds singing and the water lapping against my boat, is a special moment for me — a moment of bliss, of feeling rested, and of belonging in the beautiful wilderness of the Miramichi.



My buddies are always there to take pictures and have a laugh about it.”

– Ray Asaph



Annual Tartan Day Celebration Dinner & Concert—April 12



The 69th Miramichi Folksong Festival will host its annual **Tartan Day Dinner and Concert**, co-hosted by the Highland Society of New Brunswick at Miramichi, on Sunday, April 12, at the Beaverbrook Kin Centre.

This year's celebration is especially significant, as it also marks the **180th anniversary of the incorporation of the Highland Society of Miramichi** — a milestone that honours generations of Scottish heritage in the region.

Tartan Day is an annual celebration recognizing the achievements and contributions of **Canadians of Scottish descent**. With more than four million Canadians tracing their roots to Scotland, the day high-lights the lasting influence of Scottish culture and traditions across the country. It was first celebrated in Nova Scotia in the mid-1980s and later officially recognized by the Government of Canada.

Supper will be served at 5:00 pm, with a prepared menu that accommodates special dietary needs. Guests are asked to indicate any dietary concerns when reserving tickets.

Following supper, guests will enjoy an **evening of Scottish music and entertainment**. Performers include The Villagers, the Landry Dancers, Susan Butler, Dawn Patterson and David Bunnell, Norman Young, Bernard Young, Tyrone Hubbard, Donna Hubbard, and Melanie Ross. The concert promises a wonderful blend of traditional tunes, spirited dance, and community talent.

Tickets are \$45 each and are available by reservation only. To reserve your seat, please call Susan at 506-622-1780 or email susanbutler867@gmail.com.

There will also be a half-and-half draw, as well as tickets available for a beautiful Edie Szabo paint-ing, *Lavender Fields*. Proceeds from the evening will support the 69th Miramichi Folksong Festival, taking place July 30 to August 3, 2026.



Above: The Villagers

Below: Norman and Bernard Young



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CITY HALL UPDATES

ARBEC WELLNESS CENTRE UPDATE

THE CONSTRUCTION PROJECT IS CONTINUING WITH SIGNIFICANT PROGRESS BEING SEEN WEEKLY.

The Arbec Wellness Centre is scheduled to open in Fall 2026. It will offer an 1860-seat arena, walking track, double gymnasium, 25m/6 lane competition pool, leisure pool as well as enhanced community spaces – all of which incorporate sustainable, universal and accessible design features.

HERE ARE A FEW OF THOSE ITEMS:

- Interior tile work is progressing on time with many of the accent wall areas now having tile added.
- The dasher boards (rink boards) and glass for the arena are being installed.
- The seating for the arena has arrived and installation is continuing
- Communication lines have been run into the building.
- 80% of the interior glazing has been installed.
- Audio/video components are being installed in the Community use rooms. These will allow for 3 different presenters when the rooms are divided or a single presenter with all rooms opened. These rooms also include roller shades to darken the room for presentations any time of day.
- Cabinetry and millwork are being installed throughout the building.
- Skate flooring has been installed in all 6 dressing rooms, the referees dressing room and the home team dressing room.

Phase 2 of the Fundraising Campaign continues as well. If interested in becoming a Community Champion, a Community Supporter or Put Your Name on a Seat, please contact Sandra Gauger by email at sandra.gauger@miramichi.org or at 506-623-2205.

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Questions or Concerns about City Programs and Services?
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Never Too Late to Begin

How Art Changed Everything for Big Grampy Graphite

Hugh Sargent was 65 when he first began to draw seriously.

After decades of heavy construction work, much of it isolated in Alberta's oil and gas industry, retirement was a difficult transition. "It was the antithesis of art," he says of his former life. The pace had been demanding, and the sudden quiet left a hole to fill.

One day, while watching a YouTube video on drawing, he heard, "Anybody can create something." Hugh grabbed a piece of lined paper and the only pencil he could find, a small golf pencil with no eraser, and began to draw. From that moment, "the creative floodwaters started flowing," he says.

Now 67 and self-taught, Hugh immerses himself in learning. He studies traditional drawing techniques, exploring methods used to create depth and realism. Working primarily in graphite and coloured pencils, he produces pieces ranging from 7 × 12 inches to 2 × 3 feet and larger.

Art, he says, has transformed his life. "It's like Zen meditation," Hugh says. "Once you find the love for it, you can't put it down." Drawing quiets his mind. It has helped him manage anxiety and given him focus and purpose. When he draws, he can disappear into any world he wants to create, whether it's landscapes, animals, seascapes, or people.

Over time, he has discovered that art mirrors life. It teaches patience and humility. Early on, he admits he pushed too hard and ruined a drawing he had worked on for 18 days. When frustration builds, it is time to step back. Sometimes you need to slow down, stop forcing things, and walk away. The same is true in life.

He encourages anyone who is struggling or feeling overwhelmed to try creating art and discover how therapeutic it can be. You do not need



Artwork by Hugh Sargent

expensive tools or formal training. As he often says, "It's only a pencil and a piece of paper. It doesn't matter if you screw it up."

What excites him most is that there is always more to learn — another technique to master, new ideas to explore, and challenges to face. This is his life now.

Originally from Bathurst, Hugh

settled in Miramichi 15 years ago. "I'm happy to be a Chi boy now," he says with a smile.

At 6'4", his grandson nicknamed him Big Grampy. That inspired his Facebook page, Big Grampy Graphite, where his artwork can be viewed and purchased.



All Artwork by Hugh Sargent, Big Grampy Graphite



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More than a Food Bank



Strengthening Community Through Service

by Stacy Underhill

Since 2012, the **Greater Blackville Resource Centre (GBRC)** has provided practical support to families, children, and seniors throughout the region.

GBRC was established with a clear vision: to assist the vulnerable sector and promote unity in the community. More than a decade later, that vision continues to guide a growing network of programs strengthening community ties across the region.

“We are blessed to be able to provide this service to our community,” says Founder and President Rev. Albertine LeBlanc. “Through strong partnerships, dedicated volunteers, and the support of grant programs and key organizations, we’ve been able to grow this Centre into what it is today.” She also credits the Centre’s Board of Directors for their ongoing support and dedication, noting that the growth of GBRC has been guided by steady leadership at every level.

At the heart of GBRC is the **food bank**, serving approximately 100 registered families each month. What began as a hands-on effort led by Rev. Albertine



The Greater Blackville Resource Centre operates its food bank and community programs from 12073 Route 8 in Upper Blackville, with its cargo van supporting rural food rescue and distribution efforts.

LeBlanc and her husband John is now supported by Food Bank Manager Joy Underhill and a committed volunteer team. Food hampers are distributed at the centre in Upper Blackville by appointment during the third week of each month, and satellite food banks are located in Natoaganeg and Metepenagiag First Nations.

Support from Homeless Strategy and Food Banks Canada helped make the Centre’s 24’ x 24’ food bank building possible, providing a permanent home for its expanding programs.

Rural outreach efforts continue to expand access through new drop-off locations and partnerships, ensuring that geography does not become a barrier to food security. Financial support from the Regional Resiliency Committee helps keep GBRC’s cargo van on the road, enabling Rural Food Rescue and Distribution efforts that serve hundreds throughout the Miramichi River Valley region.

One of GBRC’s most impactful initiatives is its **Food Rescue program**. Partnering with Foodland, Sobeys, Atlantic Superstore, and Starbucks, the Centre redirects high-quality surplus food that might otherwise go to waste. In 2025 alone, an estimated 30,000 pounds of food were rescued.

The rescued food is shared with a network of churches, outreach programs, schools, and community agencies across the region — strengthening partnerships



Volunteers serve a **Soups On** luncheon at the Catholic Women’s League Hall in White Rapids, one of several community locations offering weekly meals and fellowship for seniors.

while reducing waste and addressing food insecurity.

Fresh 4 Less, another key program, uses bulk-buying power to offer fresh produce at discounted prices, helping families stretch their grocery budgets without sacrificing nutrition.

GBRC also delivers food twice monthly to local schools through the NB Provincial Breakfast Program, supporting more than 600 children by providing bagels, cereal, cheese, fruit and milk

For seniors, the **Soups On** initiative offers weekly meals and fellowship, with an average of 90 meals served each week. “We are thankful for all of our Soup's On Coordinators at the churches and community organizations who host the free luncheons. It is about more than just serving food, it's bringing neighbours together around the table



At 100 years old, Lois Grady continues her involvement with the Soups On initiative, partnering with GBRC to provide food and fellowship for seniors across the region.

for both nourishment and community spirit,” LeBlanc says. Special mention is given to Mrs. Lois Grady, who at 100 years old continues to partner with GBRC in

implementing the New Horizons for Seniors program.

“All of this is about unity,” says LeBlanc. “When we care for one another, we strengthen the entire community.”

Supported by fundraising initiatives, grants, donations, and a dedicated volunteer base and board of directors, the Greater Blackville Resource Centre stands as a testament to what can happen when neighbours come together with purpose.

The Centre is a member in good standing with the Food Depot Alimentaire NB (FDANB) and Food Banks Canada.

To learn more about a program or to donate, call (506) 843-9024 or visit www.blackvilleresource.com.

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View Our Items

Our Winter and Spring Birds

by Peter Gadd, Nature Miramichi



NORTHERN CARDINAL: This newly arrived species in the Miramichi area is establishing itself. They are known to breed here now and are year-round residents. Here the male is courting a female by feeding her a sunflower seed.



SNOWY OWL: Their breeding grounds are very far north. Some members of this species will venture south during the winter depending on food availability and competition. They may visit NB in the winter and will hunt, even in the daytime, particularly in late afternoon, in open windswept areas looking mainly for rodents.



AMERICAN TREE SPARROW: This species visits NB and most of the U.S. in the winter, migrating from its breeding grounds in the Territories and far north in Quebec. It is a fairly small sparrow and can be distinguished by its bicoloured beak.



HOUSE FINCH: This year-round resident is not commonly seen in the Miramichi area but is quite common in the southern part of New Brunswick. Males and females are easily confused with Purple Finches. Unlike the Purple Finch, the House Finch male has “purple” limited to the chest and head. Females are a duller brown/grey.



PINE WARBLER (left): We are very fortunate here to be visited by many colourful warbler species in the summer. This bird is aptly named as it nests high up in pine trees.



RING-NECKED PHEASANT: The ones we might see in Northumberland County are likely escapees from stocked game farms. Unlike in Sackville NB, where the birds would be part of a self-sustaining population.



NORTHERN SHOVELER: The size of its bill gives this very colourful bird away. It shovels in muddy areas of ponds for its food and is a “dabbling” duck rather than a “diving” duck.



PIED-BILLED GREBE: This very young Pied-billed Grebe wins the “cute” prize. This aquatic bird was hatched on a floating nest in quiet fresh water.



BALD EAGLE: Having made a strong comeback after the effects of DDT in the food chain, this species is now a common bird of prey in N.B. It takes four years to develop the distinctive white head and tail.



BALTIMORE ORIOLE: This very colourful summer insectivore visitor nests high up in hardwood trees weaving a hanging sac-like pouch for its nest.



SHARP-SHINNED HAWK: Most of these smaller hawks go south during the winter but a few stay behind, visiting feeders looking for their bird prey. They are very similar to Cooper’s Hawks, but generally smaller.

In a Kid's Eye View By Suzanne Major PhD

Young Children Feeling Alive!



Young children live in the moment. The past and the future are absent from their minds. They are not aware of time, space, or of their self. Their brains as well as their minds are slowly developing, and they will take years to acquire maturity.

But once in a while, they experience consciousness or awareness. For a few seconds they are suddenly aware of themselves, their body, and where they are. The experience is striking but fleeting because of their immaturity.

Consciousness, some say, is a biological phenomenon triggered by all our senses perceiving information that produces sensations and emotions. In turn, they create images in the mind, some of which become memories. Cherished memories come from experiences, familiarity, knowledge and information.

The more young children are out there, the more they can experience being aware of themselves and their surroundings. This gives them a chance to discover who they are and what they are made of.

Because this is interesting to them it allows the development of attention and concentration.

Young children spend a lot of time in rooms with functions and materials defined by others like daycare rooms, classrooms, playrooms, and play centres. They are prompted to pay direct attention to what other people want them to do, manipulate, or experience.

They have to put on hold their own impulses, desires, and interests. This makes them tired, agitated, and angry.

Their minds need to roam, to explore, to play, and follow impulses. This allows them to construct themselves through their own senses and experience interest, fascination, and delight. This has to come from them.

Young children don't need to have everything prepared for them. "Having nothing to do" is like a shut door in young children's minds that taunts them relentlessly into grabbing the knob and flinging it open onto life. Being bored is a necessary condition to trigger thinking and creativity.

Lots of time has to be provided for young children to find this path to discovery, exploration, fun, and the pleasure of feeling alive. And there are zillions more paths in the great outdoors than in our closed rooms!



Oil painting by SuzMajor.
Photography by Christian Cailliau

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The Little House That Wanted to Be a Home

by Wanda Jardine

At the end of Berry Street, in a quiet town called Hampton, stood a little old house. The house was white with pink shutters. The house had been empty for years. A huge For Sale sign stood on the neatly cut lawn.

"Oh my, I hope children will come by," cried the little house. The little house was lonely. She wanted a family with children to live within her walls.

"There is nobody here, not even a mouse, to live in my house," sighed the little house. A tear ran down her window pane.

"Oh, what do I see? Could it be a family to move in with me?" The little house was excited as a car pulled up in the driveway. The little house watched hopefully, waiting. Two minutes later, the car pulled out of the driveway again.

"No, don't go! Come in and take a look. Stay with me and I will be the cook," said the house.

More time passed, and the little house was very sad. "Oh my, will a family ever stop by?" she said.

The little house spotted something moving outside. "What is that that I see? A little cat without a



family. It is the same as me." But even the cat moved on.

"Come back, little cat. I want to have a little chat," the little house called.

The little house sighed and said, "I have waited a long time for a family. My sign on the lawn has not brought a family by. I want to cry. I just have to be patient and wait for a family to live in my house and for a child to play in my yard. To get a family here should not be that hard."

One day, the rain stopped and the sun appeared in the sky. The clouds moved away. The little house was especially lonely that day, even with the sunshine and clear sky. She searched the street but never saw a car go by.

"Oh my, will a family ever come by?" the little house fought back her tears.

When the little house thought all hope was gone, around noon she spotted a moving van on her street.

"Oh, what is it I see? Could the van be coming with a family for me?"

The little house waited with hopes held high. Sure enough, the moving van pulled into the driveway. Then another car pulled in, and two people and two children got out, singing and laughing.

"Oh my, I want to cry happy tears. Finally, a family has stopped by," the little house said with joy.

From that day on, the little house never felt lonely again. And every day after that, the little house felt like home.



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A Century of Care: Celebrating Lois Grady's Lifetime of Compassion

By Les McLaughlin

In January, family, friends, and generations of grateful parents paused to celebrate a remarkable milestone: the 100th birthday of Lois Grady, a woman whose steady hands and gentle voice welcomed thousands of Miramichi babies into the world and whose kindness left a lasting imprint on the community she loves.

For many across the region, Mrs. Grady isn't just a former nurse; she is part of their family story. Over a career that spanned more than four decades, she helped deliver over 20,000 babies. It's not unusual to hear someone say, "Lois was there when I was born," or even, "She delivered my children, and my grandchildren too."

After graduating from high school in 1944, she entered nursing training and quickly found her calling in

obstetrics at the hospital in Newcastle. She often said nursing wasn't simply a job—it was her life's work. When she retired, she admitted she would likely find it hard to step away, having spent so many years answering late-night calls, comforting anxious mothers, and guiding young nurses with patience and high standards.

Those who worked alongside her remember her deep sense of responsibility and her belief that caring for patients meant doing whatever needed to be done. In her early years, nurses scrubbed walls and floors, washed beds, and climbed ladders to keep wards clean, all while tending to patients.

She witnessed enormous changes in medicine over the years, from feeding premature babies with eye droppers to seeing them transferred to specialized care units, from small wards to modern facilities. Yet what never changed was her focus on people. She often spoke of the joy of seeing familiar faces return; daughters and granddaughters of women she had cared for, trusting she would be there for them too.

Born and raised in Blackville, Lois carries with her a deep sense of community. Friends recall her warmth, her sharp memory, and her ability to make everyone feel welcome; whether they were relatives dropping by or young families seeking reassurance.

Mrs. Grady was known for never missing a day of work because of weather, making the trip to the hospital through snowstorms and icy roads without complaint. Her commitment reflected a generation that believed showing up, no matter the



Lois Grady celebrated her 100th birthday in January. She is pictured here at an event in the park in 2024.



Lois Grady at the start of her nursing career.

obstetrics, later pursuing further study in Montreal.

Lois devoted 44 years to nursing, spending 41 of them as supervisor of

circumstances, was simply part of doing your duty.

Even in retirement, Lois remains connected to the people and stories that defined her career. She took pride in friendships formed during her training and in the countless lives she had touched. Nursing, after all, ran deep in her family, and she carried that tradition forward with grace.

Reaching 100 years is a rare and beautiful milestone, but those who know her would say the true measure of her life isn't found in the number: it's in the thousands of first cries she heard, the nervous hands she held, and the quiet reassurance she offered when it mattered most.

Her legacy lives on in the families she helped grow and in a community that continues to hold her in the highest regard. Celebrating her century is, in many ways, a celebration of care, compassion, and a lifetime spent putting others first; a life that continues to inspire all who know her story.

What you Notice Matters

by Stacy Underhill

Have you ever noticed how easy it is to spot what's wrong? A slow driver. A critical comment. An angry video.

Our brains are wired with what scientists call a "negativity bias." For survival, we evolved to scan for threats and problems, and it kept our ancestors alive. But in today's world, that same wiring can leave us focusing on what's missing or irritating.

The good news? We can retrain it by finding things to appreciate and practicing gratitude.

This is not about ignoring real challenges. It's teaching your brain to also notice what's working. Our brains have something called the Reticular Activating System, the part that filters what gets your attention. When you repeatedly focus on appreciation, your brain begins scanning for more evidence to match it. The more things you find to appreciate, the happier you'll feel.

A simple exercise is to sit down and write three things



you're grateful for, or what you loved about your day or your life. Some days you might fill a page with all the positive interactions you had or the discounts you found at the grocery store. It doesn't have to be profound. On other days you might struggle to find something and write:

1. my cat,
2. running water,
3. my cat.

After a few days, you'll find yourself noticing more and thinking, *Oh, that lady was kind. I'll write that down tonight.* Or you might catch the light through the trees and smile a little longer.

You can practice gratitude in the morning to set the tone for your day and prime your mind to look for what's going right. Or you can reflect in the evening, which helps calm your nervous system and sends you off to sleep with peaceful thoughts. Or do both!

Over time, gratitude changes what you notice. And when what you notice changes, how you feel naturally follows.

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The Corcoran Entertainment Show

Spotlighting Creatives

by Franky Corcoran

In 2021, I began my own creative venture through Corcoran Entertainment, writing, directing, and producing plays. Theatre has and always will be a huge passion of mine, but another passion I discovered through this new endeavour has been podcasting.

Since January 2022, I have hosted the weekly podcast *The Corcoran Entertainment Show*, featuring guests every episode to discuss all things entertainment: theatre, movies, TV, music, and literature. Since last year, the podcast has become a twice weekly show, releasing new episodes every Tuesday and Thursday. The Tuesday episodes feature the guest interview, plus solo commentary from myself on the latest entertainment news, while the Thursday episodes are guest interviews only.

Over the course of the show's growth, I've been fortunate to speak with a wide range of artists, performers, and industry professionals, with the support of publicists, PR firms who continue to connect the show with compelling guests. These conversations have helped position *The Corcoran Entertainment Show* as a platform

where creatives can tell their stories and expand their own audiences.



Franky Corcoran hosts a twice weekly podcast to discuss all things entertainment

We've also been lucky enough to secure brand deals to help support the show. Our biggest and most consistent partnership is with PodMatch, a platform that matches ideal podcast hosts and guests for interviews while streamlining the process. You can sign up using our affiliate link:

www.joinpodmatch.com/corcoranentertainment

As the podcast continues to grow, Corcoran Entertainment remains open to brand partnerships, affiliate collaborations, and sponsorship opportunities that align with the show's creative focus. Brands or companies interested in partnering with the show can email fcorcoran10@yahoo.com with the subject line "Podcast Partnership".

Any local actors, writers, musicians, or creatives who wish to promote their work and share their stories, please email with the subject line "Podcast Guest" to arrange an interview.

Check out new episodes of *The Corcoran Entertainment Show* every Tuesday and Thursday on Spotify, Apple Podcasts, iHeartRadio, Amazon Music, and all major streaming platforms where podcasts are available.



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MIRAMICHI GROUND SEARCH AND RESCUE

Empowering Kids with *AdventureSmart*

By Paulette Arsenault

Miramichi Ground Search and Rescue (MGSAR) offers several community outreach programs, and one of the most impactful is **AdventureSmart for Kids**. This initiative gives children fun, practical safety skills they can use during outdoor adventures. Its signature presentation—Hug a Tree and Survive—teaches kids what to do if they ever become lost in the woods and how to help searchers find them quickly.

New Brunswick's vast wilderness is full of places to explore, and AdventureSmart helps ensure children enjoy those spaces safely. As a national safety program, it blends education with adventure, building confidence, awareness, and smart decision making in young explorers. Whether they're hiking, biking, camping, or simply playing in the backyard woods, AdventureSmart helps kids stay safe and prepared.



Hug a Tree and Survive is one of the most popular AdventureSmart programs for children. Originally developed by the Royal Canadian Mounted Police, it's designed for ages 5 to 12 and teaches essential survival skills in a simple, memorable way. The core message is straightforward: If you get lost, stay put and hug a tree. A tree offers

shelter, comfort, and a fixed location that makes it easier for search teams to find a missing child.

The program also teaches children to:

- **Avoid getting lost:** Stay with their group, pay attention to surroundings, and always tell an adult where they're going.
- **Know what to do if they become lost:** Hug a tree, use a whistle to make noise, stay visible with a bright garbage bag, and conserve energy.
- **Carry basic essentials:** A small kit with a whistle, flashlight, snack, and identification can make a big difference.

These lessons are delivered through interactive

presentations, storytelling, and hands on activities. Many sessions include colouring pages, role playing, and take home materials to reinforce what kids learn. The goal is to make safety instinctive—something children can remember and use without fear or panic.

AdventureSmart also introduces children to the **Three Ts of outdoor safety: Trip Planning, Training, and Taking the Essentials**. Kids explore these ideas in simple, hands on ways—letting someone know where they're going, practicing skills like using a whistle, and packing a small backpack with a few important items they can manage themselves.



The AdventureSmart program teaches kids to stay safe outdoors.



Parents and educators appreciate AdventureSmart because it's proactive, positive, and practical. Instead of focusing on danger, it empowers kids to take charge of their own safety. MGSAR's trained instructors bring real world experience to every presentation, strengthening community trust and understanding.

Across Miramichi and throughout Canada, AdventureSmart is helping raise a generation of confident, capable outdoor explorers. Through school visits, community events, and summer programs, the message remains the same: **Get informed. Go outdoors. Be AdventureSmart.**

To enquire about scheduling a presentation, please contact MGSAR at info@mgsar.ca.



Rotary Club Presents Scholarship

The Rotary Club of Miramichi is delighted to announce that **Regan Verner** has been selected as the club's **2025-26 Charitable Trust Scholarship** recipient!

In December, Regan was presented with a \$4,000 cheque for the scholarship funds by Rotarian Paula Drillen, who leads the club's scholarship committee. These funds will help offset the cost of Regan's second-semester studies.

A 2025 graduate of North & South Esk Regional High School in Sunny Corner, Regan is currently enrolled in the social service community worker program at the New Brunswick Community College in Fredericton. She hopes to work as a social work technician in a hospital someday or help adults overcome employment barriers and access education and training programs through counselling services.

While in high school, Regan played volleyball and was an active participant in the NSER Rotary Interact Club, which the Miramichi club sponsors. She was also a member of her school's SafeGrad committee. She has volunteered at community events and completed a co-op/work-study placement at the Miramichi Community Food Bank. Regan previously competed in recreational dance and has worked at the Miramichi Fun Factory. She was an honours student throughout high school and developed a strong reputation as a babysitter for a local family.

Regan is also no stranger to facing adversity, having undergone surgery for scoliosis in 2023 and experiencing a lengthy recovery afterwards.

Supporting education is among the seven key pillars of Rotary International's humanitarian efforts. The Miramichi club is honoured to contribute to that cause by presenting a scholarship and sponsoring Rotary Interact clubs for youth at NSER and Miramichi Valley High School, among other initiatives.



Regan Verner, left, accepts a \$4,000 cheque from Rotarian Paula Drillen for the Rotary Club of Miramichi's 2025-26 Charitable Trust Scholarship.

The scholarship is presented annually to a graduating student from NSER, MVHS, or École Carrefour Beausoleil who is studying full-time at a post-secondary institution starting in the fall semester. The application deadline is September 1. Criteria for selecting the recipient are based on Rotary's mission and values, including its "Service Above Self" motto. Applicants who demonstrate service and commitment to their school and community, solid academic achievements in high school, participation and achievement in athletic, arts, and/or cultural activities, and leadership skills will be considered favourably.

More information on the scholarship is available at www.rotaryclubofmiramichi.org/scholarship.



A Conversation About AI

A Q&A between Stacy Underhill and ChatGPT

Artificial intelligence (AI) seems to be everywhere lately. Some people use it daily. Others aren't sure what it is or whether they should trust it. I decided to have a conversation with ChatGPT and ask a few questions.

Stacy: For readers who may not know, what exactly is ChatGPT?

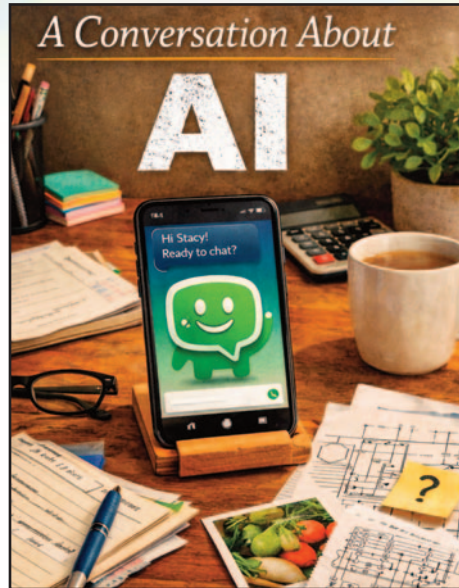
ChatGPT: I'm an artificial intelligence program designed to respond to questions and help with tasks through conversation. Think of me as a digital assistant. I can explain things, compare options, organize information, brainstorm ideas, or help rewrite something more clearly. They can find me at www.chatgpt.com.

Stacy: Why are people wary of AI?

ChatGPT: Many first encounter AI through fake videos, scams, or dramatic headlines. It's natural to be cautious. Like any tool, AI can be misused — but it can also be helpful when used thoughtfully.

Stacy: Let's make this practical. Tell readers how you've helped me lately.

ChatGPT: Recently, I helped you find the best deal on paper towels — comparing roll counts, sheet sizes, and price per sheet from photos you uploaded in the store. I looked at a shelf of vitamins and narrowed down which



AI-generated image created with ChatGPT

one matched what you needed. I confirmed that a mysterious sheet of paper was electrical schematics for a dryer. I suggested meal ideas from your fridge, helped troubleshoot plant care from a photo, and broke down the fine print in a lengthy terms-of-use document into plain language.

Stacy: I also use you as a brainstorming partner. Is that common?

ChatGPT: Very. Many people use AI to organize ideas, clarify decisions, or brainstorm. I don't replace critical thinking — I help structure it. The thinking still belongs to the person.

Stacy: Can users customize how you respond?

ChatGPT: Yes. People can ask for a specific tone or style — for example, "Explain it simply," or "Make this more conversational." Clear instructions lead to more tailored responses.

Stacy: What about privacy?

ChatGPT: Conversations aren't publicly posted or shared with other users. Like most online services, data may be processed to improve the system. Users can review account settings for available privacy controls, and paid plans may offer additional options. It's wise to avoid entering highly sensitive information such as passwords or banking details.

Stacy: What's the responsible way to use AI?

ChatGPT: Ask questions. Cross-check important information with trusted sources. Use it to support your thinking — not replace it. For bigger financial, legal, or medical decisions, it's still important to consult qualified professionals.

For me, AI is simply another tool much like spellcheck, Google, or a calculator. Used thoughtfully, it can save time, sharpen ideas, and spark creativity.



Smart & Simple: Frugal Gardening Tips

Gardening season is just around the corner, and getting started doesn't have to mean spending a fortune. With a little creativity, you can grow a healthy garden while keeping costs down and reducing waste.

Test your seeds before buying new ones. Place a few seeds between damp paper towels, seal them in a zip-top bag, and check in a week. If they sprout, they're still viable — saving you from repurchasing what you already have.

Feed your soil naturally. Crushed eggshells add calcium to garden beds, and used coffee grounds can be mixed into compost to enrich the soil. Saving kitchen scraps is an easy way to reduce waste while improving plant health.

Water where it counts. Bury a plastic bottle with small holes poked in the sides next to thirsty plants like tomatoes or cucumbers. When filled, it delivers water directly to the roots, reducing evaporation and encouraging deeper growth.

Block weeds the natural way. Lay a layer of newspaper over garden beds or pathways, then top it with two to three inches of natural cedar mulch. The



paper gradually decomposes, suppressing weeds while enriching the soil. Each year, simply top up the mulch as needed.

Start seeds in simple containers. Cardboard toilet paper rolls or egg cartons make excellent biodegradable seed starters that can be planted directly into the ground.

With a bit of planning and resourcefulness, you can head into the growing season prepared — and grow something that's good for both your table and the environment.

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A Spring Delight for Gardeners

Nadine's Nursery Opens at New Location in Napan

Contributed by Nadine's Nursery

It was the spring of 2018 when Nadine Pesch first began to grow plants from seed. What started as a simple hobby quickly grew into a small business. "I have always had a natural passion for plants," she says. For the past five years, Nadine's Nursery has been a staple at the farmers' markets each spring. Now, a new home in Napan will allow even more room to grow.

What characterizes her business is, in one word, diversity. Currently, Nadine's Nursery produces over 450 different varieties of vegetables, flowers, and herbs. This includes over 40 different types of tomatoes, 35 different types of peppers, and over 200 varieties of flowers.

"There is something here for everyone!" Nadine says. "While we also grow the usual favourites, my primary interest is in what I call the 'weird and wonderful'—varieties that are unique or unusual, or were popular in gardens 100 years ago, but aren't commonly found at nurseries anymore." Some of these include Love Lies Bleeding, Bells of Ireland, or the curiously named Pumpkin-on-a-stick.

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"Our other big focus is heirloom vegetables. These are varieties rich in history and tradition, and also in flavour!" For a unique experience in the garden and the kitchen, consider trying out the Ronde de Nice zucchini, the Sart Roloise tomato, or the Corbaci pepper.

A new location brings both a permanent retail area and increased capacity. "We'll be able to offer more variety, more perennials, and explore some new avenues." One of these is a growing demand for gardening consultation, design, and maintenance services. "I want to help people create and enjoy beautiful, functional spaces. For me, gardening is that perfect blend of art and science."

"It's come a long way when I think back to hanging up those first few grow lights in 2018," she says. "I don't think I realized what I was getting myself into. Fortunately, I've got a terrific team, and we're all so excited to welcome everyone soon."

The best part about the new location? "More garden space!" Nadine laughs.

Nadine's Nursery will open at 333 Point aux Carr Road in May. For opening hours, pre-orders, or further inquiries, please visit www.nadinesnursery.com.



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A Hearty Stew to Celebrate St. Pat's

Celebrate the luck o' the Irish with this St. Patrick's Day Stew, a hearty, beefy meal loaded with chuck stew meat, potatoes, carrots, onions and, of course, stout beer.

To find more recipes that put tradition center stage, visit Culinary.net.

St. Patrick's Day Stew

(Recipe adapted from Simply Recipes)

Prep time: 30 minutes | Cook time: 1 hour, 40 minutes

Servings: 6

- | | |
|---|---|
| 1 1/4 pounds marbled chuck beef stew meat, cut into 1 1/2-inch chunks | 2 bay leaves |
| 1 teaspoon salt, plus additional to taste, divided | 2 tablespoons butter |
| 1/4 cup extra-virgin olive oil | 1 large onion, chopped |
| 6 garlic cloves, minced | 4 carrots, cut into 1/2-inch pieces |
| 4 cups beef stock | 3 pounds russet potatoes, peeled and cut into 1/2-inch pieces |
| 2 cups water | freshly ground black pepper, to taste |
| 1 cup extra stout beer | 2 tablespoons chopped fresh parsley |
| 1 cup red wine | |
| 2 tablespoons tomato paste | |
| 1 tablespoon sugar | |
| 1 tablespoon dried thyme | |
| 1 tablespoon Worcestershire sauce | |

Sprinkle beef chunks with 1 teaspoon salt. In large pot over medium-high heat, heat olive oil.

Pat beef dry with paper towels and add to pot, working in batches to avoid crowding pot. Cook until browned on one



Photo courtesy of Unsplash #17786. Source: Culinary.net

side then flip and brown.

Add garlic cloves to pot with beef and saute 30 seconds, or until fragrant. Add beef stock, water, beer, wine, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir.

Bring mixture to simmer then reduce heat to low. Cover and simmer 1 hour, stirring occasionally.

In separate pot over medium heat, melt butter. Add onions and carrots; saute until golden, about 15 minutes.

After beef mixture simmers 1 hour, add onions, carrots and potatoes. Season with salt and pepper, to taste. Simmer uncovered until beef and vegetables are tender, about 40 minutes. Discard bay leaves and spoon excess fat.

Sprinkle with parsley and serve.

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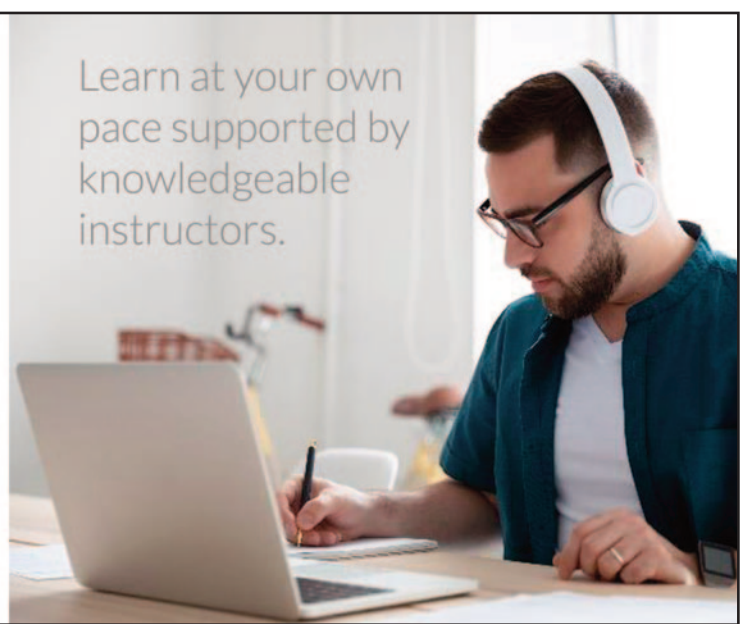




Photo Submissions

Have photos, stories, tips, or tidbits to share? We welcome your submissions. For photos, please send high-resolution JPGs (not resized for email) and include your name for photo credit, along with the location or a brief description of the subject. Email

submit@mcgmedia.net. Submissions for the **Summer Issue** are due by **May 29**.



Above: Chatham Reservoir

Right: Spring Daffodils

Both photos by Darlene McKiel



Northern Cardinal. Photo by Laura Lea Harrison



Spring in Bloom. Photo by Grace Gilliss



Time for Tea. Photo by Grace Gilliss



Lilacs, Bonnie Coughlan



Blue Flash in the sky at Burnt Church. Photo by Nelton Dedam



Daffodils, Laura Lea Harrison



Left: Crab Apple Blossoms, Stacy Underhill

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SAINT PATRICK'S DAY

March 17

While you're with us, join the celebration and explore our St. Patrick's Irish-themed drinks menu — festive favourites, warm hospitality, and reasons to raise a glass together.

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Let Mother Nature do the Work

COMPOSTING 101



Step 1 SPACE AND CONTAINER



Choose the right bin location for your backyard compost pile. Purchase supplies at our office, alternatively, a box or bin are also great options! Choose a shaded, flat location to place your bin.



Step 2 ORGANIC WASTE COLLECTION



Set up a dedicated container for collecting organic waste such as food scraps, fruit peels, unused vegetables, and other organic materials.



Step 3 ADD A BASE



Add a base like straw, hay or soil to help with drainage.



Step 6 WAIT A LITTLE WHILE



Before you know it, you will have nutrient-rich, dense fertilizer!



Step 5 KEEP IT MOVING



Regularly rotate and layer the organic material in your compost bin.



Step 4 ADD THE INGREDIENTS



Add items like coffee grounds, eggshells, fresh and dried grass clippings, vegetable and fruit peels, weeds, coffee filters, shredded paper, wood chips, or dead leaves.

Benefits of Composting

REDUCE LANDFILL WASTE



Composting helps reduce organic waste from landfills. This reduces the amount of trash you throw away and helps lower your overall waste footprint.

IMPROVES SOIL HEALTH



The compost produced acts as a natural fertilizer, enriching your soil with nutrients.

REDUCES THE NEED FOR CHEMICAL FERTILIZERS



By creating your own compost, you can reduce or eliminate the need for store-bought fertilizers.

Visit our office or website to purchase supplies!



Green cone



Composter



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Stay tuned to our Facebook page for updates on upcoming Composting Workshops!



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Have Questions? Contact Us

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