

Over North News

October 2019



AD PRICES:

1/4 Page: \$10.00

1/3 Page: \$15.00

1/2 Page: \$20.00

FULL Page: \$25.00

Please note:

Entries for the *Over North News* Ads are due no later than the 15th of each month.

Please submit your ad by this date to ensure it is in the next edition of the *Over North News*.

To submit an ad for the Over North News you can email:

uppermiramichi@gmail.com

or drop them off at the Rural Community Office.

OCTOBER 2019

Garbage Pickup Only

October 2 & 3

October 9 & 10

October 16 & 17

FALL PICKUP

OCTOBER 23RD & 24TH

Recycle Only

October 30 & 31

If you have a blue bin you are not using please call office to have it picked up as there are people waiting for one.

Monthly Meetings

Rural Community Monthly Public Council Meeting.....October 28 @ 7:00 pm

Landmark Lodge #51 F & AMThird Tuesday of the Month @ 7:30pm

Normandy Branch #78 Legion.....Ladies Auxiliary - 3rd Tuesday of the month

Regular Meeting - 2nd Wednesday of the month

Legion Executive - 2nd Wednesday of the month

Upper Miramichi Lions Club.....1st and 3rd Sunday of the month

Over North News October 2019 Edition

**RURAL COMMUNITY OF UPPER MIRAMICHI
6094 ROUTE 8**

BOIESTOWN, NB E6A 1M7

uppermiramichi1@nb.aibn.com

Phone: 506-369-9810; Fax: 506-369-8180

The next regular monthly meeting of the Rural Community of Upper Miramichi will be held on October 28 @ 7 pm in the Community Room of the Upper Miramichi Community Centre. Deadline for receipt of agenda items and materials by the Clerk for this meeting is October 24 @ 3pm.

All dogs big or small
Don't forget to tag them all!



You can purchase the tags at the
Rural Community Office.

\$10.00 (males & spayed females)

\$20.00 unspayed females.

In order to tag your dog, you must now show
proof of rabies vaccination. Keep Your dog safe!

For the month of October there
will be the following change to the
Recycle Pickup

Recycle Pickup will be on

Oct 30 & Oct 31

Fall Clean Up will be

October 23rd & October 24th

***Also keep in mind the dumpsters
at Lions Club for White Goods.***



It is time to be preparing for Halloween in the Park. Call the office at 369-9810 to reserve your spot to participate in our TRICK or TRUNK. We will be passing out treats to the children. Anyone who wishes to donate their candy to be passed out at the park (as in previous years) is requested to have it turned in to the Rural Community Office by October 25th so that we have time to do it up in treat bags and make a list with the names of donors to post at Park. This helps to ensure all treats get passed out that evening. Also if you have any ideas you would like to share, or decorating you would like to help with at the park please call 369-9810 or email uppermiramichi@gmail.com



Ridgeway Baptist Church

3133 Rte 625

Parker Ridge NB

Family Worship/Sunday School—Sundays 10:30

Bible Fellowship Time—Tuesday 7:00 PM

Kids Klub—Wednesday 6:30 PM

Youth—Wednesday 6:30 PM

Radical Friday—Friday 7:00 PM

We also have monthly Ladies Meetings, Men's Meetings, and Nursing Home Services

For more details contact Pastor Rick 365-0588

Seniors Sip N Sup

Ridgeway Baptist Church

3133 Route 625

Parker Ridge

Sunday— October 27

at 3:00pm

Menu:

**Potato Scallop, Bologna,
Baked Beans, Brown Bread
and Dessert**

Please RSVP by

October 21st to 365-0588



Miramichi Adult Learning Inc is offering free Computer Classes once again.

Classes will be held at the Nova Learning Centre, 3133 Route 625 Parker Ridge at the Ridgeway Baptist Church.

- * 9:30 AM—Noon starting October 4th
- * It will run until December 6th or 13th depending on if we have a storm day
- * Free basic computer training including Windows 10 navigation, file management, email, internet searching and Cloud saving & sharing, Microsoft Word, Excel & Powerpoint
- * The program is for those who wish to enter the labour market, those who are already in the labour market and for those who need skills for a volunteer role.
- * Surface Pro devices will be provided for the class

Please let Rick know if you are interested in attending this class.

365-0588 or message on Facebook



New Hours Starting September 30th

Monday & Tuesday—Closed

Wednesday - Friday 10:00 am—8:00 pm

Saturday & Sunday 8:00—10:00 pm

On *October 12th* Ivan Daigle returns to the Topsy
Come out for an evening of great singing and dancing!!

October 26th - Country Gospel Benefit/Bake
Sale for

Alfred Munn

Alfred was recently diagnosed with Amyloidosis (a rare bone disease). Currently he is travelling weekly to Fredericton for treatments. He will then to going to Saint John for a 3 week stay at the St John Regional Hospital for further treatment.





Re-elect

Pat Finnigan

Miramichi-Grand Lake

CHOOSE  FORWARD



PatMiramichiGrandLake



Veterans Lane, Miramichi



506-778-0077



pat@patfinnigan.com


Liberal

Authorized by the official agent for Pat Finnigan



***Town Hall Meeting—Napan Hall—Wednesday , October 9, 2019
at 7:00 PM***

224 S Napan Rd, Glenelg NB

Everyone invited to discuss topics of concern with People's Alliance

Over North News October 2019 Edition

UPPER MIRAMICHI COMMUNITY LIBRARY

7263 Route 8, Unit 1, New Bandon, NB E9C 2A7

Phone 365-2096 email uppermiramichicommunity.library@gnb.ca fax 365-2052

OCTOBER IS CANADIAN LIBRARY MONTH

To recognize this designation join us for an "Open House"

October 15th. 6 pm – 8 pm.

*Browse our collection of multiple items for your use,
become familiar with what services we offer*

view our amazing makerspace, enjoy refreshments

Enter our monthly draw for a \$20. Local Gift Card

Hope to see you then!!!!

BOOKS ON WHEELS DELIVERY PROGRAM

This free monthly service provides delivery of library material to seniors and shut-ins.

If you wish to take advantage of this special program, or know of someone who might, please reach the Library at one of the above listed contacts.

We now have Daisy players to loan to our visually impaired patrons and a great selection of talking books to loan with them.

UPPER MIRAMICHI COMMUNITY LIBRARY

Drop in and check us out!

REGULAR HOURS:

Monday, Thursday & Friday - 9-12:30pm & 1:30-5pm

Tuesday & Wednesday - 12:00-5pm & 6-8pm

Please note the Library will be closed on

October 3rd. for staff development day and

October 14th. to recognize Thanksgiving

Our outside book drop is available for any items you wish to return.

OUR "NEW" LOCAL ADDRESS BOOKS ARE AVAILABLE

The 23rd.Edition of "Keep In Touch" is here.

These are a great resource for finding mailing addresses of community members.

If you know of any changes that should be included please let us know.



WELCOME WAGON

The Library is delivering "Welcome Wagon" packages for new residents of the Rural Community of Upper Miramichi. In order to continue with this endeavour, we require assistance from community members, businesses, and organizations to:

1. Notify us of newcomers and contact information if available.
2. Provide items for our welcome package such as promotion of your business/organization and hours of opening etc., small welcome gifts, and information on the area.....anything that would make a newcomer feel welcomed and informed.

Pictured above one of our Welcome Wagon recipients



Please contact the Library at 365-2096 for more information or to offer assistance with this program

Our Lending Library Collection now includes



- automotive diagnostic code readers,
- Energy meters from NB Power
- Blood Pressure Monitors

in our lending library collection. You may borrow them for a 3 week period with your valid Library Card. If you don't already have a Library Card, the first one is free. If you have one but have misplaced it the replacement fee is \$2.00



**Did you know you can Donate a
smartphone and change the life of
someone who is blind ?**

CNIB Phone It Forward
will issue a tax receipt for your eligible
smartphone

Call the Library at 365-2096
for more information



**Fee to be paid upon registration – Please drop by the
Library to register or send an eTransfer**

OCTOBER HOME DÉCOR WORKSHOP

Wednesday, October 16, 2019

6pm-8pm

Workshop fee: \$20

(To be paid upon registration – please drop by the library to register or
send an eTransfer)



*Check out our "Honour Roll Tribute"
in recognition of*

Myrna & Mervin Green

Hayesville, New Brunswick



LUNCH HOUR WORKSHOPS

Wednesday, October 16, 2019 ~ during the
CNBA lunch hours.

Wooden Halloween Workshop for all
students.

Please contact the library to register for this
free workshop (space is limited).





WOMEN'S CANCER SURVIVOR WELLNESS DAY

SAVE THE DATE:

FRIDAY, OCTOBER 18, 2019 (9 AM - 3 PM)

Our event is open to all Women Cancer Survivors. This year, the Central NB Woodmen's Museum will be hosting our ladies and lunch will again be provided. It promises to be a day of activity, education and great company.

Please pre-register for this free event as seats are limited. For more information or to register contact Lisa Lovelace or Chelsie O'Donnell at 365-6100.

Time: 10am—11:30am

Location: Doaktown Community Library

Contact: Lynsey.wilson@horizonNB.ca

365-6100

Registration NOT required

Wisdom of the Ages

Educational Group for Older Adults and Caregivers

October 2: Healthy Aging & exercise—Sarah Carson-Pond RN and Lynsey Wilson Norrad RSW will share information about the "Community Aging Clinic" and offer MMSE (Memory) tests. Zoomers Exercise program for adults 50+ will be here to get us moving!

October 9: Nutrition—Whitney Allison RD will present information on healthy eating on a budget and tips for cooking for 1 or 2 people and enjoy tasty samples.

October 16: Mental Wellness & Self-Care—Tina Morneau RSW will present information on adjusting to life changes and staying mentally well. Lynsey Wilson Norrad RSW will talk about local resources and self-care.

October 23: Living Well with Arthritis—Betty McNamara will present practical information about how to cope with Arthritis.

October 30: Safety & Elder Abuse/Neglect—RCMP CPO Shelley Donahue will present information on internet and telephone safety. Lynsey Wilson Norrad RSW will present on Elder Abuse, how to spot it and what to do if someone you care about is being abused.

November 6: Advanced Care Planning and Services—Shannon Good RSW will present on Power of Attorney and Wills. A Social Development representative will present information about nursing homes, in-home care, long-term care, and financial subsidies.



Women's wellness clinic available in Central Miramichi

Horizon's Central Miramichi Community Health Centre (CMCHC) has a registered nurse (RN) who provides women's wellness clinics.

Lisa Lovelace, RN and manager at Horizon's CMCHC, is trained in treating pelvic pain, as well as female urinary incontinence and prolapse through Pelvic Health Solutions. Services she offers are:

- * Assessment which includes interview, questionnaire and internal exam
- * Treatment plan recommendations
- * Pelvic floor training
- * Bladder retraining
- * Constipation education
- * Support and education around menopausal and other women's issues
- * Initial assessment for painful intercourse
- * Teaching for self catheterization
- * Well woman exam – including Pap and breast exams

One in four women are affected by urinary incontinence. Many women suffer from menopausal issues which greatly impact the quality of life of these patients. Menopause, along with other similar topics, is difficult for many women to discuss or be open about – this clinic provides a safe and supportive environment to discuss and treat these personal issues in an unrushed manner.

“Working in a community health centre provides me with access to the interdisciplinary team that can also assist with healthy lifestyle choices, such as smoking cessation, dietitian, and social work,” said Lisa.

Wait times can be lengthy in larger settings, and often transportation is an issue. There are also financial barriers to accessing these services in private settings; however, the services are covered through Medicare.

“The women's wellness clinic provides flexibility; I can see patients here at Horizon's CMCHC or arrange to see them in their community health centre in either Blackville or Stanley.”

If a patient requires a more in-depth treatment, Lisa will recommend that they are referred to a pelvic health physiotherapist or gynecologist. She works with their provider to keep them updated on progress.

Any providers who have patients they would like to send to a women's wellness clinic, please send referral to Horizon's CMCHC via fax 506-365-6104.

If you have questions, please call 506-365-6100 and ask to speak to Lisa or e-mail

Lisa.Lovelace@HorizonNB.ca

Fall Brunch

Sunday

October 27, 2019

Boiestown

St Joachim's Catholic Church

11 AM—2 PM

Menu

Scrambled Eggs, Hash Brown

Casserole, Quiche, Bacon, Sausage,
Beans, Biscuits, Muffins,

Toast, Tea, Coffee &
Juice

Cost \$10.00



CHORA CHROMA PHOTOGRAPHIC

MICHELLE DAVIS, PHOTOGRAPHER

*Now Booking outdoor sessions in
Boiestown, Doaktown and
surrounding areas
For rates and inquiries, please email*

michelle@chorachroma.ca

Or find us on Facebook at
www.facebook.com/chorachroma

Do you need your Lawn Mowed?????



Call Robert
@ 369 - 8811
(will bring own
equipment)

TRACEY'S BARBER SHOP



4 MILL STREET
BOIESTOWN NB
(506)369-8816



THURSDAY: NOON TO 8 PM

FRIDAY: NOON TO 8 PM

SATURDAY: 9 AM TO 1 PM

WALK-INS WELCOME

NO APPOINTMENTS NECESSARY



In Memory of
Marilyn M Price,
November 1946—
October 2011

Our Life goes on without you
But nothing means the same
We have to hide our heartaches
When someone speaks your name
Eight long years are gone by
But living life without you
Is the hardest part of all

Loved by Husband Perley
Son Barry, Daughter Sandra & Families



The family of Harley Bruce Estey would like to take this time to say thank you to each and everyone of you who have been with us and supported us over the last couple of months. There is no way that we can name each of you but know you are well remembered by our family. To the RCMP, Ambulance Attendants, Fire Department and First Responders we say thank you for your wonderful assistance and compassion on July 14 and in the days that followed. To those who have organized and worked at the various fundraisers we want you to know you have all gone above and beyond. Thank you one and all for your cards, phone calls visits, financial gifts, food, prayers and support. As it has been said many times, we live in a wonderful community, and it has been shown to us. To our Church family thank you for your support and assistance with the Celebration of Life Service. May each of you know how much you have helped us through this time. We pray for God's richest blessings to be upon each of you.

Derrick, Brandy, Kayla, Carlena and all our family members.

Stewart's Service Station Since 1996

605 Main Street, Doaktown, NB

Telephone: 365-4667

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***Batteries**

***New Tires**

*** Install & Balance Tires**

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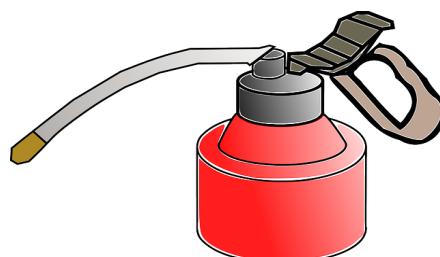
Help Protect your Vehicle

with Dripless Oil Undercoating.....

Until the end of October!

Cars.....\$65 + Tax

Light Trucks.....\$75 + Tax



*In Loving Memory of Waldo (Buddy) Ross
April 8, 1936 —October 16, 2018*

*We think of the things you used to say
And all that you would do
At some point, every single day,
Our thoughts will turn to you,*

*This wouldn't be your wish for us
That we'd ever be sad
So we try to remind ourselves
Of the happy times we had.*

*We know we can't be with you now
And you can't be with us
But safe inside our hearts you'll stay
That's where you'll always be.*

*Loved & remembered every day
Olga & Families*



I want to say a big thank you to my community for all prayers, get well cards, food, treats, flowers, visits to the hospital and after I got home, almost a month later from my fall. I am thankful for the three ambulance rides to two hospitals by competent paramedics. The Extra Mural Staff who came to my home for six weeks, including a home care worker (Linda) was so appreciated by our family. My husband and children each spent some part of every day with me, I am one lucky person in more ways than one.

Every day is a blessing and I am truly thankful. The staff at the George Dumont Hospital in Moncton, and the Dr Everett Chalmers in Fredericton gave me excellent care, still it's great to be back on the Miramichi. Thank You and God's Blessings to one and all.

Faye E Griffin

Buying 25 lb Bundles Balsam Fir Brush

Also wanted Workers to Harvest

(cutting & bundling)

***Balsam Brush 18" - 36" long on Private
Land***

No Loading or Hauling Required

Starting October

7th/2019

Wilson Christmas Greens

Boiestown NB

Call or text



CATCH THE KING OF CLUBS



Put **FUN** in your **Friday night!**

The Doaktown Curling Club in partnership with the Royal Canadian Legion Branch #23 Doaktown and the Old Mill Pond Golf Club have joined forces to present:

“CATCH THE KING OF CLUBS”

This **NEW, EXCITING** lottery will be held

EVERY FRIDAY at the

Doaktown Curling Club from **10 a.m. – 8 p.m.**

Tickets can also be purchased from the **Golf Club** and the **Legion Branch #23 Doaktown** during open hours.

Entertainment takes place from **7 – 8 p.m.**

with **draw** to follow shortly after.

SEE YOU THERE!

LOTTERY LICENSE # 1856415131000

CNBA

Fundraiser

LUMBERJACK 5 km WALK/RUN

Sunday, October 20th

Rain or shine 

Upper Miramichi Community Park

Start time: 2 pm

Prizes to be awarded!!

**Registration includes a CNBA Beanie Cap
(First 50 participants)**

**\$20 Adult: Pledge Funds to Programs
\$15 Student: Pledge Funds to Sports Fees**

**Contact: Grant Ross or Shelley Carson
365-2090**

All Run/Walk profits going to CNBA Sports Programs



E.R. Long Electric Electrical Contractor

Available Monday - Saturday

*Renovations, New Construction, Panel Upgrades,
Generator Panels*

Call 369-2414



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KENNY ROBINSON
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Email: kenny-robinson@hotmail.com

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Doaktown, NB
E9C 2P5

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Miramichi Valley Business Association**



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Est. 1992

Complete hair care for Women, Men and Children

Easy, no stairs access - Convenient Hours

Monday	9 a.m. – 5 p.m.	
Tuesday	9 a.m. – 5 p.m.	—> Drop-in 7:00 p.m. – 8:30 p.m.
Wednesday	9 a.m. – 5 p.m.	—> Evening by appointment
Thursday	9 a.m. – 5 p.m.	—> Evening by appointment
Friday	9 a.m. – 5 p.m.	

Appointments always recommended

Please call 369-8849





BLUE RIVER MASSAGE THERAPY

Julie Doiron, R.M.T

3498 Route 625, Boiestown, NB

Why is Massage good for you?

- Relieves stress, sleep better, help depression, help headache
- Relieves sore muscles, tension and joint pain
- Promotes relaxation, improves circulation and much more.

**PLEASE CALL (506)238-3385
TO BOOK AN APPOINTMENT!**

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**For fast, friendly service
and reasonable rates,
give us a call**

369-7154

365-0588



Color Me
CRAZY

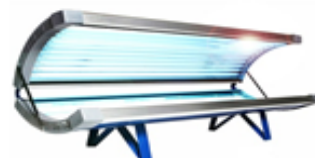
Hair Salon

25 Company Rd
Boiestown, NB

Tanning and Piercing now available!

~Appointments Only~

261-3850 or 369-8181



ROSE ENTERPRISES



JOB OPPORTUNITIES

Wreath Makers and Tipplers Wanted
6426 Hwy 8
Boiestown

Wreath Production Starting Week of
October 21st

For more information
Phone Bonny
369-8928, 369-9009 or 260-7575

Have a Wonderful Day!



CENTRAL
NEW BRUNSWICK
WOODMEN'S MUSEUM
PRESENTS...

THINGS THAT GO BUMP IN THE NIGHT!!

LOCATION: 6342 ROUTE 8
BOIESTOWN, NB

FRIDAY OCT 25TH
& SATURDAY OCT 26TH

HIGH SCARE 7:30 - 8:45PM
LOW SCARE 8:45 - 9:00PM

ADMISSION:

ADULTS (17 & UP) ----- \$10.00
YOUTH (16 & UNDER) -- \$5.00
FAMILY (2 ADULTS & 3 CHILDREN
16 & UNDER) ----- \$25.00

CHILDREN 12 AND UNDER
WELCOMED AT PARENTS
DISCRETION, BUT MUST BE
ACCOMPANIED BY AN ADULT!

A SUPERVISED CRAFT
AREA WILL ALSO BE
PROVIDED.

PLEASE DRESS FOR THE
WEATHER
AS IT MAY BE COLD!

FOR MORE INFORMATION CALL:
(506)369-7214 OR
VISIT OUR WEBSITE

[www. WoodmensMuseum.com](http://www.WoodmensMuseum.com)

ALSO CHECK US OUT ON
FACEBOOK: Central New Brunswick
Woodmen's Museum Inc.
INSTAGRAM: woodmens.museum
TWITTER: @WoodmensMuseum

IF YOU'RE NOT SCARED ... YOU SHOULD BE!!!!

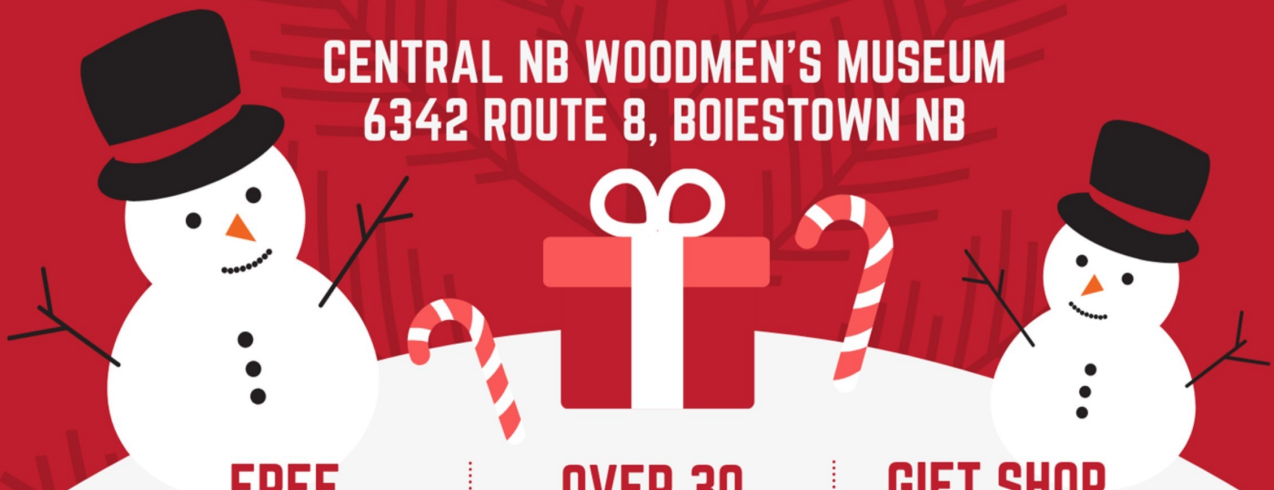
FRIDAY NOVEMBER 1 4PM TO 8PM
SATURDAY NOVEMBER 2 10AM TO 2PM

CHRISTMAS

• CRAFT •

MARKET!

CENTRAL NB WOODMEN'S MUSEUM
6342 ROUTE 8, BOIESTOWN NB



**FREE
ADMISSION**

**OVER 30
VENDORS**

**GIFT SHOP
SALE**

RAFFLE TICKETS ON CEDAR WISHING WELL, "MURPHY BOGAN" FRAMED PRINT & DECORATED CHRISTMAS WREATH
UNFRAMED PRINTS FOR JUST \$10, AND MUCH MORE!

CALL 369-7214 TO BOOK YOUR TABLE (\$20 PER TABLE)

FOR MORE INFORMATION, CHECK US OUT ON
FACEBOOK OR AT WWW.WOODMENS MUSEUM.COM

Peggy McLean

ELECT

Miramichi - Grand lake

**Our plan for *you*
to get ahead:**



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OF HOME HEATING**



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LOWERING PERSONAL TAXES



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LEARNING TAX CREDIT**



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With our environment plan:

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- Restore the Recreational Fisheries Conservation Partnership Program,
- Take steps to protect our waterways from pollution, habitat loss and invasive species.

www.peggymclean.ca | info@peggymclean.ca | (506)773-5506

Authorized by the official agent for Peggy McLean

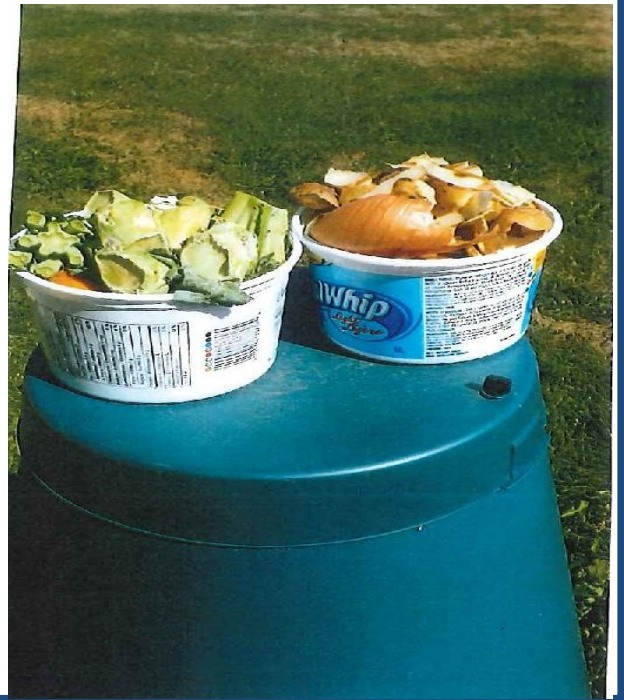


CONSERVATIVE

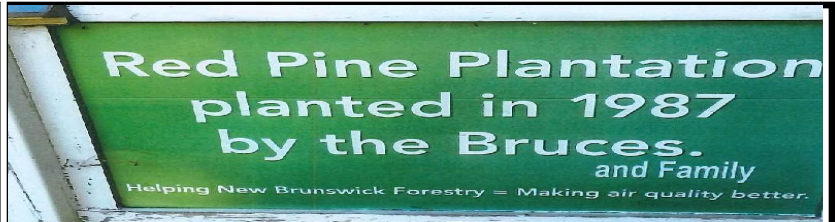
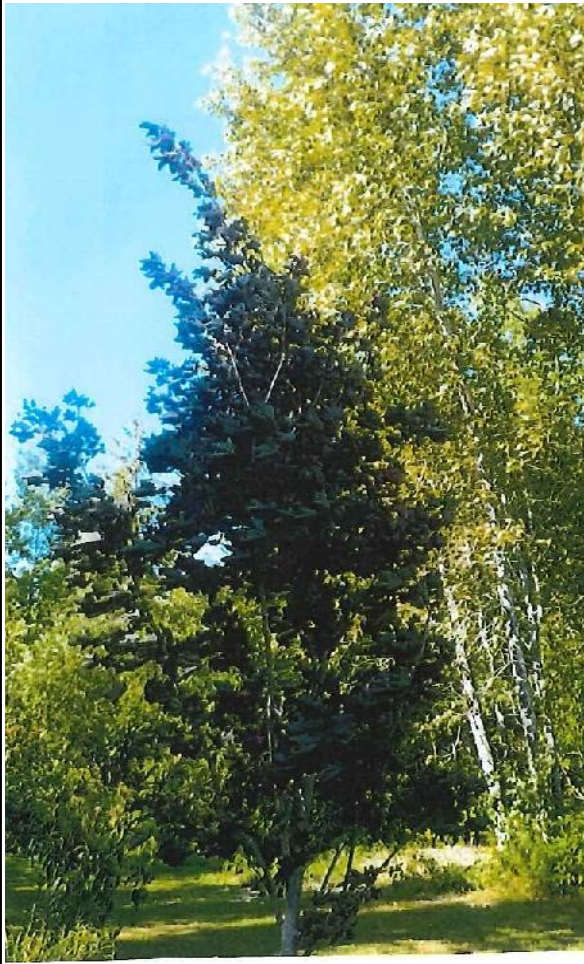
Bryce Bruce
Double BB

402 Taxis River Rd., Taxis River, NB E6A 1B2
506-369-2422 • Cell: 506-449-9154

Some things we are doing now at 402 Taxis River Road:
We have been using a Green Bin for waste for 5 years.
As per example: 2.35 lbs in approximately every 2 days.
1 month 7.50 lbs. Saving this amount approximately from
going in to the carry out garbage, which in turn keeps our garbage
costs down. These bins are available from the Rural Community
Office. Call 369-9810 to ask for one. They are **FREE**.



Pictured here is a Red Maple Planted
as per request in Honour of three
RCMP officers were shot and killed in
the line of duty in Moncton in 2015.



Planted 453 Red Pine, 32 years ago. 6 feet spacing, they
have grown to approx. 60 feet at present time. No
Provincial Extra help from Government on this planting.

Country, Bluegrass and Dinner!

featuring . . . GARY LONG and FRIENDS

Gary Long
Merle Long
Tony Munn
Jamie Price



Where: WOODMEN'S MUSEUM
6342 Route 8
Boiestown, NB

When: SATURDAY, NOV. 9th

TIME: 6 pm DINNER & MUSIC
Delicious "ROASTED
HAM DINNER" with
mashed potatoes, fresh
carrots, peas, home
made rolls, coffee, tea &
Apple Crisp with Rum
Sauce

TICKETS: \$20. each (Get your tick-
ets now ONLY 125 being sold.)

For Tickets or Information Call the Museum 369-7214 (we accept
e-transfers), Phyllis Robinson 369-1884, Olga Ross 369-2617 or
Wendy Ross 461-5088.