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J. Wallace

Bikes in the Classroom : The Four R's - Reading, Writing, Arithmetic ... and Riding

by Janet Wallace (www.JanetWallace.ca)

Artwork on the walls, students sitting in desks while a teacher reads aloud, it looks like a regular elementary classroom. At one side of the classroom, however, a student is furiously pedalling on a stationary bike. A bike may seem out of place in the classroom, but not for elementary students in Albert County.

In December 2015, both Riverside Consolidated and Hillsborough Elementary acquired stationary bikes with the support of the Bennett and Albert County Health Care (BACH) Foundation Inc.

"Lots of kids can use an extra release of energy," says Barry Snider, Principal of Riverside Consolidated School. A few minutes of physical exercise is sometimes all it takes for a student to calm down and become focused.

Since the bikes arrived in December, the classrooms are actually quieter than they were before. Students take turns riding the bikes for five minutes at a time. The result is greater focus on the lessons and less disruptive behaviour.

All the students in these classrooms can ride the bikes. At times, teachers suggest a bike ride when they see a student is fidgeting or looking distracted. At other times, students ask to use the bike when they are feeling agitated, stressed or restless.

"I like riding the bike when I'm feeling frustrated," says a girl in Grade 3. "It makes me feel calm."

"It's fun," adds one of her classmates. "And I can even read when I'm on the bike."

Susan Wilmot, Principal of Hillsborough Elementary, describes how the students work on clipboards while on the bikes. She hopes to integrate a desk-like platform on the handlebars to further facilitate classroom work. *Continued...*

Read the full article at www.connectingalbertcounty.org/wellness/bikes-in-the-classrooms



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*Sugaring story & picture by Jennifer Shelby.
jennifershelby.ca*

Sugaring

by Jennifer Shelby

My daughter is a three year veteran of sugaring. She's four years old now and knows her role well. She squirms as I strap on her snowshoes and with a squeal of excitement she races to the sugar maple closest to our house.

She carefully lifts the lid of the sap bucket and peers inside. "Mummy! The tree gave us LOTS of sap!" She jumps up and down with delight, sending the lid crashing back down and spilling a bit of precious sap. She pretends not to notice. I say nothing.

She watches, holding her breath, as I empty the bucket into my portable pail. "Don't spill it, Mummy! Be careful!"

I return the sap bucket to the hook beneath the spile. After a moment there is a steady ping of droplets crashing to the bottom of the empty tin bucket. She grins.

"It's giving us more! It's so good at sharing! Thank you, tree!" She throws her arms around the aged maple and gives it a hug. . . *Cont. at www.connectingalbertcounty.org/food-farming--fishing/sugaring*



Happenings on the Hill

There's been a lot of excitement on the "hill" the past few months. Caledonia Activity Place has been working on revamping our activity program and we are ready to invite all of you to participate!

Caledonia Activity Place is a non-profit agency at 5295 Route 114 in Hopewell Hill. We have been active in our local communities for over 20 years! Our mission is to provide activities for any and all adults (19 years of age and over), with the aim of encouraging group participation, with the added benefit of improving and maintaining good mental health!

There are two computers available for community use. Maybe you need to send an email or renew your vehicle registration. We can help you with that. A small library is in the process of being organized, where a person can come to relax and choose from our selection of reading material. We also have a craft room.

There is no charge to participate in any of our activities, however, donations to help cover the cost of refreshments are greatly appreciated.

If you have any ideas for activities that you would like to see us offer, we would welcome your thoughts. We can be contacted at 882-2604 or avtc@nbnet.nb.ca.

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receive a copy of this newsletter by email.*

*See past issues and subscribe at
www.connectingalbertcounty.org/newsletter.html*

Fundy Park in February

The Maritime College of Forest Technology's (MCFT) Advanced Fish & Wildlife Technology program students will test their skills during a week-long winter camp at Fundy National Park February 23-28, 2016. Students will use the park as an outdoor laboratory to learn about resource conservation and test their winter survival skills. Now in its sixth year, this collaboration gives students the opportunity to set up carnivore scent stations, monitoring stations, and learn practical skills from meal planning to building a shelter and operating a snow-mobile. As part of this winter camp, students will participate in an aerial moose survey, where they will learn aerial survey techniques and contribute to Fundy National Park's moose monitoring program. Data collected from the winter camp program will contribute to Fundy National Park's ongoing assessment on the health of its ecosystem, including the abundance of moose and carnivores such as lynx, bobcats, coyotes, martens and fishers.



Fresh for Less Food Program Seeking Volunteers!

Foods of the Fundy Valley, in partnership with Forest Dale Home, is starting a Fresh for Less produce box program. Starting in April, participants will be able to sign up for a basket of fresh vegetables and fruits once a month. The baskets will be packed at Forest Dale Home in Riverside Albert on a Wednesday morning of each month. They will then be delivered to distribution points in Hopewell Cape/Edgett's Landing, Riverside Albert, Harvey Parish and Alma.

If you would like to volunteer to help pack the baskets and help us launch this program in a great way, please contact Elizabeth Gorman at foodsofthefundyvalley@gmail.com or 875-5841. Details will be coming out in the next month on how people will be able to sign up for this program. Stay tuned to the Connecting Albert County, Foods of the Fundy Valley and community bulletins.

Hydroponics Workshop February 28

Hydroponics can be a costly venture, but does not need to be. Foods of the Fundy Valley's presentation by Marion Steeves will introduce beginners to basic hydroponic systems for the home gardener. With a very small space in your home, you can get started on a modest budget and set up a system that will provide greens throughout the winter for your family. Marion will demonstrate her methods — covering light needs, nutrient solutions, space considerations and recommendations for seeds and supplies. See details on page 5.

If you have been noticing the rising prices of food and are looking for ways to supplement your fresh produce choices, you could benefit from this FFV presentation.



Need groceries but don't like winter driving? No problem!

Get a free ride to and from Hillsborough Fresh Mart. This amazing door-to-door service is being provided by a partnership between Tele-Drive Albert County, Forest Dale Home (which supplies the van), and Hillsborough Fresh Mart. Anyone from Alma to Hillsborough can be picked up at their home, taken to the store and brought back home again — for free!

Get a lift on Mondays. To book a ride, call 875-1190.

Looking for work or workers?

Looking for work? See **job listings** at <http://www.connectingalbertcounty.org/job-listings.html>

We already have 2016 job openings for Fundy National Park and Fundy Highlands Motel & Chalets.

Looking for workers? Send us a description and we'll post it. For details, send a message to info@connectingalbertcounty.com

Weekly Events

Sundays

Fundy Youth Group. 6:30-8:30pm. Open to teens grade 6-12. Fun activities and sharing, devotion and snacks, and time to plan Generation Combination activities and other community events. The youth lead many initiatives, and are welcome to volunteer Tuesday nights at Fundy Youth Jr. Hopewell Hill Baptist Church.

Mondays

Free Grocery Trips Free door-to-door service for residents from Alma to Hillsborough to Hillsborough Fresh Mart. To book a ride, call 875-1190.

Caledonia Activity Centre* Drop in. 9:30-11:30am Drop in for tea or coffee. Maybe read the newspaper, chat with friends, or play cards or a board game.

Tuesdays

Adult Skating. 10am- 11am.The Hillsborough Arena offers a public skate for adults. Drop in at 32 Mill St.

Alma Village Playgroup 10am-12pm. At the Alma Activity Centre, get the kids together while the caregivers visit. Contact Alicia Cadieux at An Octopus' Garden Cafe or Nick & Tiffany Bowron at Vista Ridge 887-2808.

Healthy Lifestyle Club 6pm-7pm. Special speakers, menu planning, stress management, activities, exercise, chronic conditions information, cooking, etc. Meet at lower level of Albert County Health & Wellness Centre (8 Forestdale Road, Riverside-Albert) Contact Cynthia Stevens at 882-3100 or Cynthia.stevens@horizonnb.ca

Men's Curling 7 pm. From March 3-31. Contact Ivan at 734-2127 or drop by the Fundy Curling Club in Riverside-Albert on Friday nights to register.

Tuesday Night Bible Fun 6:30-8:00pm. Fun activities and bible study geared toward younger, growing minds (K to grade 5) at Hopewell Hill Baptist Church .

Wednesdays

Sewing/Quilting 9:30-11:30am You never know what project will be set up in our craft room at Caledonia Activity Centre.* We can always use an extra pair of hands to help with our latest project, or bring your own project Have an idea for a project? We'd love to hear about it!

Shepody Food Bank. 1-4 pm at Albert County Health & Wellness Centre in Riverside-Albert. Clients must bring Medicare numbers for every household member. Closed on days that schools are closed due to storms.

Wednesdays (continued)

Darts. 1:00 – 3:00pm Drop in for an informal game of darts. The coffee pot will be on at Caledonia Activity Centre* and the donuts will be fresh!

Coffee House. 4:00 – 6:00pm An informal gathering of community at Caledonia Activity Centre.* We offer a variety of activities during this time. Could be a bingo game, crokinole or maybe a lively kitchen party. Drop in!

Pilates class .5:30-6:45pm. Pilates class taught by certified Yoga and Pilates Instructor Sasha Rooney at Riverside Consolidated School. Call 872-0403 for details.

Thursdays

DICE at Caledonia Activity Centre* 9:30 -11:30am A lively game which is gaining popularity in many local kitchens! If you have never played before, drop in, have a coffee and we can show you what all the fuss is about.

Free Community Playgroup 9:30-11:30am. Free playgroup at Hillsborough Baptist Church open to anyone caring for children 0-6 years old. No advance registration needed. Bring indoor shoes and a healthy snack. See www.facebook.com/hillsboroughplaygroup

Adult Skating. 10am- 11am.The Hillsborough Arena offers a public skate for adults. Drop in at 32 Mill St.

Alma Handwork Evenings 7pm. The Alma Leisure Centre on Main Street hosts a gaggle of gals doing handwork. If you sew, sketch or just enjoy the social nature of gathering, join in. Contact: Jane Chrysostom 887-2213.

Men's Curling 7 pm. From March 3-31. Contact Ivan at 734-2127 or drop by the Fundy Curling Club in Riverside-Albert on Friday nights to register.

Music Evening Open Mic 7pm. William Henry Steeves House, Hillsborough. Admission \$5. House band: Gerry Richard, David Smith, Darrell MacAulay, Charlie O'Hara, Willis McKinley & Dale Terris. Canteen available

Fridays

Chase the Ace. 6pm-7:30pm. Joint effort of CCRC and Fundy Curling Club to raise money for the ailing ice plant and preschool at Riverside Consolidated School. At Fundy Curling Club in Riverside-Albert. 3 tickets for \$5. Light supper sold. For details: 882-2573, 882-2960, 882-2626.

***Caledonia Activity Centre, 5295 Rte 114, Hopewell Hill. 882-2604. Caledonia Activity Place's mission is to provide activities for community members 19 and older. Closed on school storm days. No charge for activities, but donations to help cover the cost of refreshments are welcome.**

Community Calendar - see weekly events on opposite page

Weds. Feb 24. Alma Recreation Council - AGM (6 pm)

An opportunity to get involved in your community. Everyone is invited! Visit Alma Recreation Council on Facebook.

Sat. Feb 27. Kiwanis Annual 4X4 Draw (6 pm - 10 pm)

Tickets \$60 each. Winners choice. ATV or Side-by-side. Includes all you can eat roast beef buffet. Tickets available from all Kiwanis members or at the Kiwanis building. For details, see Hillsborough Kiwanis Club on Facebook.

Sat. Feb 27. Curling - Skins Game (7 pm)

Fun curling night for members and non-members. You don't need a team, (individual sign-up); teams will be made up from those who register. Cost is \$2 for members, \$5 for non-members. Curlers must be pre-registered by Feb. 26 at 8 pm. Contact Ivan at 734-2127 to register or drop by the Fundy Curling Club in Riverside-Albert Friday evening and register in person.

Sun. Feb 28. Hydroponic Workshop (3 pm - 5pm)

Foods of the Fundy Valley presents a workshop on hydroponics at Forest Dale Nursing Home in Riverside Albert. Workshop is free to attend but donations are welcome! See details on page 3.

Sun. Mar 6. World Day of Prayer Service (2:30- 3:30 pm)

The 2016 ecumenical service has been prepared by women from Cuba with the theme 'Receive Children. Receive me.' Presented by members of churches in the area at Forest Dale Home in Riverside-Albert.

Sat, Mar 12. Curling - Fundy Mixed (All Day)

Fundy Curling Club hosts their annual open mixed bonspiel open to all curlers. Teams are made up of 2 women and 2 men. For details or to sign up, drop by the Curling Club on Friday nights or contact the club through Facebook. Start time will depend on the number of teams registered. Everyone is welcome to come enjoy the curling and cheer on your favourite team!

Tues. Mar 15. Live Well! Health Coach Session (5:30 - 7pm)

How can a Health Coach help you reach your goals? Claude Vautour is presenting a workshop to help create an action plan. Presented through videoconference at the Albert County Health and Wellness Centre. Will address Health Goals such as Physical activity, Healthy eating, Smoking cessation & Stress management. Participants will leave the workshop with an action plan. Call 882-3100 for more information.

Fri. Mar 18. Talk With Me - Early Language Services

Curious about your child's speech and language development? Public Health is sending a speech-language pathologist to meet with caregivers and children (birth to pre-kindergarten) to provide specific feedback and suggestions about a child's speech and language development. Do you wonder about your child's hearing? Come have your child's hearing screened quickly and easily! No referral is needed to book an appointment. Ask for a Speech and Language Consultation and/or Hearing Screening. To book a time, contact Talk With Me at 856-3617 or email talkwithmemoncton@NBED.NB.ca.

***Visit the Connecting Albert County
community calendar or submit an event
at [www.connectingalbertcounty.org/
calendar.html](http://www.connectingalbertcounty.org/calendar.html)***

Sat. Mar 19. Spring 2 Action Walk for Homelessness

(10am—noon). Make a print on life today. Walk. Run. Donate & create awareness of homelessness. Register now at www.spring2action.ca

Sat. Mar 19. Curling-Skins Game (7 pm)

Fun curling night for members and non-members. You do not need a team (individual sign-up); teams will be made up from those who register. Cost is \$2 for members \$5 for non-members. Curlers must be pre-registered by March 18 at 8 pm. Contact Ivan at 734-2127 to register or drop by the Fundy Curling Club on Friday nights and register in person.

Mon. Mar 28. Bennett & Albert County Health Care Foundation AGM (7 pm)

The BACH Foundation will host their AGM at the Albert County Health and Wellness Center, 8 Forest Dale Rd., in Riverside-Albert. Everyone welcome! The guest speaker will be Dawn Parke, Community Schools Coordinator of the Anglophone East School District. Topic –Dolly Parton Imagination Library sponsorship

Sat. Apr 16. Tele-Drive Variety Show (7 pm)

Tele-Drive Albert County Variety Show at the Curryville Community Outreach Center. Canteen on site.

Sat. Apr 23. Tele-Drive Variety Show (7 pm)

Tele-Drive Albert County Variety Show at Harvey Hall. Canteen on site.

Supporters of Connecting Albert County

Connecting Albert County thanks the following for their support.

Platinum Support

Bennett and Albert County Health Care (BACH) Foundation

BACH Mission: To enhance the health and wellness of the people served by the Albert County Health and Wellness Centre through raising funds and managing assets in the spirit of our benefactor, Judge Bennett's vision.

BACH Vision: To have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre with the support of our community and the satisfaction of our donors.

www.bachfoundation.com



BENNETT & ALBERT COUNTY
HEALTH CARE FOUNDATION

Silver Support

Crooked Creek Convenience: the place to find gluten-free, celiac-safe foods, fresh coffee, snacks, groceries, along with free books and welcoming smiles. www.crookedcreekadventures.com/crooked-creek-convenience
www.facebook.com/crookedcreekconvenience

Fundy Highlands Motel & Chalets: cozy rustic chalets and motel efficiency studios. Minutes from Alma, in Fundy National Park, with beautiful views of the bay. www.fundyhighlandchalets.com, www.facebook.com/FundyHighlands

Bronze Support

Leslie Tracy, Century 21 Countryside Realty www.leslietracy.com

Advertise in our Special Issue!

Thanks to the generous support of the **Bennett and Albert County Health Care (BACH) Foundation**, the June 2016 Connecting Albert County newsletter will be a special 8-page **full-colour** print edition that will be mailed to all **2100 households** in rural Albert County.

You can help sponsor this community newsletter and have your support recognized by all the households from Stoney Creek to Alma. We've put together a package of advertising/supporter options for every budget. See www.connectingalbertcounty.org/supporters.html

Want to volunteer with Connecting Albert County ?

We welcome volunteers to help with a variety of tasks, such as the following. Computer experience is not necessary.

Please email info@connectingalbertcounty.org for details.

- ~ Finding out what events are happening in your community
- ~ Submitting events to our community calendar
- ~ Delivering copies of our print newsletter
- ~ Writing articles about news, businesses, events, peoples and places of interest in rural Albert County
- ~ Technical troubleshooting and website design

Connecting Albert County reflects the passion and hard work of many people in rural Albert County, including Joanne Butland, Deborah Carr, Joseph Gallant, Barb Gebuhr, Mindy Holmstrom, Susan Quinn and Janet Wallace (Coordinator).

We appreciate the support of the Bennett and Albert County Health Care (BACH) Foundation, the Albert County Health and Wellness Centre, Forest Dale Home, the Village of Hillsborough and our many supporters (both past and present). Questions? Email us at info@connectingalbertcounty.org

