

# Connecting Albert County

March 2018



Image by Gordon Rattray

Picture by  
Gordon Rattray

## Albert County Business Excellence Awards

The Albert County Chamber of Commerce (ACCoFC) envisions Albert County as a vibrant environment for economic development and a place where residents enjoy their quality of life.

Rich in culture, natural wonders, and community pride, our County is a kaleidoscope of possibility and potential for economic prosperity. We are 'Lucky to Live in Albert County!' Many businesses and organizations already know this. Within the vast range of our borders, we see many businesses thriving in the top of their field. The ACCoFC wants to celebrate their success within our borders and highlight their achievements to the rest of our province and region.

The Chamber is excited to announce the First Annual Business Excellence Awards & Gala on March 24,

2018 at the Hillsborough Golf Club (both host and major sponsor).

The goal of the ACCoFC Business Excellence Awards Program is to follow the Chamber's mission in promoting economic and commercial prosperity in Albert County. It will do this by:

~ encouraging and acknowledging businesses that act as outstanding role models

~ recognizing businesses that have made exceptional contributions to the Albert County economy

~ valuing and displaying the wide array of talent that creates Albert County business.

~ celebrating the diversity and culture of our County.

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## Connecting Albert County

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**Our Mission:** To connect rural Albert County through online and print communication.

### Connecting Albert County (CAC)

**Board:** Lisa Brown, Joseph Gallant, Kate Merlin & Victoria Stroud

**CAC Part-time coordinator/editor:**  
Janet Wallace

To donate funds, submit articles or provide feedback, email **info@connectingalbertcounty.org** or send mail to CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7

#### Distribution sites:

Limited numbers of free copies are available at the following:

**Hillsborough:** Scotia Bank, Hillsborough Freshmart, Village Office

**Riverside-Albert:** Albert County Pharmacy, Crooked Creek Convenience, Forest Dale Home, Albert County Health & Wellness Centre, Village Office

**Alma:** Harbour View Market and Restaurant, Fundy General Store, Village Office

Copies are also available at [www.connectingalbertcounty.org/newsletter](http://www.connectingalbertcounty.org/newsletter)

The opinions in our newsletter and website do not necessarily reflect the views and opinions of the individuals who make up Connecting Albert County.

#### A gift of colour

**Connecting Albert County would like to thank Gary Steeves Insurance for their generous contribution of printing colour copies of our publications.**

*Cont. from page 1.*

The Chamber is growing and changing, but what hasn't changed is our belief in the excellence of businesses in Albert County.

Businesses can be nominated for a variety of awards by anyone from the general public and/or business community. A business can also self-nominate. The awards available are:

*Business of the Year*

*Non-Profit of the Year*

*Emerging Business of the Year*

*Tourism & Hospitality Excellence*

*Community Service: Albert County Ambassador* (business or organization)

*Environmental Stewardship* (business or organization)

*People's Choice* (business or organization)

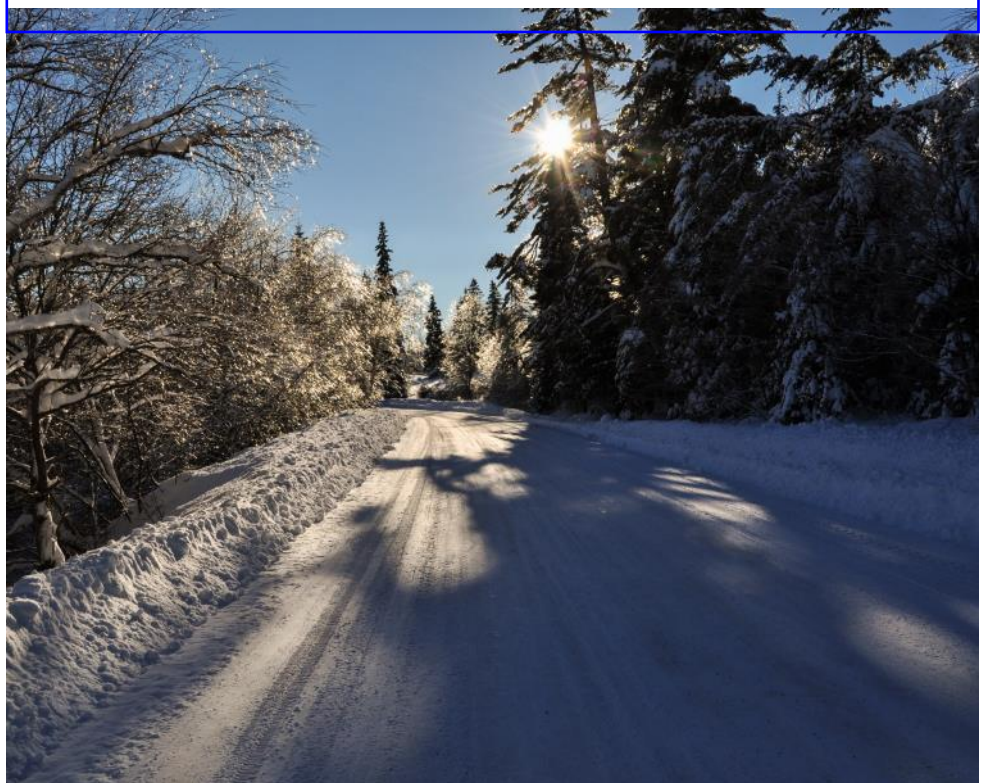
Nominations can be made at [www.surveymonkey.com/r/87SHL83](http://www.surveymonkey.com/r/87SHL83), by picking up then submitting an application form from the Town of Riverview, Village of Hillsborough, or Village of Riverside-Albert offices, or by contacting the Chamber.

For more information, or to make a nomination, purchase tickets, or find out how you can contribute to this inaugural event, contact Melody Land at [accofc@gmail.com](mailto:accofc@gmail.com) or by calling 381-8747.

Nominations are due March 7.

*By Melody Land, Executive Coordinator of the Albert County Chamber of Commerce*

*The picture below and banner on page 1 were taken by Gordon Rattray, winner of the Photo Contest at the Albert County Winter Carnival.*



# Foods of the Fundy Valley

**F**oods of the Fundy Valley (FFV) incorporated in October 2010, the result of a meeting of community leaders, movers and shakers who identified a need to focus on our local food economy. Our vision is a stronger, more vibrant Albert County, where our farmers and food producers are able to sustainably, responsibly and profitably grow the local food economy, and our citizens can enjoy the economic and healthful benefits of accessible, locally produced foods.

## Some of FFV's accomplishments:

**Farmers' and Crafters' Markets** – truly local markets since 2010 for food producers and artisans in the area have been held at Riverside-Albert, Alma, the Albert County Museum in Hopewell Cape, and currently at the Old Church in Hillsborough from May to October.

**Community Food Smart** – a bulk-food buying club for those interested in purchasing quality

produce at wholesale prices. Five convenient order and pickup points between Alma and Curryville give access to fresh produce without the long trip to Moncton or Sussex.

**Community garden at Forest Dale Home.** (Partnership with Forest Dale Home and Shepody Food Bank) – 10 plots available to anyone on a first-come-first-served basis. May to October.

**Food-related workshops** – on planning a garden, extending the growing season, weed and pest control, beekeeping, seed saving and security, hydroponics, food preservation and storage, building a cob oven, and more.

**School programs** – school gardens, harvest lunches, kids in the kitchen at Hillsborough Elementary, Caledonia Regional High and Riverside Consolidated Schools.

## **Bee Wise beekeepers' group**

**Fundy Fresh branding** – logos, labels, signage for our business members to display to distinguish their products as locally grown or made.

**Fundraisers** – Oktoberfest, Christmas Soup Bar

## **Why join FFV?**

We are a group of enthusiastic individuals who share a passion for food and community. We would like to focus on food-related issues that are important to members of our community. We are currently brainstorming and revisiting our priorities. Your input would help us to set our new direction. If you share our interests and passions, we invite you to join us.

Membership gives you a voice in our governance and programs, and entitles you to discounts at our workshops. Membership fees are \$5/year for individuals, \$25/year for businesses, and run from May 1st to April 30th of each year. Anyone who joins now will have membership valid until April 30, 2019. Join us in May for our AGM, and the best AGM Soup Bar in the County!

*By Tatum Andrews, FFV*

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## Albert County's Outreach Diabetes Case Manager

by Jennifer Shelby

“Managing diabetes is like building a house,” says Shelley Jones. “You need to build a good foundation. A lot of this is knowledge, and that’s where education comes in.”

Shelley Jones is an Outreach Diabetes Case Manager with Horizon Health. She meets with patients at the Albert County Health and Wellness Centre once a month, an initiative made possible with support from the Bennett and Albert County Healthcare (BACH) Foundation.

“The role of the Outreach Diabetes Case Manager is to support self-management education and to fill in the gaps between the patient’s education and their family doctor,” Shelley says. “Certain aspects about how diabetes works can be missed when people are learning to live with diabetes.”

She can help identify gaps in a person’s knowledge, and help

manage the “toolbox of medical care” a patient requires.

“When a patient is referred to me, I provide them with basic diabetes self-management education. I ask what they need. I ask them what questions they may have. I ask them what kind of health care insurance they have, because access can be challenging. I don’t prescribe medication, but I work with the person in their medical team who does,” explains Shelley.

“Type 2 diabetes is about insulin resistance. This is something that’s genetic. You can put it off by diet and exercise, but you can’t control it. The first thing I tell my patients is ‘this is not your fault,’” says Shelley. “There are two buckets: things you can control, and things you can’t. Genetics is the bucket of things you can’t control.”

I tell Shelley I had gestational diabetes while pregnant with my second child. This puts me at a higher risk for developing diabetes in the future.

“If you’ve had gestational diabetes, you already have a level of insulin resistance. But did you know that your child has a statistically higher risk of developing diabetes as a young adult because of it?”

I had no idea.

“This is a good example of how an Outreach Diabetes Case Manager can fill in the gaps in your knowledge. Knowing this now, you can take extra care to model that good foundation for your child in terms of diet, exercise, and how our bodies use food.”

As a mother, this information is an incredible motivator, and I tell Shelley this.

“Exactly. Your job is to build as good a foundation of knowledge as you can. We, as a species, developed as hunter-gatherers, and we’ve spent the last hundreds of years learning how to work sitting still and eat out of a box. That’s not a healthy lifestyle.”

Shelley lists off the many complications that can go along with diabetes. “You can be eating well and still run into trouble. That’s where the pharmacy toolbox comes in—to manage glucose, blood pressure and cholesterol levels and prevent complications. Diabetes changes as it progresses, and that means a patient’s care needs to change with it. I am a resource to your doctor’s practice. If you notice your diabetes is changing, and if you have questions, just ask your doctor and I can meet with you.” She is also available for people with prediabetes who want help in “building that good foundation as they move forward.”

*Shelley Jones, RN BScN CDE, is one of 14 Outreach Diabetes Case Managers in the province. She has been with the program since it began in 2004. In 2014, she won the Diabetes Educator of the Year Award.*

*Jennifer Shelby asked her kindergarten for help writing this bio. As a result, she is the Queen of Unicorn Land and likes to eat carrots. When she gets a break from reigning this imaginary kingdom, she keeps a fiction blog at [jennifershelby.blog](http://jennifershelby.blog)*



*Shelley  
Jones*

## Seedy Saturday: March 10th, 11am-4pm

Please join us for our community's 1st Annual Seedy Saturday hosted by Foods of the Fundy Valley! The event at Caledonia Regional High School in Hillsborough will include seed sellers, garden-related local businesses and organizations, and we will be hosting a community seed swap. There will also be talks throughout the day.

Foods of the Fundy Valley will be offering their delicious soup bar at the event!

### What's a Seedy Saturday?

Seedy Saturdays are held across the country and around the world. These events bring together like-minded gardeners, farmers, seed savers and community members passionate about mindful gardening, food security and our environment.

### What's a Community Seed Swap?

Simply bring seeds and swap them! This free exchange allows gardeners of all levels to swap seeds with others in the community at the Community Seed Swap table at the event. It's a chance to find unusual seeds or learn about something you've never grown before.

### Presentations include:

Noon. **Seed collecting: what, when and where:**  
Bob Osborne, Corn Hill Nursery.

1pm. **Tomatoes: from seed to seed:**  
Greg Wingate, Mapple Farm.

2pm. **Gardening with raised beds:**  
Frank Cochrane, Cochrane Family Farm

3pm **Growing medicinal herbs:**  
Tatum Andrews, Bear Roots Forest.

Come out to celebrate the beginning of spring!

### Vendors that will be at the event:

**Farmers Browns Greenhouse-**  
[www.farmerbrowns.ca](http://www.farmerbrowns.ca)

**Mapple Farm-** [www.mapplefarm.com](http://www.mapplefarm.com)

**Rainbow Seeds-** [www.rainbowseeds.ca](http://www.rainbowseeds.ca)

**Fundy Farms-** [www.facebook.com/  
FundyFarmslocalharvest](http://www.facebook.com/FundyFarmslocalharvest)

**Annapolis Seeds-** [www.annapolisseeds.com](http://www.annapolisseeds.com)

**Incredible Seeds-** [www.incredibleseeds.ca](http://www.incredibleseeds.ca)

**Tansy Lane Herb Farm-** [www.tansylane.ca](http://www.tansylane.ca)

**Hillsborough Farmers Market-**  
[www.facebook.com/  
HillsboroughFarmersMarket](http://www.facebook.com/HillsboroughFarmersMarket)

**Cochrane Family Farm-**  
[www.cochranefamilyfarm.com](http://www.cochranefamilyfarm.com)

**Corn Hill Nursery-**[www.cornhillnursery.com](http://www.cornhillnursery.com)

**Jems Preserves**

**Bee Wise Beekeeping**

**Bear Roots Forest-** [bearrootsforest.ca](http://bearrootsforest.ca)




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Fax: (506) 734-3711

## CCRC Computer Courses

Did you make a New Year's Resolution to learn something new? Perhaps to increase your knowledge base and computer skill level? Chipoudy Communities Revitalization Committee (CCRC) has a course for you! Local professionals are willing to teach a class in Word and Excel. Please let CCRC know if you are interested (882-2573) or reply on the CCRC FB page. Classes will be held at Riverside Consolidated School. Day and time will be determined by participants and instructors.

### Prerequisites

- Familiar with MSWord and Excel
- Have used both to create documents for others
- Comfortable with Basic Mouse skills, Selection, Drag and Drop, Right click contextual menus
- Can bring own lap top

### **MS Word** Learn about:

- Numbered Lists
- Paragraph/New Line
- Tabs
- Decimal
- Leader Alignment
- Tables
- Views
- Layout
- Outline
- Draft
- Styles
- Mail Merge

### **Excel** Learn about:

- Tables/Lists
- Name and Addresses List
- Numbers vs Text
- Numbers that aren't numbers
- Stock/Part Numbers
- SIN Numbers
- Telephone numbers
- Finding errors
- Manipulating Dates and Times
- Multiple Windows
- Styles
- Mail Merge
- Data Source

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*Albert County Chamber of Commerce*

### **First Annual Business Excellence Awards & Gala March 24, 2018, 6pm at The Hillsborough Golf Club**

Celebrate our local businesses by joining us for a night of revelry as we recognize and award the top businesses in Albert County! Experience why we are "Lucky to Live in Albert County!"

#### **Event highlights include:**

- Musical Showcase of some of Albert County's up-and-coming artists
- Special Presentation by: Derrick Beardsworth of Parkindale Productions
- Keynote Speakers: Melody Petlock & Rachel Mathis, Founders of The Sackville Commons
- Draws for amazing prizes including: "Albert County Arts & Culture Package," "On Our Way to Albert County Package" and more!
- A 4-course meal of elevated Albert County gastronomy, and of course,
- The Business Excellence Awards!

In addition, a portion of the cost of every ticket will contribute to sending an Albert County youth to further their education by funding the ACCoC Bursary Fund.

Cost: \$45/per person, \$350/per table of 8

**To reserve your ticket, please email Melody at [accofc@gmail.com](mailto:accofc@gmail.com), call 381-8747 or go to [www.surveymonkey.com/r/5BXFHF3](http://www.surveymonkey.com/r/5BXFHF3)**



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## COMMUNITY CALENDAR

### Thu Mar 1

4:30pm - 7:30pm **Friends of the Hillsborough Arena - Chase the Ace\***

7pm - 9pm **Country & Gospel Music Evening\***

7:30pm **Zumba Class\***

### Fri Mar 2

6pm - 7:30pm **Chase the Ace - Riverside-Albert\***

6:30pm **Weekly Card Games - Alma Leisure Centre\***

### Mon Mar 5

6:30pm **Pickleball\***

### Tue Mar 6

7:30pm **Zumba Class\***

### Wed Mar 7

10am - 11:30am **"North of 55" Group**, Hillsborough Baptist Church  
If you're 55+, join the group every 2nd Wednesday. Bring a friend or neighbour to enjoy snacks, games, stories and more. Feel free to drop in: this community event is open to everyone in Albert County. For details, contact Nettie Steeves at 380-2901 or 734-2900.

1pm - 3pm **Shepody Food Bank\***

5:30pm - 8:30pm **Hillsborough Kiwanis Bingo\***

### Thu Mar 8

4:30pm - 7:30pm **Friends of the Hillsborough Arena - Chase the Ace\***

7pm - 9pm **Country & Gospel Music Evening\***

7:30pm **Zumba Class\***

*\*See Page 8 for details.*

### Fri Mar 9

6pm - 7:30pm **Chase the Ace - Riverside-Albert\***

6:30pm **Card Games Alma \***

### Sat Mar 10

11am - 4pm **Seedy Saturday**

See page 6 for details.

### Sun Mar 11

2pm **Fundy Youth Satellite Spring 2 Action Walk for Homelessness.**

Hopewell Rocks. All funds go to the closest emergency services for free shelter, clothing and food to anyone in need. Pets are welcome, both at Harvest House and at the walk. Click on [www.canadahelps.org/s/mZkQY](http://www.canadahelps.org/s/mZkQY) to register as a walker or runner, and to donate! This is Fundy Youth's 3rd year participating with a new goal to raise \$1000!

### Mon Mar 12

6:30pm **Pickleball\***

### Tue Mar 13

7:30pm **Zumba Class\***

### Wed Mar 14

1pm - 3pm **Shepody Food Bank\***

5:30pm - 8:30pm **Hillsborough Kiwanis Bingo\***

### Thu Mar 15

4:30pm - 7:30pm **Friends of the Hillsborough Arena - Chase the Ace\***

7pm - 9pm **Country & Gospel Music**

7:30pm **Zumba Class\***

### Fri Mar 16

6pm - 7:30pm **Chase the Ace - Riverside-Albert\***

6:30pm **Card Games - Alma \***

### Sat Mar 17

7pm **Skins Curling: Fundy Curling Club** Individual or Couple Sign-Up. The Skins Games are always fun. You get to compete for exciting prize packages for only a \$2 entry fee (\$5 non-members). Sign up by Friday evening at the club or email Leo Sheehy [leosheehy2@gmail.com](mailto:leosheehy2@gmail.com). Teams will be made up on Friday.

### Mon Mar 19

6:30pm **Pickleball\***

### Tue Mar 20

7:30pm **Zumba Class\***

### Wed Mar 21

10am - 11:30am **"North of 55" Group**. See March 7 for details.

Noon-8pm **Mobile EcoDepot Riverside-Albert Rec Center** (see page 8)

1pm - 3pm **Shepody Food Bank\***

5:30pm - 8:30pm **Hillsborough Kiwanis Bingo\***

### Thu Mar 22

Noon-8pm **Mobile EcoDepot Riverside-Albert Rec Center** (see page 8)

4:30pm - 7:30pm **Friends of the Hillsborough Arena - Chase the Ace\***

7pm - 9pm **Country & Gospel Music Evening\***

7:30pm **Zumba Class\***

### Fri Mar 23

6pm - 7:30pm **Chase the Ace - Riverside-Albert\***

6:30pm **Weekly Card Games - Alma Leisure Centre\***

### Sat Mar 24

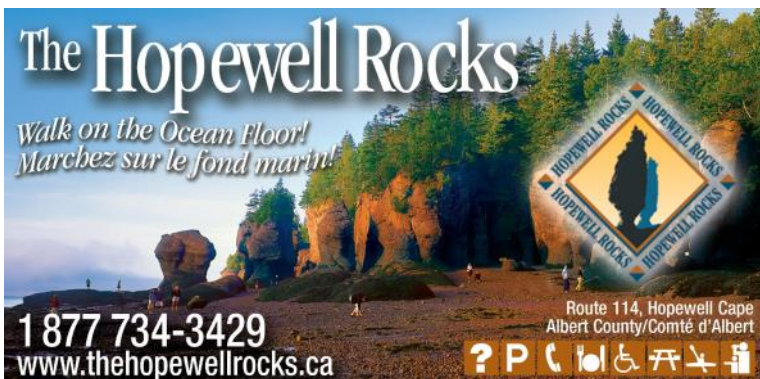
6pm **"Lucky to Live in Albert County" Albert County Chamber of Commerce Gala**. See page 5 for details.

### Mon Mar 26

6:30pm **Pickleball\***

### Tue Mar 27

7:30pm **Zumba Class\***



Continued on page 9

ConnectingAlbertCounty.org 7

## Hillsborough Public Library Events for March 2018

### Need something to do during March Break?

#### We've got you covered!

The library will be holding a variety of activities during the March Break week for kids of all ages. For more details on any specific event, call the library at 734-3722.

**Tue Mar 6** – Come Build with Us  
1:30-4pm

**Wed Mar 7** – Pokemon Cards  
1:30-4:30pm

**Thu Mar 8** – Family Board Game  
Afternoon 1:30-4:30pm

**Fri Mar 9** – Kids Crafts 2-3pm  
(Ages 2-6 years) & 3-4 pm (7+ years)

**Sat Mar 10** – Family Movie Matinee  
2pm : *Storks*

### Babies in the Library

The Hillsborough Public Library invites you and your baby (newborn to 18-months-old) to join our fun and interactive *Babies in the Library* program.

***Babies in the Library* is a free half-hour program that runs once a week for four weeks. Our current session is on Wednesdays at 2:00pm starting March 14th.**

Please register for this program by visiting or calling the library at 734-3722.

This program encourages development through stories, songs, action rhymes and tickles. It is also a great opportunity for parents to socialize. You'll be singing the songs you hear for days afterward!

### Story Time at the Library: Thu Mar 1, 15, and 29 from 2pm - 2:30pm

A time of stories and songs for newborns to 5-year-olds.

#### STEAM\* Club at the Library:

**Tue Mar 13 from 3:30pm - 5pm**

Once a month children in grades 3 and up are invited to be part of our STEAM Club. We will be trying out some different STEAM-based activities such as learning to code, learning to use our makey makey and more.

**Afterschool STEAM\* Drop-In at the Library: Wed Mar 14 and Tue Mar 27 from 3:30pm - 5pm**

School-aged children are invited to the library after school to try out our different STEAM-based activities.

**Afterschool Board Games for Kids: Fri Mar 16 from 3:30pm - 5pm**

Children are invited to the library after school to try out one of our board games. Have a friendly game against a friend or against someone new.

**Pokemon Cards Afterschool:**

**Tue Mar 20 from 3:30pm - 5pm**

Kids of all ages are invited to bring their Pokémon cards to the library after school for a friendly match against someone else from the community.

#### Read & Watch Adult Book Club:

**Thu Mar 29 from 6:30pm - 8pm**

Our Read & Watch Adult Book Club meets monthly at the Hillsborough Public Library the last Thursday of the month. Each month, you read the selected title and watch the corresponding film, leading up to our meeting where we discuss the similarities/differences that we have found.

Our spring selections are:  
March - *Hidden Figures*;  
April - *Bridget Jones' Diary*;  
May - *The Joy Luck Club*.

For more information, contact the library at 734-3722.

\*STEAM: science, technology, engineering, arts and math

## EcoDepot

The mobile EcoDepot visits a different community each month. For no fee, residents will be able to visit any Mobile Eco-Depot to dispose of the following (up to ½ tonne truck/utility trailer):

- Appliances
- Electronic waste
- Furniture
- Small household machinery (emptied of gas and oil)
- Construction/renovation waste
- Household hazardous waste
- Car and small truck tires
- Brush/branches and yard waste
- Clear glass, metal
- Cardboard and paper
- Cooking oil

\*\*No car parts, gas tanks, residential oil tanks, regular curbside waste or commercial waste.

See details at [www.eco360.ca/mobile-eco-depot-program](http://www.eco360.ca/mobile-eco-depot-program)

### Need a high school diploma?

The South East Regional Adult Learning Board provides GED courses, equivalent to a high school diploma, for adults. Funding may be available. Classes are held at the Albert County Health and Wellness Centre in Riverside-Albert. For details, call 882-1010, or visit the website: [opendoorsged.ca](http://opendoorsged.ca)

**Keep in Touch** Sign up to receive this free monthly publication by email. See past issues & subscribe at [ConnectingAlbertCounty.org/newsletter](http://ConnectingAlbertCounty.org/newsletter).



## WEEKLY EVENTS

### Mondays

**Free Grocery Trips.** Door-to-door service for residents from Alma to Hillsborough to Hillsborough Fresh Mart. If interested in this free service, call 875-1190 or email tele-driveac@gmail.com.

### **6:30pm Pickle Ball**

The Riverside-Albert Recreation Centre hosts Pickle Ball. Come on out and see what this sport is all about! \$2/night. First night is free!

### Tuesdays

#### **7:30pm Zumba Class**

Riverside Consolidated School Drop-ins welcome. For details, contact Evelyn Wachs at 882-2831.

#### **10am-11am Yoga in Hillsborough**

Hillsborough Legion. All are welcome! New and rusty yogis alike! For more information, or to register, call or text Mona at 874-5551.

### Wednesdays

#### **1-3pm Shepody Food Bank**

Albert County Health & Wellness

Centre, Riverside-Albert. Bring Medicare numbers for every household member. Closed on days that schools are closed due to weather.

#### **5:30pm Hillsborough Kiwanis Bingo**

Doors open 5:30, games begin 6:30.

### Thursdays

#### **4:30-7:30pm Friends of the Hillsborough Arena - Chase the Ace**

Hillsborough Golf Course. Raffle tickets 3 for \$5. Draw 7:30pm.

#### **7pm Country & Gospel Music Night**

Hillsborough Kiwanis Center. Canteen, 50/50 & Door prizes. Open mic; join us with your singing voice and/or instrument. Admission \$7

#### **7:30pm Zumba Class**

Riverside Consolidated School Drop-ins welcome. For details, contact Evelyn Wachs at 882-2831.

### Fridays

#### **6pm Chase the Ace - Riverside-**

**Albert** Fundy Curling Club. Effort of CCRC & Fundy Curling Club to raise

money for the ice plant & lifelong learning center at Riverside Consolidated School. Call if you have questions, 882-2573, 882-2052, 882-2626

#### **6:30 pm Weekly Card Games - Alma**

**Leisure Centre.** Playing Auction 45. All ages welcome. Refreshments are part of the game night.

*Calendar continued from page 7*

### Wed Mar 28

1-3pm **Shepody Food Bank\***

5:30-8:30pm **Hillsborough Kiwanis Bingo\***

### Thu Mar 29

4:30-7:30pm **Friends of the Hillsborough Arena - Chase the Ace\***

7-9pm **Country & Gospel Music\***

**7:30pm Zumba Class\***

### Fri Mar 30

6-7:30pm **Chase the Ace Riverside-Albert\***

6:30pm **Weekly Card Games - Alma\***

## Looking for work? Looking for workers?

Connecting Albert County offers a free service to employers and job-seekers in rural Albert County.

Visit [www.connectingalbertcounty.org/jobs.html](http://www.connectingalbertcounty.org/jobs.html)

**Employers** will find links to a form—fill this out and we'll have your job posted as soon as we can.

**Job-seekers**, check out our page often. We'll keep adding positions throughout the year.

Visit Connecting Albert County's Calendar at [www.connectingalbertcounty.org/calendar](http://www.connectingalbertcounty.org/calendar)

Feel free to add community events to the calendar. If you need help, email [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org)

Read stories about rural Albert County at [www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)



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**South East Regional Adult Learning Board** [opendoorsged.ca](http://opendoorsged.ca)

**NEW** We have developed a new advertising plan. To spread the word about your business or organization's work in rural Albert County, see [www.connectingalbertcounty.org/advertising](http://www.connectingalbertcounty.org/advertising). We have plans available for seasonal and full-time businesses, as well as non-profit organizations.

We also welcome donations at [www.connectingalbertcounty.org/supporters.html](http://www.connectingalbertcounty.org/supporters.html).

### Yes, I want to help

have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre



BENNETT & ALBERT COUNTY  
HEALTH CARE FOUNDATION

I would like to contribute a monthly amount of \$ \_\_\_\_\_ TO BE DEDUCTED ON:  1<sup>st</sup> or  15<sup>th</sup> of the month

I would like to contribute a one-time gift of \$ \_\_\_\_\_

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Address: \_\_\_\_\_

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I have enclosed a cheque made payable to the Bennett and Albert County Health Care Foundation

I prefer to use my:  VISA  MasterCard

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Bennett and Albert County Health Care Foundation  
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Tel 506-882-3100 Fax: 506-882-3101

Donate online at [www.bachfoundation.com](http://www.bachfoundation.com)

