

# Connecting Albert County

April 2018



*Albert County Winter Carnival  
Picture by Janet Wallace*

## **One taste and you're hooked!: Black Sheep Syrup**

**By Angela MacDougall-Smith**

**I**t all began in 1970 when Eric Smith, Ryan's dad, bought a 203-acre property from Herb Ayer. It was an original grant deed from approximately 1850. Eric believes it was a piece of the original woodlot from the family farm, which had run all the way from Edgetts Landing to the Hopewell Rocks. The property had an existing

sugar camp which ran for several years starting in 1950. Its remnants can still be seen about 100 feet past our tank shed. Back then, they used sleds pulled by horses for sap collection on well-beaten trails and handmade bridges which crossed the numerous brooks on the rocky terrain.

Eric obtained the property just after his father's retirement. The two set out with a large project ahead: hoping to harvest wood for their homes and bring the sugar camp back to life. They rebuilt the main road into the property using only a garden tractor, as they did not have any other equipment. After some time they bought their

*Angela MacDougall-Smith & Ryan Smith run "Black Sheep Maples" under the umbrella of "Fundy Farms: local harvest" in Edgetts Landing.*

*Continued on page 7*

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*Angela & Ryan in front of their evaporator*



## 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 Galant, 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 Rd., 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

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.*

## Connecting Albert County's Job Postings

Connecting Albert County offers a free job posting service. At [www.connectingalbertcounty.org/jobs](http://www.connectingalbertcounty.org/jobs), employers will find a form to fill out. Job seekers will find a constantly updated list of jobs, including:

**Buddha Bear Cafe/Holy Whale Brewery:** Cook, Bartender/Barista  
**Cape Enrage:** Cook, Adventure Guide, Interpreter, Maintenance Staff, Dishwasher, Cashier

**Tipsy Tails Restaurant:** Server

**Harbourview Market & Restaurant:** Cook, Waitress, Dishwasher

**Fundy Highlands Motel & Chalets:** Housekeeping attendant

**East Coast Kids:** Childhood Educator, Camp Educator

**Forest Dale Home:** Casual Lic. Practical Nurse, Casual Registered Nurse

### CCRC Job Fair

Chipoudy Communities Revitalization Committee (CCRC) is pleased to announce the fourth Annual Job Fair, April 10, at the Riverside Albert Recreation Centre. This year, CCRC is happy to include students who are interested in summer employment. Employers who are interested in hiring students will be at the Rec Centre from 3:30-5pm. From 5-7pm, employers will meet adults who are interested in working. There will be a table to help with resume writing, from 5-7pm, for adults. Students, please bring your resumes. Employers who are interested in reserving a spot, please call 882-2573 or 875-9142. (If you have any other questions, please call.)

**CAC's May issue will have a theme of volunteering. Are you looking for volunteers? Do you have a story to tell? If so, please email [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org) by April 15th.**

**Volunteer Post:** Do you love the Hillsborough Farmers Market? Do you enjoy getting out of the house and meeting new people? If so, here is your opportunity to get involved! The market is currently recruiting for the following volunteer position: **Vendor – Community Table.**

*Duties include:* Setting up the table in the morning and putting products away at the end of the day; Greeting customers and providing information about the products that are for sale; Taking cash and recording the products sold in the vendor binder. You would need to be available on Saturday from 9am-2pm, during the market season May to October.



This volunteer position is ideal for anyone who likes to meet new people and wants to be involved in their community — a perfect opportunity for a student who needs customer service or volunteer experience on a resume. For details or to apply, email [market@foodsofthefundy-valley.ca](mailto:market@foodsofthefundy-valley.ca)



## Drop-in blood pressure readings in Riverside-Albert

Checking your blood pressure is a simple step towards preventing heart disease. Now, it's even easier to do. Simply drop in to the Albert County Pharmacy in Riverside-Albert on the first Thursday of the month between 9:30am and 12:30pm. Bev Stevens, a Licensed Practical Nurse, will be there with a smile. In this friendly setting, Bev will check your blood pressure and also let you know about other healthy activities and events in the community.



*Bev Stevens taking the blood pressure of Pharmacist Craig McDermott at the Albert County Pharmacy*

### Why check your blood pressure?

“High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease,” according to the Heart and Stroke Foundation of Canada.

“It is recommended that your blood pressure is checked at least once a year,” says Bev. “If you

have a high reading, you should have it checked at least two more times on two separate days to determine if it is consistently high.”

If Bev notices someone has high blood pressure, she will discuss a plan. She may suggest someone check it monthly, see a doctor or nurse practitioner right away, or even call 911 for immediate care.

Just because you once had low-risk readings doesn't mean you no longer need to be checked. Blood pressure changes throughout your life. For example, a woman's blood pressure might increase during pregnancy, menopause or while taking birth control pills. Also, your blood pressure might increase because of changes in your diet, activity or lifestyle.

The advantage of checking your blood pressure at the pharmacy is that there is no need for an appointment. Also, sometimes people are anxious or nervous upon arrival to see the doctor or nurse practitioner and that might drive up their blood pressure. This service allows you to be checked in a more relaxed atmosphere.

*Continued on next page*

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**NOTE:** in order for you to use this service, please call or drop by the pharmacy so we can put your cell phone number in our computer.

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Call 804-4407 (it's a local call).  
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Please see Jackie, Kelly, or your Pharmacist for details!

**We now carry Atlantic Lottery!!!**

**ALBERT COUNTY PHARMACY**  
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Ph: (506) 882-2226 Fax: (506) 882-2101

### What are healthy levels?

According to the Heart and Stroke Foundation, the following blood pressure levels are linked with varying risks of stroke or heart disease.

- Low risk: 120/80
- Moderate risk: 121 to 139/80 to 89
- High risk: 140/90 or higher
- High risk for diabetics: 130/80 or higher

If you're over 80 years of age, ask your doctor or nurse practitioner about your optimal level.

### What happens at the pharmacy?

The whole process takes only five to ten minutes. You sit in a comfortable chair and Bev places an inflatable cuff on your upper arm (it helps if you wear short sleeves or sleeves that can be pushed up above your elbow). The cuff gently squeezes your arm for a moment and then releases.

Bev writes your reading onto a small chart that you can keep in your wallet (so you can keep track of how your blood pressure changes). Bev discusses your readings with you and answers other questions you may have. You can also bring in your home blood pressure monitor to make sure its readings are accurate.

The process is entirely confidential. Although it takes place in the pharmacy, Bev will ensure other people don't hear your results. She might suggest you tell your doctor about the readings but that is entirely up to you.

### What if my blood pressure is high?

If your readings are high, Bev will encourage you to talk to your doctor or nurse practitioner. Options include changes in diet, increasing exercise or using medication.

### How can I avoid high blood pressure?

- Reduce intake of sodium (salt on food as well as sodium in prepared foods).
- Eat a healthy diet.
- Exercise.
- Maintain a healthy body weight.
- Don't smoke.
- If you drink alcohol, limit consumption to 2 drinks/day (max.10/week) for women and 3 drinks/day (max.15/week) for men.
- Talk to your doctor or nurse practitioner about other options.

### Who offers the service?

Bev Stevens is a Licensed Practical Nurse from the Albert County Health and Wellness Centre. The Albert County Pharmacy in Riverside-Albert hosts the service the first Thursday of every month from 9:30 am to 12:30 pm.

*The Albert County Health and Wellness Centre, as well as many community initiatives, is supported by the Bennett and Albert County Health Care Foundation. When you support the Foundation, you support the Health Centre and the broader community.*

*Pictures & text by Janet Wallace*



You can have blood pressure checked at the Albert County Pharmacy the first Thursday morning of each month



# Honouring our Acadian Past

by Wilfred Savoie

The Chipoudie Acadian monument in Riverside-Albert, NB, honours the Acadian families who lived in the area from 1700 to 1775. They numbered 422 settlers when they were displaced. During the time that the Acadians were in this region, they lived near marshes and the whole area was called Chipoudie. Within that large community, small hamlets were usually named after the predominant family or head of the family of the hamlet (e.g., Village des Savoie, Village des Thibodeau, etc.).

The monument has been installed but the work is far from over. The next phase of the project is preparing for the unveiling and the social event that will follow. The unveiling will be held on the site during the Acadian National Congress on August 16, 2019 at 10:30 am. The time was chosen to benefit from the publicity the Congress will generate. The estimated number of people participating during the week is 90,000. Several people from Louisiana and the New England States have already made plans to attend the unveiling.

A joint committee has been appointed, and will be co-chaired by Jim Campbell, Mayor of Riverside-Albert, and Wilfred Savoie, President of the working group for the Chipoudie Monument. So far, they have appointed Dawne McLean, Annick R. Butland, Paul Savoie, Yvon Comeau, H el ene Dupuis and Anne-Marie LeBlanc to the committee.



Mr. Campbell and Mr. Savoie have invited Prime Minister Justin Trudeau to attend. Mr. Trudeau's ancestral roots can be traced back to one of the Acadian families that actually lived in Chipoudie. Simon Savoie was 16 years old in 1775 when the Acadian settlers were displaced. He eventually settled in Louiseville near Trois-Rivi eres, Qu ebec. He was the father of Elizabeth who married Robert Elliot of the Trudeau family.

This confirms Mr. Trudeau's Acadian roots and his direct link to Riverside-Albert. We hope he will accept our invitation and say a few words at the unveiling ceremony.

*Wilfred Savoie is the president of the working group for the Chipoudie monument.*

*Photos by Janet Wallace*



## Seedy Saturday: Saturday, April 14th, 11am-4pm

Our community's 1st Annual Seedy Saturday has been rescheduled to April 14th. 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 a community seed swap. There will also be talks throughout the day and Foods of the Fundy Valley will offer 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:

11:15am Farmers Browns Greenhouse:  
**Seed Starting**

Noon **Lunch: FFV Soup Bar**

1pm Greg Wingate of Mapple Farm:  
**Tomato Talk and Seedsaving Q&A**

2pm Frank Cochrane of Cochrane Family Farms- **Growing in Raised Beds**

3pm Tatum Andrews of Bear Roots Forest-  
**Growing Medicinal Herbs**

Come out to celebrate the beginning of spring!

### Vendors include:

**Farmers Browns Greenhouse** farmerbrowns.ca

**Mapple Farm** www.mapplefarm.com

**Fundy Farms** facebook.com/FundyFarmslocalharvest

**Annapolis Seeds-** www.annapolisseeds.com

**Tansy Lane Herb Farm-** www.tansylane.ca

**Hillsborough Farmers Market** facebook.com/  
HillsboroughFarmersMarket

**Cochrane Family Farm** cochranefamilyfarm.com

**Jems Preserves**

**Bee Wise Beekeeping**

**Bear Roots Forest-** bearrootsforest.ca

**Curryville Community Center-** Veseys Bulb Fund-  
raiser

**Foods of the Fundy Valley** Soup Bar and Information

**CR Yardworks & Equipment** crequipment.ca


AND MORE TO COME!

### The Hillsborough Farmer's Market is back!




**First market of the season  
is MAY 19<sup>th</sup>**

If you are interested in being a  
vendor, email [market@  
foodsofthefundyvalley.ca](mailto:market@foodsofthefundyvalley.ca)

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*"One Taste" Continued from page 1.*

first truck, an International Scout, and their first piece of equipment, a 1945 Cat D6 Bulldozer, which made the road building much easier.

Eric and George started a new camp — a small metal garden shed they were given to match the new siding George had put on his house. They made their own evaporator out of a metal barrel cut in half, and had about 200 taps, mostly with lines, but still a few buckets. Eric's sisters, Nancy and Audrey, recall George spending nights on end in the little camp while the sap flowed and needed to be boiled. Each season, they made around 20 gallons of syrup which was dispersed among friends and family. They did this every year until George's death in 1995. In 1996, the equipment was stolen and the roof caved in from snow overload that winter.

For a few years, Eric didn't stop dreaming of reviving the sugar bush. Slowly he wrangled his son into seeing the same vision. In 2000, they poured the foundation for the new camp and the metal shell for the 1600-ft<sup>2</sup> building went up. As the years rolled on, they collected equipment from maple operations that were closing. Finally, in 2015, the sap ran through lines on the hill again.

The tradition of the maple harvest continues. Ryan and I are now the third operation to run this sugar bush. We have 2,000 taps, 10% of these on birch trees. Many things have changed over the years, but we try to stay traditionally and environmentally conscious. We boil on a 15-foot-long second-hand wood-fired evaporator from Elgin, which holds approximately 100 gallons and burns about 1 cord of wood every 1½ hours. We use wood from our own property, which Ryan and his uncle Eldon cut in the summer. We have a tank shed that can hold around 5,000 gallons of sap; the only piece of modern machinery is our vacuum pump. Our camp runs off solar power, as does the well, which gives us a comfortable place to stay during the sometimes long maple season.

We decided on the name 'Black Sheep Maples' for a few reasons, but the main one being we only want to make dark syrup. We use Boston Round medicine bottles to remind people that food is

medicine, and of the bountiful food supply surrounding us in nature. We love the deep flavour of our syrup; our customers tell us it reminds them of the 'good ole days.' It is about traditions and we need to keep them alive.



*Ryan Smith & Angela MacDougall-Smith run*

*Black Sheep Maples under the umbrella of their farm, Fundy Farms: local harvest. In their market garden in Edgetts Landing, they grow dry beans, herbs, fruit and more. This is their 3<sup>rd</sup> season running the sugar bush. Their Dark Maple Syrup and Birch-Maple Syrup can be purchased at Corn Crib Moncton, Kredls Corner Market, the Hillsborough Farmers' Market and at their roadside stand during the summer months. Visit them online [www.facebook.com/FundyFarmslocalharvest/](http://www.facebook.com/FundyFarmslocalharvest/) or contact Angela at [angela.macdougall@yahoo.ca](mailto:angela.macdougall@yahoo.ca) or 506-851-9911.*



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The Albert County Museum cookbook, ***Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes***, will soon be published. Order your copy now! Only \$8 (including tax) for more than 200 recipes, as well as many stories about the people and foods of Atlantic Canada.

***Fiddleheads, Fricot & Frittata*** evolved from the Canada 150 project at the Albert County Museum in Hopewell Cape, New Brunswick. The goal is to celebrate the foods of Atlantic Canada and, in doing so, honour the people of this region – people who lived here centuries ago, current residents whose ancestors cleared our farmlands, and people “from away” who now call Atlantic Canada home.

This book is about sharing – the sharing of recipes and stories, cultures and communities. Most of the recipes have been gathered from people in Albert County, NB, but they aren’t necessarily traditional New Brunswick foods. Although many recipes have been handed down from one generation to another, other recipes were discovered while living on another continent or created from scratch in an Albert County kitchen.

The eclectic nature of this collection of 200+ recipes exemplifies the beauty of a potluck, as opposed to a melting pot, approach to cultural relationships.

***Fiddleheads, Fricot & Frittata*** features:

- Traditional recipes including Jigg’s Dinner, Cy’s seafood casserole, Maple syrup baked beans, Sauerkraut, Washington pie, Blueberry grunt and Doughnuts;
- Recipes for Bulgogi, Spanakopita, Haggis, Dahl, Pierogi and other recipes from Korea, China, Greece, Mexico, France, Italy, Slovakia, Scotland, Poland and other nations;
- Seasonal recipes from gardeners and foragers including Jerusalem artichoke pâté, Sweet potato latke, Chard frittata, Pickled samphire greens, Dandelion green pesto and Mi’kmaq Mama’s fiddleheads;
- Dessert recipes including Mincemeat (made with moose meat), Cranberry pie, Pumpkin chocolate chip cookies, Banana cupcakes, Fudge and Maple butter tarts;
- Historical profiles of several common foods;
- Stories about the people of New Brunswick with a focus on Albert County;
- A selection of tips on growing, cooking and preserving heirloom vegetables.

The Albert County Museum is accepting orders for the book – only \$8 including GST!

Order now at [www.albertcountymuseum.com/cookbook](http://www.albertcountymuseum.com/cookbook). The book will be ready by June 1st. Order 10 copies and get one free!

This project is funded in part by the Government of Canada. *Ce projet est financé en partie par le gouvernement du Canada.*



Canada

The following excerpts are from ***Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*** (2018). We’re featuring spring-time recipes including one from Angela MacDougall (see article on page 1) and one from Bev Stevens (pages 3-4).

### **Neeps and tatties (Scottish dish)**

8 baking potatoes, peeled & cubed  
1½-2 lbs rutabaga (Swede), peeled & cubed  
Milk  
Butter  
1 tsp dried thyme  
1 Tbsp maple syrup  
Salt and pepper  
¼ cup fresh shredded parmesan (optional)

- Fill pot with water, add salt and maple syrup, and bring to a boil. Add rutabaga. Boil 5 minutes; add potatoes. Boil until cubes start to fall apart. Drain.
- Add milk and butter, mash potatoes and rutabaga with a potato masher until desired thickness. Salt and pepper to taste. Spread mashed vegetables in a greased cast-iron skillet. Sprinkle with thyme and parmesan if desired. Bake at 300°F for 20 minutes or until it starts to brown. Cut into slices and serve.

*Angela MacDougall, Fundy Farms: local harvest, Edgett’s Landing*



### **Jerusalem artichoke pâté**

In her blog, Nina Khosla of New Horton, NB, writes, "I was going to make a roasted-garlic hummus, but then I had the brilliant idea of using Jerusalem artichokes instead of chickpeas. The sunflower seeds seemed like a natural fit, being of the same family."

1/3 cup raw sunflower seeds  
1 bulb garlic  
Thyme sprigs  
2 cups Jerusalem artichokes,  
chopped  
Olive oil  
Salt and pepper  
Juice from ½ lemon

- Slice the top off the garlic bulb and put it in a small ovenproof container. Pour 1-2 tsp olive oil over garlic and sprinkle with salt and thyme. Cover with tin foil and bake 45 minutes at 400°F.

- Put Jerusalem artichokes in a roasting pan with generous amounts of olive oil, salt and pepper. Roast for 15 minutes, stir; roast 15 minutes more.

- Toast the sunflower seeds (3-5 minutes).

- Pop garlic cloves in the food processor with sunflower seeds, Jerusalem artichokes and lemon. Add ~3 Tbsp olive oil, ½ teaspoon salt and pepper.

*Nina Khosla, aprilparsnip.wordpress.com*

"Maple sugar and maple cream are actually the same thing. When sugar rationing was introduced in Canada during WWII, sugar camps decided to change the name from sugar to cream so that it would not be subject to rationing." *albertcountymuseum.com/maple-syrup*

### **Maple scones**

"Growing up in a family who makes maple syrup, I have come to appreciate all the work that goes into making it," says Bev Stevens. "The Steeves' sugar camp is presently located on my father's property in Lower Cape, NB. This tradition was passed down to him from his father."

"Family and friends get together at the sugar camp during the season to gather the sap, all with buckets. The boiling down of the sap begins with lots of card games and conversations happening during these long hours. One of our favourite recipes is the maple scones, made with our own maple syrup. They are best served warm right out of the oven. Hope you enjoy as much as we do."

3½ cups flour  
1 cup chopped walnuts  
4 tsp baking powder  
1 tsp salt  
2/3 cup softened butter  
1 cup milk  
½ cup maple syrup

Combine flour, chopped walnuts, baking powder and salt. Cut butter into dry ingredients. Stir in milk and maple syrup.

Knead 4-5 times on floured surface. Roll out ½-inch thick and cut into triangles. Bake at 425°F for approximately 15 minutes.

*Bev Stevens*

### **Maple baked brie**

1 package brie cheese  
1 cup maple syrup  
2 apples, finely sliced  
½ cup brown sugar  
1 tsp cinnamon  
1 bag tortilla chips

Remove rind from top of brie (for easier dipping).

Make slices into the brie and insert apples. Top with brown sugar, cinnamon, maple syrup and apple as desired.

Bake at 350°F for 10-15 minutes.

*David Briggs, Rocky Mountain Maples Ltd./Briggs Maples Ltd.*

***Maple season is a treat for all ages. Image below from Jennifer Shelby***



**Albert County Chamber of Commerce  
Business Excellence Awards  
& Gala**

**Hillsborough Golf Club, March 24, 2018**



Danny Hudson, Broadleaf,  
& Alison Elias, Chamber



Kirk & Phyllis Sutherland,  
Ponderosa Pines



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**Business Excellence Award Winners**

- Business of the Year:**  
Crooked Creek Convenience
- Emerging Business of the Year:**  
Parkindale Productions
- Tourism & Hospitality Excellence:**  
Broadleaf Ranch
- Non-Profit of the Year:**  
Chipoudy Communities Revitalization Committee (CCRC)
- Environmental Stewardship:**  
Ponderosa Pines Campground
- People's Choice Award:**  
Rosemary Wellness
- Albert County Ambassador:**  
Cleveland Place



Phyllis Sutherland, Ponderosa Pines,  
& Barb Gebuhr, CCRC





*More faces from the Albert County Chamber of Commerce Awards & Gala*

*Top left: Derrick Beardsworth, Founder of Parkindale Productions, **Emerging Business of the Year***

*Above: Lindsay Butland, Owner, Crooked Creek Convenience, **Business of the Year***

*Left: Steve and Jane Chrysostom, Cleveland Place, **Albert County Ambassador***

## Excerpts from *Our Love Journey* by Barbara J. White

"I was six, and the beginning of my school days arrived. In September, I started first grade at the Hopewell Hill School, the same elementary school my father attended as a child. It was a 'little red school-house' situated on the top of a hill. Grades one through six all met in the same room and was taught by one teacher, Mrs. McGorman. There were no school buses and most provided their own transportation through walking. During the cold, snowy winter months, I sometimes got a ride to school with my Aunt Verna Stone. Not in a car or bus—she drove the local school van bringing the children from Woodworth Settlement in the back roads of Albert County to the main road. Her mode of transportation in winter was a covered wagon sleigh pulled along by her horse. When I relate this to my grandchildren, they think I lived during the *Little House on the Prairie* days.

Springtime in Hopewell Hill brought longer days and increased sunshine, causing the snow to slowly melt. Before long, tin buckets were brought out by the residents, the maple trees were tapped, and the buckets hung on the trees to catch the sap rising from the roots brought on by the warm sunshine. The sweet, clear sap was collected and boiled down into delicious maple syrup. The sugar camps boiled large vats and it was fun to drizzle the boiled syrup over the snow and produce maple candy.

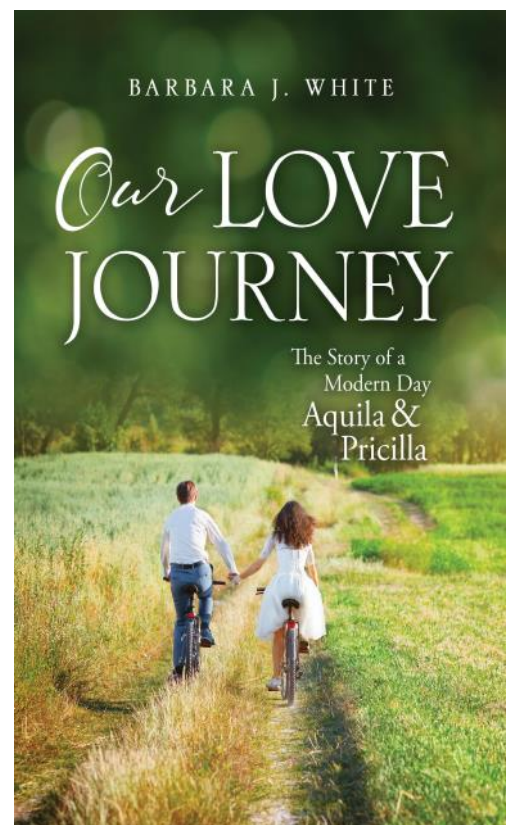
Summers in Hopewell Hill in my young years were filled with happy memories. Mom delighted in giving me birthday parties with all the trimmings. A hammock swinging at the side of the little green house added to the summer fun. My cousins Emeline, Alex, and Wilbur Metcalf, Treva Tingley, Hughie Woodworth, and Kenny Stevens were my closest friends. Emeline was old enough to be my babysitter. A favorite game of the cousins was Hide and Seek. One day I hid in an upper room in Great Grandpa's old barn where Wilbur locked me in. I panicked, shouted in fear, and was ready to throw myself out the window and land on a manure pile when the young pranksters came to my rescue.

The older cousins took me to the local swimming hole at the creek off the Memel Road. We walked the narrow gravel road, past Great Aunt Bell Woodworth's home, squeezed under the barbed wire fence, and skipped through the meadow as we tried to miss stepping on the thistles and 'cow pies.' At last, we arrived at the creek with its rustic wooden covered bridge overhead." ...

***Our Love Journey* by Barbara J. White was released March 5, 2018 by Xulon Press. It is available on Amazon, Xulon Press, and Barnes and Noble.**

"My dad (George E. Newcomb) planted vegetable gardens in the summer, followed by days of Mom canning the fresh produce for the winter months. Three summer delicacies of the region are samphire and goosetongue greens handpicked on the salty marshes of Albert County. These greens served with butter and a little vinegar is still a New Brunswick delicacy. The third is 'Hodge Podge,' made from the early garden produce—baby carrots, peas in the pod, new potatoes, green beans, and yellow beans—served with fresh cream and butter. My mouth waters even as I think about this gourmet fare."

*Barbara Jean White (néé Newcomb) was born in Riverside, grew up in Hopewell Hill and went to high school at Riverside Consolidated School.*





## COMMUNITY CALENDAR

### Wed Apr 4

**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.

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

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

**6-9pm. Lockhart Listens.** Meet Alaina Lockhart, MP. Riverside-Albert Rec Centre. Fundyroyal.ca

### Thu Apr 5

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

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

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

### Fri Apr 6

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

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

**8pm - 12am Matt and Larry's Jam Night,** Hillsborough Kiwanis. Calling all musicians and music lovers. Drop by and sing or play a song or 3 or just sit back, relax, have a cold one and enjoy some great tunes. Event is 19+. Admission: \$9.

### Sat Apr 7

**7pm - 10pm Old Time Country with The Good Times,** Hillsborough Kiwanis. For the best of Old Time Country, drop by and check out the Good Times featuring Elma Campbell. Admission: \$8 at the door.

### Mon Apr 9

**6:30pm Pickleball\***

### Tue Apr 10

**3:30pm - 7pm Annual CCRC Job Fair,** Riverside Albert Rec. Centre. CCRC's 4th Annual Job Fair! CCRC is happy to include students are interested in summer employment. Employers interested in hiring students will be at the Rec Centre from 3:30-5. From 5-7, employers will meet adults who are interested in working. There will be a table to help with resume writing from 5-7 for adults. Students, please bring your resumes.

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

### Wed Apr 11

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

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

### Thu Apr 12

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

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

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

### Fri Apr 13

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

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

### Sat Apr 14

**11am-4pm. Seedy Saturday (see page 6)**

### Mon Apr 16

**6:30pm Pickleball\***

### Tue Apr 17

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

### Wed Apr 18

**Noon - 8pm Mobile EcoDepot,** Alma Activity Center (see page 13).

**10am - 11:30am "North of 55" Group,** (See Apr.4.)

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

**5:30pm - 8:30pm**

*\*See Page 15*

**Hillsborough Kiwanis Bingo\***

### Thu Apr 19

**Noon - 8pm Mobile EcoDepot,** Alma Activity Center (see page 13).

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

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

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

### Fri Apr 20

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

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

### Sat Apr 21

**7pm The Douthwrights Show,** Hillsborough Kiwanis. For the best of bluegrass, country and old time music, stop by for the Douthwrights. Admission: \$10 at the door.

### Mon Apr 23

**6:30pm Pickleball\***

### Tue Apr 24

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

### Wed Apr 25

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

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

### Thu Apr 26

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

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

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

### Fri Apr 27

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

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

### Mon Apr 30

**6:30pm Pickleball\***

### Tue May 1

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

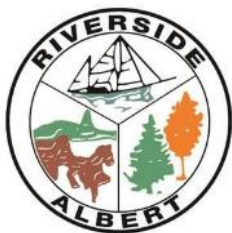
### Wed May 2

**10 - 11:30am "North of 55" (See Apr.4.)**

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

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

*ConnectingAlbertCounty.org 13*



5823 King St., Riverside-Albert  
NB E4H 4B4

**Village of  
Riverside-Albert  
Fundy Historic Village**

506-882-3022

villra@nbnet.nb.ca

[www.riverside-albert.ca](http://www.riverside-albert.ca)

## Hillsborough Public Library: April 2018

### **Resume Drop-In Help at the Library: Thu Apr 5 from 4:30pm - 6:30pm and Sat Apr 7 from 1pm - 3pm**

In anticipation of the CCRC Job fair being held on April 10th, the Hillsborough Public Library offers drop in resume help.

### **Let's Get Crafty: Fri Apr 6 and 20 from 3:30pm - 5pm**

Afterschool crafts for 5- to 14-year-olds.

### **Afterschool STEAM\* Drop-In at the Library: Wed Apr 11 & Apr 25, 3:30pm - 5pm**

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

### **Story Time at the Library: Thu Apr 12 & 26 from 2-2:30pm**

Stories and songs for newborns to 5-year-olds.

**STEAM\* Club at the Library: Tue Apr 17 and Fri May 4 3:30pm - 5pm.** Once a month, children in grades 3 and up are invited to be part of our STEAM Club. We will try out STEAM-based activities such as learning to code, learning to use our makey makey and more.

### **LEGO® Night at the Library: Thu Apr 19th, 6 - 7:30pm.**

For kids of all ages! We provide the blocks and they provide the ideas!

### **Read & Watch Adult Book Club:**

#### **Thu Apr 26 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:

April - *Bridget Jones' Diary*; May - *The Joy Luck Club*.

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

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

## Pay it forward with Loblaws Gift Card

Loblaws Companies Ltd. has made an offer of a \$25 gift card that can be used at all of their affiliated stores (such as the Atlantic Superstore). The card is available to every Canadian, 19 years or older. If you wish to 'pay it forward', our local food bank 'Shepody Food Bank' would gladly accept your donation. Here are a few things you should know:

### **Q: Can I still sign up to receive a Loblaws gift card?**

A: Yes, you can register online at [loblawcard.ca](http://loblawcard.ca). May 8th is the deadline to register. Every Canadian, 19 years or older in your household may register under the same home address.

### **Q: Can I donate my \$25 Loblaws gift card to Shepody Food Bank?**

A: Shepody Food Bank is happy to receive gift card donations. If you'd like to donate your card once you receive it, you can send it along to Shepody Food Bank, 8 Forestdale Road, Riverside-Albert E4H 3Y6 or drop it off at the Albert County Health and Wellness Centre (or call 882-2323).

### **Q: When and how will I get my card?**

A: Loblaws will mail your gift card to you at the address provided through registration. Once you receive it, be sure to donate it.

### **Q: How will Shepody Food Bank use my card?**

A: Shepody Food Bank has a team of volunteers who purchase food to ensure that key categories (dry goods, canned goods, proteins, vegetables, fruits etc.) are topped up and they will use these grocery cards for future purchases.

*Contributed by the Shepody Food Bank*

## LEGISLATIVE ASSEMBLY OF NEW BRUNSWICK



**BRIAN KEIRSTEAD**  
MLA FOR ALBERT



1037 RTE 114 LOWER COVERDALE, NB E1J 1A1

TEL: (506) 856-3006

[brian.keirstead@gnb.ca](mailto:brian.keirstead@gnb.ca)



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## 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, call Evelyn Wachs at 882-2831.

### Wednesdays

**1-3pm Shepody Food Bank.** Albert County Health & Wellness Centre, Riverside-Albert. Bring Medicare numbers for every household member. Closed when 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, call 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.

## 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)

### 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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Connecting Albert County would like to thank the following supporters.  
With their help, we can spread the news of rural Albert County.

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**Brian Kierstead** [briankierstead@gnb.ca](mailto:briankierstead@gnb.ca)

**East Coast Kids Child Care & Learning Centre** [www.eastcoastkids.ca](http://www.eastcoastkids.ca)

**Crooked Creek Convenience** [www.facebook.com/crookedcreekconvenience](http://www.facebook.com/crookedcreekconvenience)

**Village of Hillsborough** [villageofhillsborough.ca](http://villageofhillsborough.ca)

**Village of Riverside-Albert** [www.riverside-albert.ca](http://www.riverside-albert.ca)

**Broadleaf Guest Ranch** [www.broadleafranch.com](http://www.broadleafranch.com)

**Farmer Brown's Greenhouse** [www.farmerbrowns.ca](http://www.farmerbrowns.ca)

**Foods of the Fundy Valley** [foodsofthefundyvalley.ca](http://foodsofthefundyvalley.ca)

**Fundy Highlands Motel and Chalets** [www.fundyhighlandchalets.com](http://www.fundyhighlandchalets.com)

**Jeff MacDougall, SouthEastern Mutual Insurance** [jeff.macdougall@semutual.nb.ca](mailto:jeff.macdougall@semutual.nb.ca)

**Village of Alma** [villageofalma.ca](http://villageofalma.ca)

To spread the word about your business or organization's work in rural Albert County,  
see [connectingalbertcounty.org/advertising](http://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



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