

# Connecting Alberta County

## September 2019



## Freshmart To Close This Fall...Unless...

By Deborah Carr

About two dozen people gathered at the Hillsborough FreshMart on August 8th to hear what owner Terry Stafford had to say about the future of the village's grocery store.

"People have been hearing rumours, so I wanted to make my position known," he said.

As customers assembled in the spaces between bins of corn, peaches and watermelons, Stafford said that unless a business partner or potential buyer can be found, the store will be closing in October because he needs to spend more time with family. The business has been on the market for 18 months, but recent closures in the village have worked against him.

"I'm concerned about the loss of businesses," Stafford told his customers. "That affects the village itself because of the tax base. We

Picture above: Fundy Circuit ULTRA  
©Parks Canada, Nigel Fearon

### Table of Contents:

- **Freshmart to Close~1**
- **Editorial: Merci~2**
- **Political Forum~6**
- **Food Miles~9**
- **iNaturalist~10**
- **Kids Corner~12**
- **Lunchbox Inspiration~13**
- **Fundy Circuit Ultra~15**
- **Spotlight on Albert County Music~16**
- **Why See a Social Worker~17**
- **Library Events~18**
- **Community Calendar~19**
- **Albert County Exhibition Schedule~21**
- **Recurring Events~22**
- **Addresses for Events~22**
- **Bennett and Albert County Health Care (BACH) Foundation~23**
- **Supporters of CAC~24**

(Continued on  
page 4.)

Left to right:  
Barry Snider,  
Terry Stafford,  
Gary Steeves,  
Hugh Morrisey

Image by Deborah  
Carr



## Connecting Albert County

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## Editorial: Merci

*by Janet Wallace*

On a sunny morning in mid-August, nearly five hundred people came together in Riverside-Albert (population: 354) to recognize and honour the region's Acadian past. While standing among local residents and Acadians from many states and provinces, I felt proud to live in Albert County.

We had gathered for the official unveiling of the Monument de Chipoudie. For four years, people from Albert County and Dieppe worked together to create the structure and organize the unveiling ceremony. The timing was chosen to coincide with the Acadian National Congress happening throughout Southeast New Brunswick.

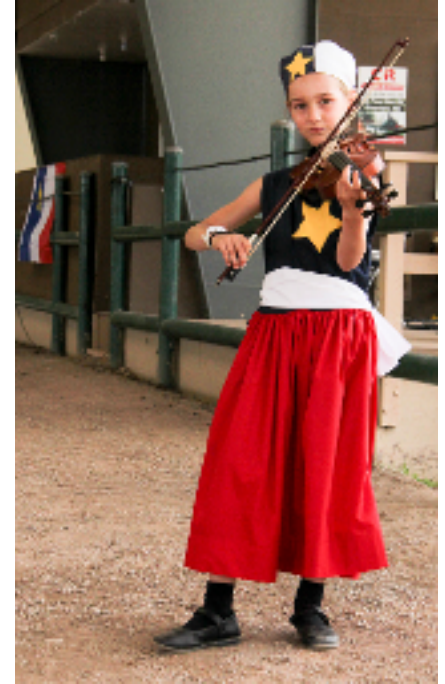
The black granite monument features an etching of an Acadian family wearing traditional clothes; 22 family names are inscribed on the top. Between 1700 and 1755, Acadian settlers led by Pierre Thibodeau settled in the region. According to the 1755 census, 425 Acadians lived in and around what is now Shepody and Riverside-Albert.

The event featured speeches from politicians (including past premier Frank McKenna), the singing of *O Canada* by students and the crowd, and a blessing of the monument. Several speakers acknowledged the contribution Acadians made to our community. It is easy to see how

people in Albert County might not know about our region's Acadian heritage. There are no buildings left, not even a cemetery remains. Their legacy lies in the land, the dykes that still remain, and in the spirit of the diaspora, the Acadians who live in other areas.

At one point, a speaker asked for all descendants of Shepody Bay Acadians to raise their hands. All around me, hands went up into the air. Many had come a long way to be at this event as part of the Acadian Congress—a group of Louisiana Cajun visitors attended the unveiling, along with people from Maine, Massachusetts, California, Quebec and the rest of the Maritimes.

As a resident of Albert County, I feel I owe the early Acadians a debt of gratitude. Through their ingenious method of dykes and aboiteaux, the French settlers transformed boggy marshland into highly productive agricultural fields. The hard work of the Acadians made it much easier for later immigrants from England, Germany, Ireland and Scotland to farm the land.



*(Continued on next page.)*

("Merci." Continued from last page.)

At the ceremony, we said "Merci" for the past work of early settlers and also thanked the organizers of the event, particularly Wilfred Savoie from Dieppe and Riverside-Albert Mayor Jim Campbell.

The ceremony ended with the singing of *Ave Maris Stella*, the Acadian national anthem. Strong voices rang out. I heard a beautiful soprano voice behind me clearly singing every word. As the song ended, I turned around and saw the woman had begun to cry.

In 1755, the British forcibly removed the Acadians from their land in what is now the Maritimes. It is estimated that 11,500 of the 14,100 Acadians were deported. Some returned to the region in the late 1700s but their land had already been granted to other settlers. Many died following the expulsion from disease, hunger and shipwrecks.

The speakers barely touched upon the past tragedies of the past but instead focussed on the wonderful spirit of cooperation and reconciliation that brought us all together.

*Janet Wallace is the coordinator/ editor of Connecting Albert County. She is also a freelance writer.*

*The picture is of a young fiddler on the Albert County Fairgrounds after the unveiling.*



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*("Freshmart" Continued from page 1.)*

don't want to be a ghost town. I didn't realize when they closed the bank how bad it would hurt my business, but it did and I don't like it. We should have fought harder for that bank...could we win that battle? I don't know, but we don't want to lose any more. But there's still a light at the end of the tunnel."

Stafford says the right buyer must be someone with grocery experience. He's willing to stay on part-time to train them or transition the business, but "there's \$200,000 in inventory here with a 'best before' date. If you don't know what to do with that, you'd best stay away."

Hillsborough Mayor Barry Snider was present for the announcement. "It's awful to think about this," he said. "I don't want this to happen. I want us to figure something out—I don't know what that is, but we're certainly willing to work with Terry any way we can."

After more than two decades without a full-service grocery store, residents were happy when the store first opened as a ValuFoods in February 2012 in the former Home Hardware building, which is still owned by Stephen Downey. After ValuFoods was bought out by Sobeys, Stafford signed on with Loblaw's FreshMart label as an independent. Regardless of which name hung over the door, the business has been a tremendous boost to the community by offering groceries, take-out foods, baked goods, fresh produce and meat to residents and tourists.

For a rural community, a grocery store is more than just a supplier. It's also a gathering place to catch up with neighbours and friends, an important employer, a tax contributor, a boost to community spirit, and an essential draw for families interested in moving to the quieter lifestyle offered by rural areas.

Stafford worked hard to grow the business and serve the community. His employees are both efficient and loyal, exhibiting the spirit of friendliness and hospitality that's a trademark of the area. When Stafford was recently hospitalized, the employees stepped up to fill his shoes while he recovered.

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It's rare to not find Stafford stocking shelves or loading bins of produce. Ask him how he's doing, and his response is always the same: "Livin' the dream!"

"I've lived in 22 places and four provinces," Stafford says. "And I've been more readily received and accepted here than anywhere." But he's 71 years old now, and his wife, Ann, is ill. "I'm here seven days a week and I owe it to her to be home with her," he says. "She deserves that. I've been at this for 56 years and it's time for me to go."

The Scotiabank closure forced people into Riverview or Moncton for their banking, and many began to pick up their groceries in town. This affected sales.

"The support this man has given our community is unbelievable," says Snider. "Terry's given a ton to local groups. I've never heard him say no to anyone. So it's frustrating to see how he supported the community so well, and now it's not supporting him when he needs it."

*(Continued on next page.)*

# Hillsborough freshmart

(Continued from last page)

Although OMISTA Credit Union was willing to fill the gap left by the Scotiabank closure, it was unable to draw enough new customers. Then, when the province bought out businesses on the floodplain to prepare for raising the road (Route 114), Broadview Power Sports moved to Riverview, The Railway Diner reopened in the Irving gas station, and the car wash closed completely.

"That's a lot of change in a short time," Stafford says. "Who's going to take over a business in a dying community?"

Hugh Morrissey was there for the announcement and stayed afterwards to talk to Stafford. "I feel a lot of concern if this store closes," he says. "There should be some sort of effort towards keeping it here."

"It's not so much for Hillsborough itself, but this store serves every community from here to Alma," says André Arsenault, a local house painter and handyman. He worries about the seniors and

families who don't have the means to drive to Riverview for groceries and banking. "It's integral to this community and all along the strip of Route 114."

"And Terry knows us all by name," he adds.

Long-time Hillsborough residents Barb and Gilbert Rawline came to offer support as well. "It was very handy, especially for last minute stuff," says Barb. "When it was closed for repairs, we really missed it a lot."

She refers to the roof collapse due to snow load in 2015. The store was closed for eight months while repairs took place. With that financial blow, Stafford was tempted to walk away, but felt a commitment towards the community and his staff.

At that time, Hillsborough municipal councillor Jeff Jonah told *The Times & Transcript*, "When this store opened three years ago, it really brought our community back to life...You don't know what you got till it's gone."

**Hillsborough Farmer's Market**



Victoria Day to Thanksgiving  
**Saturdays 9am-2pm**  
 2807 Main St. Hillsborough  
[market@foodsofthefundyvalley.ca](mailto:market@foodsofthefundyvalley.ca)



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# Connecting Albert County's Political Forum

In our August issue, we asked readers "What matters to you in the upcoming federal election?" We received a few questions in response and chose two that, we felt, best reflected the interests of the majority of Albert County residents. We didn't have space to print all three questions and answers in this issue. In the interest of full disclosure, the question we did not include was why Canadian Heritage Department recently cancelled a program in which free portraits of the Queen were sent to any Canadian upon request.

We sent the questions to all of the candidates running at that time (August 7) and have printed their responses, unedited, in the order we received them. We did not receive a response from Rudolf Neumayer of the People's Party of Canada.

We will continue the political forum in our October issue. Please send us your questions to [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org). Try to be as clear and concise as possible and keep the focus on issues related to rural Albert County. Also, keep in mind that the question will be posed to all the candidates. We will include it if we have space; note questions may be edited for the sake of clarity and conciseness.

## **Question 1: I believe we need better quality roads from Moncton to Hillsborough to Alma. The roads are very dangerous. What will you do about this?**

**Rob Moore, Conservative Party of Canada:** Good roads are important for our quality of life and for our local economy. When I was first elected one of the top issues I heard in Albert County was the deplorable condition of the road through Fundy Park. That is why I made securing federal funding for an improved Rt. 114 a priority. I was pleased to deliver over \$20 Million in federal funding to completely rebuild the road through Fundy Park. Today, we enjoy the benefits of this improved road and tourists are able to travel through the park in confidence. If elected, I will continue to support federal funding for Albert County roads.

**Alaina Lockhart, Liberal Party of Canada:** It is clear to me that upgrades to Route 114 is crucial for economic development in Albert County in order to sustain small businesses, provide safe passage for residents, and grow our tourism industry.

Over the last four years, more than \$69 million federal infrastructure dollars was invested throughout Fundy Royal compared to only \$15 million in the ten years prior. Roads are a provincial responsibility and there is federal funding available at their request. Albert County has a world of potential and I have been vocal about my support for a provincial/federal partnership to make the required upgrades. I am hopeful that may happen as it has on Route 114 towards Sussex.

**Tim Thompson, Green Party of Canada:** I visited Alma and saw for myself the poor state of the roads. Many small communities in New Brunswick rely on tourism which is being driven elsewhere because of our outdated infrastructure. I will work with all levels of government to ensure we upgrade our roads throughout Fundy Royal.

**John Evans, National Citizens Alliance:** We would hire a local company with qualified tradesman full time, year-round employees to maintain the roads, through a transparent, fair bidding process and working with the Provincial Government. We would ensure sufficient federal funding is set aside for the road maintenance and as well make sure the Provincial Government has sufficient monies set aside as well. These monies would not be used for anything but road maintenance.

# Connecting Albert County's Political Forum

**Question 2: What, specifically, will your party do to address the climate crisis and help local communities transition off fossil fuels so we can be 100% renewable before 2030? As well, we're a coastal community and vulnerable to rising sea levels and erosion, so what will your party do to help us prepare?**

**Rob Moore, Conservative Party of Canada:** I have a proven track record of supporting new sources of energy. I was proud to deliver the Federal funding for the Kent Hills Wind Farm in Albert County and as, ACOA Minister, I supported research in tidal power. It is important for our economy and for New Brunswick families that we have a strong energy mix for domestic use and for export. I am also committed to ending the Carbon Tax since it makes life more expensive for Canadian seniors, families and small businesses. A Conservative government will incorporate mitigation and adaptation to our government's investments in infrastructure and we will focus on green technology, not taxes. Learn more at [ARealPlan.ca](http://ARealPlan.ca)

**Alaina Lockhart, Liberal Party of Canada:** Climate change is affecting many aspects of our lives from fish habitats and erosion to the growing season for crops. We must work together to take strong environmental action while making the transition affordable.

I've worked to protect natural habitats like Mary's Point and to mitigate climate change through projects like the breakwater in Alma and the Salmon Recovery Project at Fundy National Park.

Our government is taking action by banning single-use plastics, creating an Oceans Protection Plan that increases coastal protection, and introducing the \$5000 Electric Vehicle Rebate.

For the long term, investment in research, innovation, and resilient infrastructure must continue. I remain committed to working with our communities to protect our environment.

**Tim Thompson, Green Party of Canada:** We will stop subsidizing big oil companies and use the money to give small businesses incentives to switch to renewable energy and save money on power. We will also invest in better technology to make EVs, solar, and wind energy more affordable. I will work directly with local communities to combat the effects of climate change while working in Ottawa to meet our IPCC targets.

**John Evans, National Citizens Alliance:** The NCA recognizes natural climate change as a real phenomenon. At the same time, the NCA recognizes climate change UN IPCC as a hoax due to the historical and scientific evidence.

The NCA believes in the principle that polluters should be accountable for their harm to the environment and society as a whole. Therefore, the NCA supports efficient, effective regulations that hold polluters accountable in terms of fines and/or suspension, prohibition from polluting activity.

This pollution may be from and not exclusive to draining raw sewage into water ways or water bodies, releasing contaminants through stack houses into the atmosphere, and contaminating water supply through chemical based drilling.

# Moore for Fundy Royal

Conservative Candidate for Fundy Royal

**As Member of Parliament, Rob Moore delivered strong results for Albert County including:**

- ✓ Funding for the Albert County Exhibition Centre Complete with a New Roof
- ✓ Funding for a New Wharf in Alma
- ✓ Funding to Complete the Fundy Trail
- ✓ Funding for the RB Bennett Museum
- ✓ Funding for Road Upgrades
- ✓ Funding for Major Upgrades to Drinking Water and Wastewater Infrastructure for Hillsborough
- ✓ Funding for New Attractions in Fundy National Park



[www.RobMoore.ca](http://www.RobMoore.ca) | Follow us on facebook 

Rob is fighting against the Liberal Carbon Tax, fighting for Families, Small Businesses and Communities in our Region.

 **VOTE Rob Moore**   
Conservative Candidate for Fundy Royal

Authorized by the official agent for Rob Moore





## Food Miles *By Angela MacDougall*

Do you know about Food Miles? Food Miles are the miles food travels from where it is produced to the location of the consumer. The average food miles distance in Canada is 3,000 miles. If you got in your car and drove 3,000 miles, you would end up in Texas.

Did you know there are numerous food producers in Albert County? By eating foods in season and buying from local producers, you can drastically reduce your food miles thereby reducing your carbon footprint. Also, minimizing the time food is in transport and sitting on a shelf increases its nutritional value and freshness.

At the Hillsborough Farmers Market, you can find local foods such as meat, bread, cheese, eggs, maple syrup, honey, fruit, vegetables, coffee, tea, ice cream, preserves and baked goods.

Come get your groceries and reduce your food miles. Open every Saturday until Thanksgiving from 9am-2pm.

### Community Picnic Potluck

**Sunday September 1st**

Foods of the Fundy Valley (FFV) would like to invite you to their first annual Community Picnic Potluck at the pavilion next to the Hillsborough Village Office parking lot on Sunday, September 1st from 4pm to 6pm. There will be music, as well as good old-fashioned fun and games. Foods of the Fundy Valley asks each family to bring a food dish to share if you can, and your own plates, cups and cutlery as part of FFV's Zero-Waste efforts. Water will be provided.

Hope to see you there!



Looking forward to seeing you at the Albert County Exhibition!

Our roots may be simple, but as the world changes it is farmers and agriculture leading the way.

For the 106th year we will gather to celebrate those roots and the bright future of agriculture in Albert County.

Best of luck to all participants and big thank you to the volunteers and sponsors that make the exhibition possible.

THIS IS WHAT  
**WORKING FOR  
ALBERT COUNTY**  
LOOKS LIKE

# A Naturalist In The Palm Of Your Hand Text and images by Deborah Carr

Jennifer Shelby's lovely article on fireflies in the July issue of *Connecting Albert County* accompanied by Denis Doucet's photo sent me out into our yard in search of the little creatures to show my grandson. I found one in daylight, but once deposited in a jar, it failed to flash when darkness fell. Denis advises that of New Brunswick's dozen species, only eight or nine produce light.

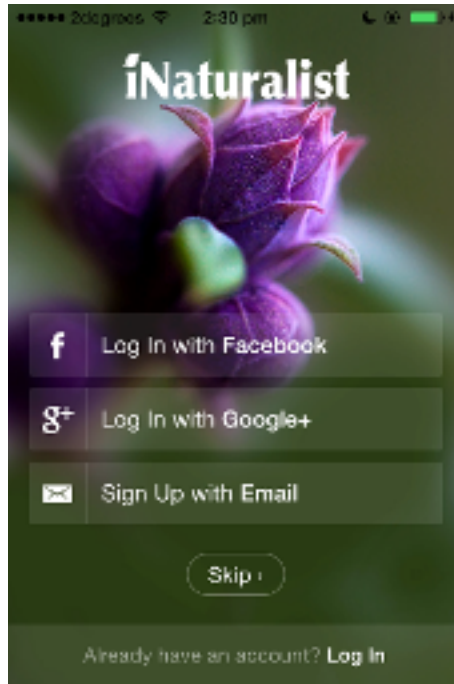
So I released it and the next night stood in the dark yard simply enjoying the magic of a light show. Suddenly a small flash in the grass at my feet caught my eye. A gift! I scooped it up in my hand and deposited it in a jar with some grass and flowers to make it feel more at home.

The next day, I realized my firefly was subtly different than Denis's photo. I photographed it and uploaded the image to iNaturalist.ca to see which species it was. *Pyrrhota borealis*, I soon discovered. A map of observations showed its range to be from the Mexican border all the way up the east coast to New Brunswick and then west to the Great Lakes.

I've been using the handy iNaturalist website and cell phone app (iNat) for several months whenever I find a plant, insect or bird that I can't identify.

Spying an alder bush riddled with sapphire-coloured bugs, I snapped a photo using my smartphone and uploaded it to the iNat app immediately.

The app records the date and GPS location, then compares the photo to its database, responding with a list of suggestions that helped me identify it as the alder flea beetle. I was then able to find out more about the insect.



I also identified a low-growing plant on my garden path as the invasive spotted spurge, and was able to discover how to eliminate it before it invades my lawn.

iNat places a global network of scientists and naturalists in the palm of my hand. Within seconds, I'm able to access an extensive database of information, and the app does the work of narrowing down the possibilities.

Initially, an observation is classified as 'casual.' Once verified by two experts, it's re-classified as 'research grade' and the record may be used by important databases like the Global Biodiversity Information (GBI) system. Typically, the GBI depends

on museum specimens to track global biodiversity and population trends, but now iNat's research-grade data inform scientists throughout the world.

This is, by far, the coolest part of the program. What's not to love?

There are currently more than 700,000 observations of 17,000 different species since the Canadian launch in 2015. These contribute to the global database, which has 13 million species. *(Cont. on next page)*



“Because of these citizen-scientist observations, we’re seeing reports of species not previously found within the region,” says James Pagé, Species at Risk and Biodiversity Specialist with Canadian Wildlife Federation. “So, we can ask, did they actually move north, or is it climate change, or just because people are now reporting them?”

James helped create the Canadian version of the original iNat application. He worked with Parks Canada, the Royal Ontario Museum and NatureServe Canada to create a database catered to Canada’s northern species.

Thanks to smartphones and apps, science is no longer just within the purview of academics or the trained elite. Citizen observations are important because they often occur outside areas normally covered by the scientific community. “No matter how good they are, your experts can’t be everywhere,” James points out. “But with all their outdoor activities, citizen scientists can cover a lot more ground.”

Citizen scientists are particularly valuable in less populated areas where habitats are harder to reach and conducting research is cost-prohibitive. Now hikers and backpackers travelling in back-country locations might provide important observations that can help inform decisions on everything from policy to property management plans.

“This opens up a whole world of discovery,” says Dan Kraus, National Conservation Scientist for the Nature Conservancy of Canada. “You can easily see where no one has entered iNat records, then fill in that little blank spot in our nature knowledge. When you have thousands doing that, you have this incredible amount of new information that can be used in new ways to protect nature.”

As citizens are recording their observations on iNat, researchers around the world are accessing the verified data, and discovering new ranges, trends and population status, including data for species at risk. Over 20 different publications in peer-reviewed journals now contain data from iNat.

“The great thing about this technology is that anyone who wants to contribute to nature and conservation can do so in a meaningful way,” says Dan. “This provides us with new insights on how species are distributed, how they’re using the

landscape, and most importantly from our perspective, what their conservation needs may be.”

This way, technology supports learning by helping people identify species more quickly, no matter whether they are on home ground or travelling. Birders and naturalists also cite the convenience of the app in that they no longer need to travel with bulky field guides and notebooks. Their recorded sightings are also accessible to birding peers and scientists. iNat even has a version for children, which doesn’t require personal information.

“Those who work in conservation are often concerned that technology will distance us from nature,” says Dan. “But these apps create opportunities for us to connect with nature in a way we haven’t been able to before. When we can participate in information-sharing that has meaningful outcomes in conservation, that’s pretty cool.”

*Deborah Carr is an Albert County freelance writer/author who most often explores people profiles, nature and conservation topics.*



## Seniors on the Go

## Learning in motion

**Event Date** September 25, 2019  
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**Cost** FREE Includes transportation and lunch

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# Kids Corner: Flower Garden *by Evening O'Reilly (7 years old)*

Flower garden

By evening

Im growing flower a garden!my flower spouted.it grew so much now it smells like perfume mom loved it!



Step by step

How to grow flowers●

Connecting Albert County is proud to introduce our Kids Corner, a section that features writing and drawings created by the youth of our community.

If you or your child would like to submit a story, or if you would like to volunteer to help with this section, please email Janet at [info@ConnectingAlbertCounty.org](mailto:info@ConnectingAlbertCounty.org).



# Lunchbox Inspiration

By Jillian Reid, RD

As summer winds down, parents must once again start to think about returning to the fall routine—including packing school lunches, a task that many dread. It always seems to be a balancing act between creating lunches that are healthy and lunches that kids will actually eat, especially when they are not under a parent's watchful eye.

Here are my tips to help you start to think “outside the sandwich box” to create appealing lunches for children and adults alike!

First, remember that healthy lunches don't have to be boring. You don't need to reinvent the wheel, just use classic ideas with twists. A little imagination will go a long way! Instead of a traditional sandwich, try sandwich kebabs, switch up sliced sandwich bread for pita bread or a wrap cut into pinwheels, or use a cookie cutter to cut a sandwich into a fun shape. Sometimes a small change now and then is enough to keep children interested in their lunch.

Getting yourself and your family organized is also key to creating school lunches with staying power. Meal preparation at the beginning of the week can help make packing lunches quick and simple. For example, ‘batch cook’ foods like eggs, pasta, rice and proteins so they are in your fridge and ready to use whenever you make lunches. Or, when you are cooking supper, prepare extra to have for the next day's lunches. Leftovers can often be reinvented into wraps or salads, or try some of the other options outlined below. These lunch ideas can work for all ages!

**Protein sources include meat, eggs, dairy products and plant-based proteins, such as tofu, beans, lentils, nuts and seeds**

**Pasta salads** - Mix together leftover chicken, high-fibre penne pasta, veggies such as spinach, cucumber and peppers, cubed cheese and a vinaigrette. Switch up the ingredient combinations and dressings for different flavours, like Italian or Asian.

**Picnic** - Throw together favourite finger foods for a quick snack-like lunch! Keep it balanced by choosing one fruit, two veggies, one grain and one protein option (e.g., grapes, pita bread triangles, veggie sticks with hummus, cheese, tuna or hard-boiled egg). You can toast the pita to make crunchy pita chips.

**Grain power bowls** - Start with a base of the grain of your choice, like rice or quinoa, and top with vegetables, protein, and extras like cheese, avocado, or salsa. Roasted chickpeas, lentils or chicken can provide variety for the protein portion of the bowl.

**Go small** - Many kids, especially younger ones, find small food more appealing. Try cutting sandwiches into bite-size pieces or serving small crackers and miniature vegetables, such as matchstick carrots, snap peas or cucumber circles. Mini cucumbers are perfect for dipping, with no prep required! (Look for them in the produce department alongside cherry tomatoes.) Include a small container of a healthy dip: the new plant-based cashew dips are a great choice for kids with lactose intolerance or who want a vegetarian option (check the school nut policy before sending in their lunch). Bright pink hummus made with beets, or green ‘monster’ dip like the edamame dip recipe on the next page will also keep the lunchbox fun! Edamame is a plant-based source of protein that can easily be added to salads, soups, and salsas.

**Mini pizzas** - Use mini naan rounds, tomato sauce, shredded cheese and chicken; get kids to assemble their own healthy pizza lunch.

When packing lunches for your kids, involve them as much as possible in the lunch-making process. You'll find they will be much more apt to eat it without complaint! When making any meal, keep in mind that the new *Canada's Food Guide* suggests to balance your plate—or lunch box—with:

- half fruits and vegetables,
- one quarter protein and
- one quarter starch such as bread, whole wheat crackers, rice, grains or pasta.



**CROOKED CREEK**  
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For school lunches, this will result in a well-rounded meal that will keep kids full and focused right through to the end of the school day!

### Recipe: Edamame Hummus

#### Ingredients:

- 2 cups PC Edamame, thawed
- 1 cup packed fresh parsley leaves
- ½ cup basil pesto
- ½ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- ⅛ tsp salt
- ⅛ tsp freshly ground black pepper
- 1 tsp finely grated lemon rind

**Directions:** Pulse together edamame, parsley, pesto, oil, lemon juice, salt, and pepper in food processor for one to two minutes, scraping down side of bowl once or

twice, or until completely combined. Scrape into serving bowl. Mix in lemon rind. If desired, garnish with a drizzle of oil and a few basil leaves.

Makes 20 servings. Per serving: 100 calories, fat 9 g, sodium 80 mg, carbohydrate 3 g, fibre 1 g, protein 3 g. Recipe source: pc.ca

*Jillian Reid is a Registered Dietitian with Atlantic Superstore in Riverview, NB. Do you have a nutrition health goal in mind? The Atlantic Superstore dietitian team can coach you to success! Set up a personalized appointment at [bookadietitian.ca](http://bookadietitian.ca) or email [dietitian@loblaw.ca](mailto:dietitian@loblaw.ca) for more information. Dietitian services are also available for schools, businesses and community groups!*



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[accofc@gmail.com](mailto:accofc@gmail.com)  
 P.O. Box 3051, Hillsborough  
 NB, E4H 4W5

ALBERT COUNTY PHARMACY

**Guardian**

Feeling Better Starts Here

## Save Smart, Shop Local.

### Back to School Checklist for Kids

Back to school can be a busy time for families! Here's a checklist to get your child's medication essentials ready when they'll need them for the upcoming school year.

**Vaccination:** Seasonal Influenza Vaccine

**Anaphylaxis Medications:** • EpiPen® 0.3mg auto-injector, EpiPen® Jr 0.15mg auto-injector

**Asthma Medications:** • Puffers such as: Ventolin® (salbutamol), Flovent® (fluticasone) etc.;  
 • Oral medications such as: Singulair® (montelukast) • Others

**Eczema Medications:** • Non-steroidal ointment such as: Eucrisa® (crisaborole);  
 • Steroidal ointments and/or creams: hydrocortisone • Others

**Cough & Cold Medications:** • atoma® Nasal Spray; • Over the counter lozenges & syrups • Others

**Allergies Medications:** • atoma® Children's Allergy Formula • Others

**Pain Control Medications:** • atoma® Children's Acetaminophen Suspension  
 • atoma® Children's Ibuprofen Suspension • Others

**Multivitamins:** • atoma® Multivitamin Kids Chewable • Others

**If a prescription is needed, we can contact your prescriber.**

**Talk to your pharmacist to see what they can also do for you today!**

**Albert County Pharmacy**

#### Store Hours:

Monday-Friday  
 9am-6pm

Saturdays 9am-3pm

#### Pharmacist

#### on Duty:

Monday-Friday  
 9am-6pm

ALBERT COUNTY PHARMACY

5883 King Street, Riverside-Albert, NB, E4H 4B5

Ph: (506) 882-2226 Fax: (506) 882-2101

# Fundy Circuit ULTRA Supports Community and Environment

By Kat Hallett

This year marks the 4th anniversary of the Fundy Circuit ULTRA (FCU) trail run in Fundy National Park, taking place on Saturday, September 21st. Presented by Outdoor Elements and produced by the Friends of Fundy, the ULTRA is a 50-km wilderness circuit located in the heart of the UNESCO Fundy Biosphere Reserve. The route loops along the Bay of Fundy coastline, through the Caledonia Highlands and Acadian Forest, passing waterfalls, rivers and lakes.

The FCU is a special trail run that is more than just a physical test for the racers. It has been sustainably built from both an environmental and economic perspective, and every step towards the racers' personal bests supports the Fundy Biosphere Reserve's mandate of sustainability.



From humble beginnings in 2016 with less than 50 racers, the Fundy Circuit ULTRA has grown exponentially, and is sold out at 400 participants this year. New this year, the organizers have announced the addition of a 100-km distance. Runners competing in the 100-km distance will start their race at midnight Friday, running the first several hours in the dark. Along with the 50-km and 100-km distances, there are a 24-km, 12-km and relay option where teams of four complete the 50-km circuit. Kids can join the fun too, with a 1.5-km kids run—medals and all!

In 2018, the Fundy Circuit ULTRA Community Trail Micro-grant was introduced as a way for the ever-growing event to give back to the community. Proceeds from the race registration fees allow this

grant to support not-for-profit organizations in the Fundy region. The goal of the grant is to encourage and support sustainable trail development and use so that communities benefit from the vibrant trail economy and the social and health benefits that accompany it.

Last year, the Community Trail Micro-Grant was awarded to the Elgin Eco-Association. This non-profit group is committed to promoting the viability of the small rural community of Elgin by working to promote environmentally-friendly practices. You may have heard of the Tour de Elgin Mountain Bike Marathon—this is one of the Elgin Eco Association's ventures! The group used the grant money from the FCU Community Trail Micro-grant to build a pump track in their community for riders of all ages to use.

The organizers of the Fundy Circuit ULTRA are committed to producing an eco-friendly trail run. Instead of handing out disposable water bottles or cups on the course, there are five-gallon water jugs from a sponsor (Culligan Water) at each of the aid stations so runners can fill up their own reusable bottles. All the cutlery, cups and plates at the aid stations, and the food and beer tents are eco-friendly and biodegradable. At the end of race day, 'ploggers' sweep the course and pick up any garbage or other debris that may have been left behind. The word 'plogging' comes from a combination of jogging and plocka, the Swedish word for 'pick,' and is becoming an important piece of any eco-friendly race.

If you aren't a runner, there are still many opportunities to join us on race day. Check out the amazing sponsor village; take part in Parks Canada-led Interpretive activities; enjoy a pint of Holy Whale beer in the beer tent while cheering on your loved ones; and discover who will be the 2019 FCU Community Trail Micro-grant award winner. Stay tuned for the possibility of live streaming from the course directly to the Salt & Fir Centre at Fundy National Park!

The Fundy Circuit ULTRA planning committee is made up of not-for-profit organizations, Parks

*(Continued in box on next page.)*

## Spotlight on Albert County Music *By Kat Hallett*

In Albert County, we have world class seafood, attractions, artists, and of course, the highest tides in the world. But have you ever stopped to think about and truly appreciate all the incredibly talented musicians we have right here close to home?

This winter, Lynn Colepaugh of Riverview had the brilliant idea to put together a Spotify playlist featuring musicians who are either native to Albert County or who currently call this beautiful corner of the world home. What started as a presentation to use as background music between live performances at the Albert County Chamber of Commerce Business Excellence Awards Gala in April has continued to grow long after the Gala ended.

“Once I started digging for music, I found a treasure trove of artists from Albert County that were too good to be listened to for just one night!” said Lynn. She added that she hopes the playlist remains a project in continual evolution so we can keep adding more releases and widening our understanding of our own musical footprint in Atlantic Canada.

With an extensive background in music (both on the stage and in a management role), Lynn’s inspiration for the playlist came predominantly from her past work with regional and provincial non-profit groups

promoting the outstanding musicians we have on the East Coast. Her first step in consolidating the Albert County Music Playlist was a visit to the Music New Brunswick website to search through the membership to find regional artists. This was followed by a poll on Facebook asking for names of artists from Albert County so that she could then look them up individually on Spotify. The last step was some “good old-fashioned Google research” to ensure the playlist was as comprehensive as possible, including artists existing under the radar and off the beaten path.

“There are still a good 30-50% of artists in or from Albert County who haven’t released online so sadly they aren’t on the list,” says Lynn. “My hope is that they take the plunge so that they can be added soon!”

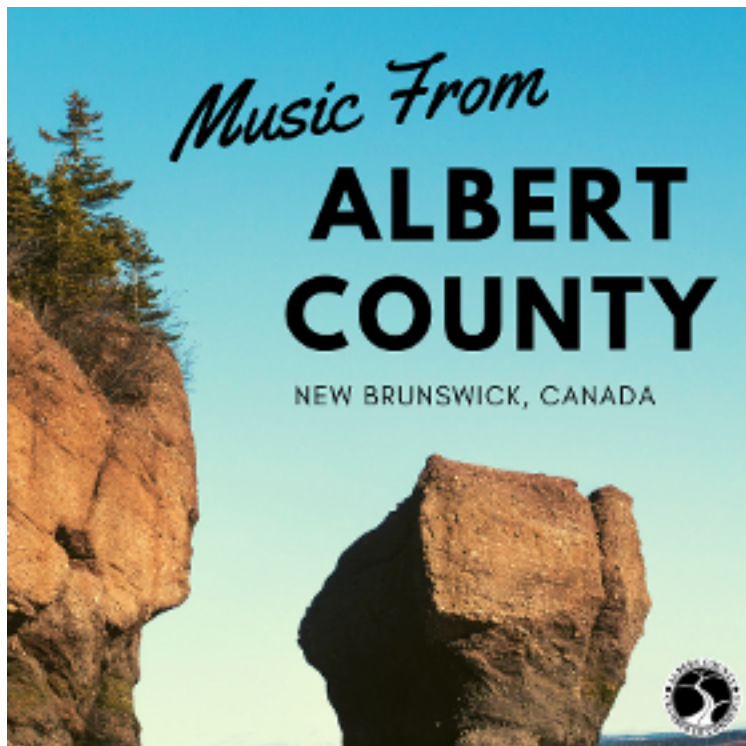
To listen, search for the [Albert County Music Playlist](#) on Spotify. If you know of any Albert County musicians who aren’t on the playlist who have music released online, drop Kat a line at [k\\_hallett@live.ca](mailto:k_hallett@live.ca) to ensure they get added to this ongoing passionate project.

*("Fundy ULTRA" continued from last page.)*

Canada representatives, local business owners, and trail-running enthusiasts. Without our incredible volunteers, the Fundy Circuit ULTRA simply would not be possible. If you are reading this before September 21st and would like to volunteer for this sustainably built ultra-trail marathon, send the Friends of Fundy a message on Facebook.

We extend much gratitude to our incredible sponsors. First up is the title sponsor, Outdoor Elements. We also thank Culligan Water and the Holy Whale Brewing Company who ensure that runners and spectators alike are well hydrated throughout the day. Also, the Greater Fundy Ground Search and Rescue team is an integral part of the ULTRA, ensuring all runners are safe at every hour of the day and at every point along the trail.

*Kat Hallett is the Public Relations and Community Engagement Coordinator at the Friends of Fundy. The Friends of Fundy work to increase public awareness & enjoyment of the natural and cultural heritage of Fundy National Park & surrounding communities.*





## Why would I want to talk to a social worker? *By Alicia O'Hara*

Social workers can help patients and families deal with the challenges they face in many areas of their lives. Social workers can provide counselling and are experienced in helping patients find their way through complicated health systems. Social workers can help clients make informed decisions that are based on an individual's values and wishes.

### How do I access Social Work Services?

You don't need a referral from a doctor; you can book an appointment yourself by calling the Albert County Community Health Centre (882-3100).

### Social Work Services

#### Adjustment to

**illness/disability:** Adjusting to a new diagnosis can be difficult. Social workers offer counselling to support you through feelings of loss and changes to your family due to illness. They can help link you to other community services such as home care, disability support programs, etc.

**Palliative Care:** Social workers can support you while you make decisions about end-of-life care. They can facilitate discussions about last wishes and funeral arrangements, and help you seek legal counsel regarding wills and powers of attorney.

**Caregiver Burnout:** As a caregiver, you may experience grief, increased responsibility, and changes in your roles in the home and other relationships. Social workers can offer support by helping you recognize your strengths and plan for self-care to prevent burnout. Social workers can also provide information about coping strategies and links to appropriate community partners.

**Mental Health and Addictions:** Social workers can provide counselling for mental health and addiction concerns, such as anxiety, depression, anger management, setting healthy boundaries, self-esteem,

stress management, as well as providing support in reducing alcohol or drug use. They also make referrals to the Addictions and Mental Health Clinic when appropriate.

**Domestic Violence/Abuse:** Social workers can provide you with information about safety planning, options and supports available in the community. Social workers can also help with referrals for legal, housing and financial issues if needed.

**Social Isolation:** Social workers can help you explore ways to strengthen your current support system and address barriers you face in terms of community involvement, such as lack of transportation, limited mobility, health issues, financial struggles, etc.

**Resource Issues:** Social workers can connect you to services that could help your current situation; the services may include government services, community groups or non-profit organizations. They can make referrals to these agencies or help you with applications.

**Parenting:** Social workers can provide positive parenting strategies and can link you with services that support families. Social workers can also provide counselling or consultation regarding challenges you may face.



*Alicia O'Hara*

*Alicia O'Hara, RSW, completed a Bachelor of Arts and Bachelor of Social Work at St. Thomas University. She worked at the Department of Social Development for seven years in child protection, adult protection and long-term care for seniors. In late 2017, she accepted a part-time position at Addiction and Mental Health in Sussex and continues to work there, as well as part time at the Albert County Community Health Centre. She says she is "thrilled to be working in our community and looks forward to serving you!"*

*The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services provided by the Albert County Community Health Centre including equipment and staff education. [www.bachfoundation.com](http://www.bachfoundation.com)*

# Hillsborough Public Library

## Regular Events

**Community Coffee Hour** Every Friday, starting Sept. 6, 10am-12pm. Visit the library for a free cup of coffee/tea and a chance to socialize. Adult colouring books, puzzles and games will be available. Come and get to know your community. All ages welcome!

**Story Time** Every other Tuesday starting Sept. 10, 11:15-11:45am. Story time for newborns to 5-year-olds. Fun stories, songs and more.

**After School Creative Writing Club** Every other Wednesday starting Sept. 11, 3:45-4:45pm. Kids in grades 3 and above are invited to learn different styles of writing starting with paragraphs and working up to short stories, poems and more. Get your creative juices flowing onto paper.

**After School STEAM Club** Every other Tuesday starting Sept. 17, 3:45-4:45pm. Explore Science-Tech-nology-Engineering-Arts-Math (STEAM) after school. Each month we will focus on different areas from coding to robots and more. Ages 7 and older.

**Toddler Time** Every other Wednesday starting Sept. 18, 10-10:45am. Children from 18 months to 3 yrs. old are invited with a parent/guardian to participate in songs, stories, crafts and socializing.

## Special Events

**Family Board Game Night** Thursday, Sept 5, 6-8pm. Choose from a selection of family board games. Challenge your own or another family to a game.

**Classic Movie Night** Thursday, Sept. 12, 6-8pm. Watch the classic family movie *The Goonies* (PG). Some snacks will be provided.

**Library Scavenger Hunt** Sat., Sept. 21, 1-4pm Kids/ families are invited to drop in to participate in our scavenger hunt. See if you can find all the items on the list.

**Technology Help** Thurs., Sept. 26, 1:30-4:30pm Are you having trouble using your iPad or tablet? Want to learn how to use the library online catalogue or databases? Have questions about email or social media? We are here to help! Drop in for assistance or contact

us to set up a one-on-one appointment.

**Drop-in Technology Day** Sat., Oct. 5 during open hours. Stop into the library to find out about the various technologies the library offers. Learn about the STEAM activities for kids and try your hand at some. Learn about our catalogue, online databases, Overdrive and more.

*Please note: the library will be closed on Thursday, Sept. 19 for our annual Professional Development Day*

Keep up to date with what is happening at the library by following Hillsborough Public Library -N.B. Canada on Facebook or by subscribing to one of our monthly email newsletters

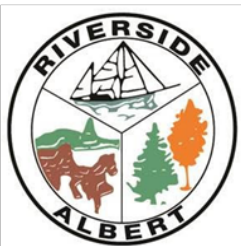
## **Hillsborough Public Library**

2849 Main St., Hillsborough,  
734-3722

[Hillsborough.PublicLibrary@gnb.ca](mailto:Hillsborough.PublicLibrary@gnb.ca)

Tuesday, Wednesday, Friday & Saturday: 9am-12pm, 1pm-5pm;  
Thursday: 1pm-5pm, 6pm-8pm

*By Victoria Stroud-Arsenault*



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

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

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[villra@nbnet.nb.ca](mailto:villra@nbnet.nb.ca)

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# Community Calendar ~ August 2019

## Wednesday, August 28

Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*

## Thursday, August 29

Friends of the Hillsborough  
Arena-Chase the Ace\*  
Country & Gospel Music Evening\*

## Friday, August 30

Chase the Ace-Riverside-Albert\*  
Card Games-Alma Leisure Centre\*

## Saturday, August 31

Hillsborough Farmers Market\*

## Sunday, September 1

**Foods of the Fundy Valley  
Community Picnic Potluck.** 4-6pm.  
Foods of the Fundy Valley (FFV) invite you to their Community Picnic Potluck at the pavilion in Hillsborough beside the village office. There will be music, good old-fashioned fun and games. FFV asks each family to bring a food dish to share and, if you can, your own plates, cups and cutlery (as part of FFV's Zero-Waste efforts). Water will be provided.

## Monday, September 2

Pickleball\*

## Wednesday, September 4

Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*  
**Creative Circle.** 6:30pm. For those interested in learning to sew, knit, crochet or wanting to spend time with others who are working on craft projects. Several projects will be introduced. Beginner's kit costs \$10. Held at Hillsborough Visitor Info Centre. Starts Sept. 4; runs for 6 wks.

Register with Chandra: 878-1636  
[smithchandra2003@hotmail.com](mailto:smithchandra2003@hotmail.com)

## Thursday, September 5

Friends of the Hillsborough  
Arena-Chase the Ace\*  
Country & Gospel Music Evening\*

## Friday, September 6

Monthly Wellness Meeting\*  
Chase the Ace-Riverside-Albert\*  
Card Games-Alma Leisure Centre\*

## Saturday, September 7

Hillsborough Farmers Market\*

## Monday, September 9

Pickleball\*

## Wednesday, September 11

Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*  
Creative Circle\*

## Thursday, September 12

**Albert County Ex.** *See page 21*  
Friends of the Hillsborough  
Arena-Chase the Ace\*  
Country & Gospel Music Evening\*

## Friday, September 13

Monthly Wellness Meeting\*  
**Albert County Ex.** *See page 21*  
Chase the Ace-Riverside-Albert\*  
Card Games-Alma Leisure Centre\*

## Saturday, September 14

**Albert County Ex.** *See page 21*  
Hillsborough Farmers Market\*

## Sunday, September 15

### **Albert County Exhibition\***

**Hillsborough Legion Annual Golf Tournament.** 12:30-3:30pm. 9-hole 3-person scramble at the Hillsborough Golf Club. Fees: \$20 per person + green fees. Registration starts at 11:30am. Fee includes BBQ at the Hillsborough Legion immediately following the tournament.

## Monday, September 16

Pickleball\*

## Wednesday, September 18

Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*  
Creative Circle\*

**Mobile Enviro Depot.** Noon-8pm.  
Riverside-Albert Recreation Centre.  
*See page 21.*

## Thursday, September 19

Friends of the Hillsborough  
Arena-Chase the Ace\*  
Country & Gospel Music Evening\*  
**Mobile Enviro Depot.** Noon-8pm.  
Riverside-Albert Recreation Centre.  
*See page 21.*

## Friday, September 20

Monthly Wellness Meeting\*  
Chase the Ace-Riverside-Albert\*  
Card Games-Alma Leisure Centre\*

## Saturday, September 21

Hillsborough Farmers Market\*  
**Empowering Women Luncheon.**  
Noon-3pm. Women take care of their families, but need to take time for themselves at times. Shepody District Women's Institute is hosting Albert County Wellness Centre staff

who will present "Recognizing signs and symptoms of a stroke and other community resources for women" at the Hillsborough Royal Canadian Legion. Cost \$10. Registration contact: Chandra at [smithchandra2003@hotmail.com](mailto:smithchandra2003@hotmail.com) or 878-1636.

**Tele-Drive Albert County Variety Show.** 7-9:30pm. Fundraiser event for Tele-Drive. At the Albert County Fairgrounds in Riverside-Albert.

**Monday, September 23**

Pickleball\*

**Wednesday, September 25**

Shepody Food Bank\*

Hillsborough Kiwanis Bingo\*

Creative Circle\*

North of 55\*

**Seniors on the Go: Learning in Motion.** Visit Fort Folly First Nation and experience a taste of Indigenous Culture. Free includes transportation and lunch. Register by Sept. 15th. Albert County residents call Kirstin at 887-2294. Westmorland County residents call 962-3073.

**Thursday, September 26**

Friends of the Hillsborough Arena-Chase the Ace\*  
Country & Gospel Music Evening\*

**Friday, September 27**

Monthly Wellness Meeting\*  
Chase the Ace-Riverside-Albert\*  
Card Games - Alma Leisure Centre\*

**Saturday, September 28**

Hillsborough Farmers Market\*

**Hillsborough Farmers Market Harvest Festival.**

9am-2pm. Come eat, drink and shop local at the Harvest Festival! There will be all the usual vendors and maybe some new faces joining in on the fun!

**Albert County Museum Art Auction & Dinner.** 6-9pm.

This museum fundraiser includes unique artwork commission by local artists, live auction with one-of-a-kind art, live music, VIP museum tour with local historians, and steak dinner with local foods. Cash Bar. Tickets in advance:\$45/person. Available at the museum or reserve by calling at 734-2003 or emailing [albertcountymuseum@nb.aibn.com](mailto:albertcountymuseum@nb.aibn.com).

## **Save the Date**

### **Friday, October 11**

**Go Ahead Seniors Wellness Fair.** 2-4pm. At the Riverside-Albert Recreation Centre for those aged 50 and over. The Albert County Community Health Centre is partnering with Go Ahead Seniors to offer this fair.

The Wellness Fair is free of charge to rural communities as part of The Wellness Movement for seniors. This Healthy Active Living program for the 50-plus adults is a series of modules providing key information on several lifestyle choices. It is designed to help older adults make more informed choices about their health and well-being through education, personal empowerment and prevention. Go Ahead Seniors is a non-profit organization with a mandate to lead projects and programs that identify and meet the needs of the 50-plus population in New Brunswick.

For details about the Go Ahead Wellness Fair, contact Beverly Stevens, LPN, at 882-3100. For details about Go Ahead Seniors, visit [www.wellnessnb.ca/resources/go-aheadsensiors](http://www.wellnessnb.ca/resources/go-aheadsensiors) or call 1-800-530-4844 (toll free).

Keep connected with Go Ahead Seniors via [www.facebook.com/Go-Ahead-Seniors-1447381585478023](https://www.facebook.com/Go-Ahead-Seniors-1447381585478023).

### **Thursday, October 17**

**Albert County Historical Society Annual General Meeting.** 7:30pm. Come review the 2019 year as reports are presented and learn about future planning. Don't forget to purchase your annual memberships for 2020.

### **Healthy Living Group**

The Albert County Community Health Centre will be presenting a Healthy Living Group beginning in Fall 2019. The focus of the group will be to empower community members to live their best lives through healthy diet and exercise. We will have weekly appointments for confidential health measurements and support with achieving individual goals. We will also have monthly educational sessions with guest speakers.

Please feel free to contact Mary or Jacquelyn at 882-3100 if you would like to be contacted or if you have any questions or concerns.

Please stay tuned for more information! We will be posting dates and times shortly.

*Submitted by Jacquelyn DuPlessis*

***\*Regular events and addresses are on page 22.***

***Library events are on page 18.***

## Albert County Exhibition: Sept. 12-15

An Albert County tradition with a wonderful social atmosphere geared to family participation! The fair, held at the Riverside-Albert Fairgrounds, features local agriculture, crafts, entertainment, food and competitions.

### Thursday, September 12

**9:30am** Draft Horse – Line Classes  
**Noon-8pm Exhibition Hall**-open  
**1:30-2:30pm Ben (Tblanc) Morin**  
musical entertainment  
**2pm** Draft Horse – Light Team  
**3pm** Draft Horse – Heavy Team  
**4pm** Draft Horse – Unicorn Hitch  
**4:30-7pm Turkey Dinner**  
**6:15pm Ben (Tblanc) Morin**  
musical entertainment  
**7pm** Draft Horse – Farm Team  
**7-9:30pm Country Café**  
**7:45pm** Drill Team  
**8pm** Official Opening  
**8:15pm** Queen Pageant  
**9p.m.** Light Horse Show

### Friday, September 13

**9:15am** School Activities, Sports Games  
**11:30pm 'The Amazing Mr. J!**  
Magic Show, featuring live animals, and prizes for everyone!  
**12-8pm Exhibition Hall - open**  
**1:30pm** Beef Show  
**3pm** Draft Horse – Single Horse Hitch  
**4pm** Draft Horse – Tandem Hitch  
**4:30-7pm Roast Beef Dinner**  
**4:45pm** Light Horse Show  
**6pm** Draft Horse– Ladies Driving Competition  
**6:45pm** Draft Horse – Junior Driving Competition  
**7-9:30pm Country Café**  
**7-9pm Walk-In Bingo**  
**7:30pm Wheelbarrow Race**  
**8:30pm** Horse Pull –Triple

### Saturday, September 14

**8am** 4-H Interclub Competition  
**11:30am** Parade  
**12-8pm Exhibition Hall - open**  
**12:30-7pm Turkey Dinner**  
**1pm** Light Horse Show  
**1-4pm Country Café**  
**1-2:45pm Mad Science**, a unique hands-on science experience for children that is as entertaining as it is educational  
**2:30pm** Draft Horse–Best Overall Team  
**3:30pm** Draft Horse – 4 In Hand Hitch and Driving Competition  
**4:45pm** ATV Obstacle Course. Ages 16 and under  
**6-9pm Country Café**  
**6:25pm** Announcement of Parade Winners  
**6:30pm Truck Rodeo**  
**7-9:30pm - "Justin Bannister and Friends"** Country Music Concert  
**7:15pm Hay Bale Roll**  
**8:30pm** Drill Team  
**9pm** Light Horse Show

### Sunday, September 15

**9am** Light Horse Show  
**12pm** Draft Horse – 6 in Hand Hitch and 6 in Hand Driving Competition  
**1-5pm Roast Beef Dinner**  
**1-5pm Exhibition Hall – open**  
**1-5pm Oulton Hall Country Café**  
**1pm** Light Horse Show  
**1:30pm** Children's Variety Show  
**2pm** Horse Pull – Double

## Mobile Enviro Depot

Residents of Westmorland and Albert Counties are welcome at any Mobile Eco-Depot event, not just the one closest to them or in their community. In rural Albert County, the depot rotates between Alma, Riverside-Albert and Hillsborough. From noon to 8pm.

### What can you drop off?

For no fee, residents will be able to visit any Mobile Eco-Depot to dispose of the following (up to a ½ tonne truck and utility trailer load):

- Appliances (limit of 1/type): Fridge, stove, freezer, dryer, BBQ, etc.
- Electronic Waste: TVs, computer monitors, hard drives, DVD players, gaming consoles, etc.
- Furniture
- Small Household Machinery (must be emptied of gas and oil)
- Construction, Demolition and Renovation Waste
- Household Hazardous Waste: Batteries, cooking oil, aerosols, paint, light bulbs, fertilizers, chemicals, CFL bulbs, propane tanks, etc.
- Car and truck tires (maximum of 20" diameter, limit 8 per customer)
- Brush/Branches and yard waste
- Ashes
- Glass
- Cardboard and paper
- Cooking oil
- Metal

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

Service is for residential customers only. Commercial waste or regular curbside household waste will not be accepted. Residents are asked to sort and separate their loads by material type.

Find details at [www.eco360.ca/mobile](http://www.eco360.ca/mobile)

## Recurring Events

### Mondays

**Pickleball: 6:30-8:30pm** Riverside-Albert Recreation Centre. Sport for all ages. \$2/night-First night is free!

### Wednesdays

**North of 55. Every 2nd Weds. starting Sept. 25.** 10-11:30am. For ladies and gentlemen who are 55+. Enjoy snacks, games, stories and prizes. Hillsborough Baptist Church. Contact: Nettie Steeves, 380-2901 or 734-2900.

**Shepody Food Bank: 1-3pm** Albert County Community Health Centre. Bring Medicare #'s for every household member.

**Hillsborough Kiwanis Bingo.** Doors open at 5:30 pm, games begin at 6:30pm. Hillsborough Kiwanis Club.

**Creative Circle** 6:30pm Hillsborough Visitor Information Centre. Inviting all who are interested in learning to sew, knit, crochet or just to spend time with others while working on your current craft project. Several projects will be introduced and the beginner's kit is \$10. Gatherings will be for six weeks. Sept. 4-Oct. 9. Please register with Chandra: smithchandra2003@hotmail.com, 878-1636.

### Thursdays

#### Friends of the Hillsborough

**Arena-Chase the Ace.** Ticket sales: 5pm to 7:15pm. Draw at 7:30pm. Must be present to win. Raffle Tickets: \$5 each colour (5 colours available). Proceeds for upgrades and improvements. See the Facebook page for updates.

**Country & Gospel Music Evening: 7-9pm. \$7** Hillsborough Kiwanis Club. Featuring the Rocky Cape Band with Jerry Richard, Darrell MacAulay, Willis

McKinley, Charles O'Hara, Hazel Bulman, Tom Gould, David Smith & Ken Eagles+ guests. Open mic: join us with your voice and/or instrument.

### Fridays

#### Monthly Wellness Meetings.

Starting Sept. 6. Go Ahead Seniors meet the **first Friday of the month** at the Riverside-Albert Rec. Centre at 2pm. Join in and bring a friend. Topics include Healthy Active Living, Wise Medication Use, Managing Stress, Prevention of Falls, and Understanding Hearing Loss.

#### Chase the Ace-Riverside-Albert:

**6-7:30pm.** Fundy Curling Club. CCRC & Curling Club raise money for curling club upgrades & community initiatives. 3 tickets/\$5. Get together with friends, enjoy a delicious supper, play cards, and have a beverage with our community while supporting two excellent community causes! Info: facebook.com/community revitalization, 882-2653, 882-1892, 882-2626.

#### Alma Weekly Card Games:

**6:30-8:30pm.** Alma Leisure Centre. Playing Auction 45. Refreshments served. All ages welcome.

### Saturdays

#### Hillsborough Farmers Market.

9am-2pm. The market is filled with quality goods that showcase the 'Make it, Bake it, Grow it' motto. Meet with friends for a coffee and treat, chat at our sitting area & catch local musicians on stage. Contact: market@foodsofthefundyvalley.ca/

## Addresses

In our calendar, we refer to some of the following locations.

**Albert County Community Health Centre** 8 Forestdale Rd., Riverside-Albert

**Albert Mines Baptist Church**, 386 Albert Mines Rd.

**Alma Leisure Centre**, 8564 Main St., Alma

**Alma Village Office**, 8 School St.

**Art Cafe**, 5905 King St., Riverside-Albert.

**Broadleaf Guest Ranch Restaurant**, 5526 Route 114, Hopewell Hill

**Curryville Community Center**, 786 Albert Mines Rd., Curryville.

**Fundy Curling Club**, 16 Mill St., Riverside-Albert

**Harper's U-Pick**, 2937 Main St., Hillsborough

**Hillsborough Baptist Church**, 26 Braam Crescent, Hillsborough

**Hillsborough Farmers Market**, 2807 Main St., Hillsborough

**Hillsborough Golf Course**, 443 Golf Club Rd., Hillsborough

**Hillsborough Kiwanis Club**, 47 Legion St., Hillsborough

**Hillsborough Public Library**, 2849 Main St., Hillsborough

**Hillsborough Visitor Information Centre**, 2861 Main St., Hillsborough

**New Brunswick Railway Museum**, 2847 Main St., Hillsborough

**Parkindale Hall**, 3434 Route 895, Elgin

**Riverside-Albert Recreation Centre**, 9 Bicentennial Rd., Riverside-Albert

**Riverside-Albert Village Office**, 5823 King St., Riverside-Albert

**Riverside Consolidated School**, 90 Water St., Riverside-Albert

**Steeves House Museum**, 40 Mill St., Hillsborough

# BENNETT AND ALBERT COUNTY HEALTH CARE (BACH) FOUNDATION

The Bennett and Albert County Health Care (BACH) Foundation helps create a healthy, vibrant community. The BACH Foundation improves access to health care services in rural Albert County and supports programs that improve community health.

BACH Foundation supports:

- Albert County Community Health Centre in Riverside-Albert & satellite clinic in Hillsborough.
- Tele-Drive Albert County
- Little Rocks Curling
- School Spin Bikes
- Connecting Albert County
- Tele-Health
- Forest Dale Home Van
- Literacy Express
- Sistema Hillsborough
- Imagination Library



**By donating to the Bennett and Albert County Health Care Foundation, you are investing in a healthier community.**

[bachfoundation@horizonnb.ca](mailto:bachfoundation@horizonnb.ca), 882-3100

[bachfoundation.com](http://bachfoundation.com)

## 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 \$ \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

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

City/Town: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

I prefer to use my:  VISA  MasterCard

Card Number: \_\_\_\_\_

Expiry Date (month/year): \_\_\_\_\_

Signature: \_\_\_\_\_

Charitable Registration: 8690191 33 RR0001

Bennett and Albert County Health Care Foundation  
8 Forestdale Road, Riverside-Albert, NB E4H 3Y7  
Tel 506-882-3100 Fax: 506-882-3101

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



## Supporters of Connecting Albert County

Connecting Albert County would like to thank the following supporters. With their help, we can spread the news of rural Albert County. To spread the word about your business or organization's work in rural Albert County, see [connectingalbertcounty.org/advertising](http://connectingalbertcounty.org/advertising). We also welcome donations.

**Bennett and Albert County Health Care (BACH) Foundation**

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

**Alaina Lockhart, MP Fundy Royal** [fundyroyal.ca](http://fundyroyal.ca)

**Albert County Pharmacy** [facebook.com/AlbertCountyPharmacy](https://facebook.com/AlbertCountyPharmacy)

**Gary Steeves Insurance** [www.garysteevesinsurance.com](http://www.garysteevesinsurance.com)

**OMISTA Credit Union** [www.OMISTA.ca](http://www.OMISTA.ca)

**Rob Moore, PC Candidate for Fundy Royal** [www.RobMoore.ca](http://www.RobMoore.ca)

**Tele-Drive Albert County Inc.** [Tele-Drive Albert County on Facebook](#)

**Albert County Chamber of Commerce** [www.albertcountychamber.com](http://www.albertcountychamber.com)

**Crooked Creek Convenience** [www.facebook.com/ccconvenience](https://www.facebook.com/ccconvenience)

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

**Hopewell Rocks** [www.thehopewellrocks.ca](http://www.thehopewellrocks.ca)

**The Garden Guy (Micheal McBurnie)** [www.facebook.com/thegardenguymicheal](https://www.facebook.com/thegardenguymicheal)

**Ponderosa Pines Campground** [www.ponderosapines.ca](http://www.ponderosapines.ca)

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

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

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

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

**Albert County Museum** [albertcountymuseum.com](http://albertcountymuseum.com)

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

**Chipoudy Communities Revitalization Committee** [www.facebook.com/communityrevitalization](https://www.facebook.com/communityrevitalization)

**Forest Dale Home** [www.forestdalehome.ca](http://www.forestdalehome.ca)

**Friends of Fundy/Fundy Guild** [www.facebook.com/FundyGuild](https://www.facebook.com/FundyGuild)

**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)

[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)