

Connecting Albert County

February 2021



Protecting Our Wild Areas *By Jennifer Dingman*

Grindstone Island. Image by Janet Wallace

In 2007, UNESCO designated the upper Bay of Fundy as an important and unique ecoregion of the world through the Man and the Biosphere (MAB) program. Through this prestigious designation, the Fundy Biosphere Reserve and its partners work to improve biodiversity conservation, help create sustainable communities, and celebrate the cultural diversity and rich history shaped by the landscape.

Much of the biodiversity of the region depends on old growth Acadian (Wabanaki) Forests. This forest type no longer exists in much of the landscape, and the remnants that do exist are threatened by industry, development and climate change. However, we are on the verge of a changing tide where the provincial and federal governments are investing more than ever in landscape protection.

In 2020, the Government of New Brunswick committed to doubling the protected area in the province. It's now time for community members, environmental groups, cultural organizations, municipalities, industry and others to come together to shape what New Brunswick will look like in the future.

According to the Government of NB, the conservation process involves three steps, (illustrated below) which are defined as:

“1. **NOMINATE A SITE:** Candidate Conservation Areas are created by considering nominations by Conservation leaders, Rights holders, stakeholders, and Citizens. If you have an area you think should be protected, send in your nomination by **January 31st, 2021.**

2. **CANDIDATE CONSERVED AREA:** Inform the protection and long-term management of a Candidate Conserved Area by checking out our interactive map and completing a local knowledge survey. Sign up for our mailing list to stay up to date as new CCAs are added into 2021.

3. **PROTECTED AREAS:** Sign up for [GNB Nature Legacy] mailing list to stay up to date on newly protected areas as they are announced starting in 2021.”

Source: www2.gnb.ca/content/gnb/en/departments/erd/promo/nature_legacy/involved

In this region, many candidate conserved sites have been nominated through an

(Continued on page 3.)

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Building connections and fostering pride of place and culture in rural Albert County by publishing in print & online.

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Open Letter to the Honourable Mike Holland

The following letter to Honourable Mike Holland was sent to Connecting Albert County in response to articles in this issue (posted at ConnectingAlbertCounty.org/environment). We have invited Mr. Holland to reply in our March issue.

Honourable Mike Holland,

Congratulations on the Government's Legacy Project of which I only recently became aware. I feel, however, that the Government has to be careful lest this initiative and the selection process relative to Protected Natural Areas be seen as based on purely political motives, rather than genuine ecological concerns. To my mind, the process itself is flawed since it mixes several different objectives and criteria which may or may not be compatible, i.e. what have culture and recreation, or indigenous reconciliation got to do with protecting biodiversity? It seems designed to permit the Government to claim, for political purposes, that the maximum amount of land has been "protected." Your announcing that Shepody Mountain would be protected long before the deadline for PNA site nominations and prior to the conclusion of the selection process lends credence to the belief that political concerns trump ecological ones.

As a resident of Albert County, Shepody Mountain is of particular interest to me. The area designated as a Candidate Conserved Area is relatively small and includes several long, narrow strips of land. Consequently, it is probably not sufficiently large to sustain long term biodiversity. The main considerations of the proponents of a PNA designation appear to be aesthetics and recreation rather than biodiversity.

Preserving the beauty of the mountain is a worthy objective which the PNA will help to achieve. Alone, however, it is not sufficient since it is also largely dependent on the whims of adjacent landowners.

The recreational value of Shepody Mountain is also important, but, unless access to it is given to the general public through appropriate signage, rights of way and parking areas, only contiguous landowners and their privileged invitees will benefit. Since all New Brunswickers are paying for the designation of the mountain as a PNA (through forgone government revenue), access should be available to all.

I would be grateful if you would let me know whether you consider Shepody Mountain a Class 1* or a Class 2 site as well as the nature of "low impact" activities permitted on Class 2 sites. Specifically, does a Class 2 designation allow snow-mobiling, ATVing, trapping, trail cutting and maintenance, and cutting of firewood for personal use.

Finally, once the deadline for nominating sites has passed, will the Government change its strategy to meet its promised 10% protected area goal given that the Legacy Project has only achieved modest success towards that end?

Yours truly, Michel Béland, New Horton

* Class 1 Protected Natural Areas do not allow public access except by permit from the Minister of Energy and Resource Development for educational and scientific purposes.

We understand that there are a number of viewpoints on the issue of land conservation and we invite others to send letters to info@ConnectingAlbertCounty.org. Note we may not be able to print all letters we receive but we will aim to present as many different perspectives as possible.

("Wild areas" continued from page 1.)

open forum for consideration by the provincial government. You can check out which sites have been nominated for protection at gnb.ca/naturelegacy and provide comments on the areas that are close to your heart. Here in the Fundy Biosphere Reserve, candidate sites include parts of Shepody Mountain, Crooked Creek Ravine, Germantown, Caledonia Mountain, areas outside Albert Mines Road, Hillsborough and Turtle Creek.

To have a say about whether these Candidate Conserved Areas will be legally protected and contribute to New Brunswick's target of 10% protected land, we are asking people who care about these areas to complete the survey at the Nature Legacy website (by using the map to select a

site and then share what they know). This information will inform the decisions to protect sites, as well as help us understand how best to protect and manage the areas to preserve biodiversity for all New Brunswickers.

If you have any questions or want to be further involved in New Brunswick's nature legacy, contact info@fundy-biosphere.ca, visit www.fundy-biosphere.ca or follow @fundybiosphere on social media.

Jennifer Dingman, PhD, Executive Director of the Fundy Biosphere Reserve, was born and raised in Calgary, but is proud to call New Brunswick home and has lived in Riverview for almost half her life. She has a passion for community service and community development, science outreach and education.

Seedy Saturday is coming by Kris Buck

*March 6th, brought to you by
Foods of the Fundy Valley*

This free event will include seed sellers, garden groups, local environmental businesses and organizations, a seed swap table, free catalogues and brochures, activities and workshops throughout the day. Lunch will be available from the famous Foods of the Fundy Valley Soup Bar. Further details on this event will be available through our Facebook page in the weeks to come. Participants will be asked to pre-register in order to allow for adequate crowd control. Please note this event is subject to the restrictions of the yellow phase of the Covid recovery plan and will be cancelled if the area is in the orange or red phase.

What is a Seedy Saturday? Seedy Saturdays are held across the country and around the world. They bring together like-minded gardeners, farmers, seed savers and community members who are passionate about mindful gardening, food security and our environment. It's a celebration of local seeds and foods, gardening and education that support a healthy, strong community.



What is a Seed Swap? Simply bring seeds and swap them! This free exchange allows gardeners of all levels to swap seeds with others in the community. It's a chance to find unusual seeds or learn about something you've never grown before. If you have some gardening books you no longer need please bring those to swap as well. We will also have free catalogues and gardening info for you to pick up, so don't forget your reusable bag!

This event will take place Saturday, March 6th from 10am-4pm at Farmer Brown's Greenhouse (371 Osbourne Corner, Dawson Settlement). Seedy Saturday is the perfect way to kick off spring and the growing season. Bring a friend for a day of gardening!

Connecting Albert County relies on volunteers, donations and advertising to share the stories of our community. If you would like to help out in any way, please contact Janet Wallace at info@ConnectingAlbertCounty.org

Visit ConnectingAlbertCounty.org where you can find out how to donate or advertise. You can also discover many great articles about rural Albert County. Enjoy!

Timber Harvest on Shepody Mountain *By Deborah Carr*

One year ago, during a crowded public meeting to discuss the community's nomination of Shepody Mountain as a [Protected Natural Area](#) (PNA) under the province's new initiative to increase conservation areas to 10%, Minister Mike Holland [surprised the audience](#) when he announced the full 700 ha (1730 acres) of Crown land nominated would be protected.

At the time, Holland also advised that before the land could be designated as a PNA, JD Irving would be allowed to continue a previously approved select timber harvest of approximately 20 hectares (50 acres), a reduction from their original plan to cut 37 hectares (92 acres).

While the future protected status was good news, during the meeting, many questioned the precedent of allowing cuts before conserving as the stated purpose of a PNA is to "allow nature to exist with minimal human interference" and forests "to grow old and maintain primeval characteristics such as standing dead trees, or large decaying trunks on the forest floor." Additionally, community members expressed concerns about road upgrades and the impact of a timber operation that might change the view of the mountain.

Shepody Mountain was the first site nominated in the new initiative—and the only one publicly announced in 2020. As the spring and summer progressed, citizens and groups continued to nominate other special and unique sites throughout the province for conservation status.

In November, the province launched the [Legacy website](#), which formalized the process and invited public comment on the first batch of previously nominated locations, now called Candidate Conserved Areas.

Shepody Mountain—with its mature stands of red spruce, a rare Eastern Waterfan lichen and landmark location in a tourism region—was one of [four featured sites](#).



Planned harvest areas from JDI Website: When Shepody was nominated, the yellow zones were already designated as conservation areas due to sensitive features or steep terrain. This map can be found at ConnectingAlbertCounty.org/environment/timber-harvest-on-shepody-mountain.

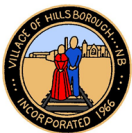
"Areas selected for conservation will have a specific biodiversity focus, such as: old forests, areas of high biodiversity, and unique ecosystem types. We are also interested in areas which may better adapt to or protect from climate change, sites with cultural significance, and areas that connect people with nature." *Province of New Brunswick, [Legacy Website](#)*

However, only 512 ha (1265 acres) of the 700 ha nominated appeared on the website as a Candidate Conserved Area. When questioned on the discrepancy, the Department of Natural Resources and Energy Development advised the first batch of sites were chosen for "their intactness and density of old forest stands. As we have only identified 82,000 ha of Candidates on our website, we still have over 300,000 ha of Candidate Conserved Areas to identify and post for comment."

Since then, a small group of community members—representing landowner, recreation, tourism and conservation concerns—were invited to participate in two site visits with JD Irving staff to determine when/where the harvest would take place, to identify areas of concern, and to work towards compromise.

During the second visit, the group took a more in-depth look at the area, walking the perimeter and noting existing trails, roads, special sites, and discussing the visual impacts and changes the cut would make to the forest.

Through these visits, we learned the harvest areas are situated along a two-kilometre stretch on both sides of the main access hiking trail leading to the summit. One area contains mature red spruce; the second has a ma-



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ture hardwood mix of yellow birch and sugar maple. For those familiar with the trail, the cut areas will end at the second brook crossing.

A forest contractor, using a small machine called a single boom harvester, will clear vertical rows up the slope of the mountain and remove 30-40% of the trees in the selected areas. The 'slash' (limbs and debris removed from the logs) will remain in place. The work will take place when the ground is frozen to reduce surface damage and eliminate the need to upgrade the main access trail. The company will install a temporary bridge across a brook, and remove it once the work is done.

The conversations and site visits resulted in JD Irving making further alterations to the plan; most notably, preserving the look and feel of the main trail by keeping a buffer of trees between the trail and the cut rows, avoiding biking trails, and ensuring existing roads/trails remain clear and usable. A number of areas were eliminated due to steep slopes and 50-m buffers will be left untouched along waterways. As well, the disturbed areas should not be visible from the highway.

As a result, the timber harvest for Shepody Mountain was further reduced to 17 hectares (42 acres).

While maintaining the current ecological integrity of Shepody Mountain was certainly the outcome desired by the community—and clearly the purpose of establishing PNAs is to do so—the compromise reached minimizes

visual impact, is considerate of the recreational users, and reduces disturbance to sensitive features of the site.

The harvest area can be viewed on the JD Irving website (maps2.jdirving.com/harvestplan). Visit the [Legacy Website](#) to leave your comments on current Candidate Conserved Areas, or to learn how to nominate a new site.

Deborah Carr is a freelance writer and a member of Water and Environmental Protection for Albert County, which nominated Shepody Mountain for PNA status. Like many, she has a special attachment to the mountain.

Timeline: The work will take place as soon as weather permits. An excavator will install a temporary bridge as soon as possible, then harvest work will begin once the ground is sufficiently frozen.

Once the work is complete, this initial 512 ha (1265 acres) of Shepody Mountain Crown land can proceed with formal designation, which we hope will take place before summer. A second batch of candidate sites will be announced this spring, which hopefully will contain the remainder of the area originally nominated.

Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722
Curbside Pick-Up: Tuesday-Saturday
10am-12pm and 1pm- 4pm

The Hillsborough Public Library offers only Curbside Pick-up service at this time: visitors cannot enter the library. The situation may change when the province goes back to the Orange Phase. Check on Facebook or call the library to find out the latest.

Curbside pick-up

1. Contact the library to select titles or to let us know what you like so we can select books for you.
2. Reserve a time to come pick up the items.
3. Phone the library (734-3722) when you arrive. A library employee will bring items out to you.
4. Read, enjoy, repeat!

We encourage you to use our online services at www.gnb.ca/publiclibraries. *Victoria Stroud-Arsenault*

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Go Nuts *By Angela MacDougall*

You may know Lorna Milton as the 'Donut Lady' from The Old Church Farmers Market but, if you were so lucky, you may have also tasted her backyard maple toasted walnuts. Many market-goers were surprised to hear that the edible nuts were grown in Albert County.

Nuts are not a crop you plant one year and harvest the next; they take years of waiting. Some nuts, like hazelnuts which can also be grown here, can be ready to harvest in five years, but walnuts take many more. Whether or not Lorna's grandfather intended to feed his family for years to come when he planted the trees, his family is definitely reaping the bounty. He sure was planting for the future!



Lorna and her husband Doran have followed in her family's footsteps and continue farming the land in Dawson Settlement that her grandfather bought in the early 1900s. Back then, her grandparents lived off the land, like everyone did at that time. Her grandfather also maintained a day job with the railway. Luckily for him, the railway ran straight through his property and each morning he would hop the train to work. He also had a market garden and raised dairy cows. For years, he sold milk to local people and sold the cream to creameries in Moncton and Sussex.

The farm has produced many traditional things in its day, such as dairy and beef, vegetables, ducks and foxes, but nuts are the most exotic. Around 1980, Lorna's father planted a bunch of walnut whips (branchless saplings) that he had ordered from a tree farm in Tillsonburg, Ontario. What a great gift his next generation is now enjoying!

There is a large disconnect between the food we eat and our knowledge of how or where it is grown. People are often surprised at the many of types of plants that are grown in the Atlantic Provinces. Did you know that there are dozens of orchards growing unexpected fruit in New Brunswick and Nova Scotia? Peaches, nectarines, apricots, kiwi and peanuts often need a warm climate to grow, but there are varieties hardy enough to withstand our harsh winters. In fact, there are a few people growing peaches, arctic kiwis and nuts right here in Albert County. With the right precautions and care, it can be done. Keep an eye out for local shops and growers with these special crops or try growing your own!

Brunswick and Nova Scotia? Peaches, nectarines, apricots, kiwi and peanuts often need a warm climate to grow, but there are varieties hardy enough to withstand our harsh winters. In fact, there are a few people growing peaches, arctic kiwis and nuts right here in Albert County. With the right precautions and care, it can be done. Keep an eye out for local shops and growers with these special crops or try growing your own!



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Fundy Biosphere Reserve Winter Activity Checklist *By Ben Cummings*

At the Fundy Biosphere Reserve, we encourage people to get active! Plenty of trails and activities are still open and we've issued a challenge to our followers that we'd love to extend to Connecting Albert County: the "Fundy Biosphere Reserve Winter Activities Checklist" (or Winter Challenge!).

See our list of 24 activities that almost anyone can do! Some may be more challenging than others (watch our Polar dip video if you want a good laugh!). Everyone has a chance to participate and we're excited to see people sharing their experiences of getting out and getting active. Discover more at www.fundy-biosphere.ca.

Winter Activities Checklist

1. Make a DIY Snowcone
2. Build a Snow Fort
3. Make a Snow Angel
4. Have a Snowball Fight
5. Ski
6. Snowshoe
7. Drink Hot Cocoa
8. Sled Down a Hill
9. Skate on a Pond or Rink
10. Go on a Sleigh Ride
11. Try Fatbiking
12. Go Dog Sledding
13. Play Hockey
14. Soak in a Winter Hot Tub
15. Take a Polar Dip
16. Find Animal Tracks
17. Go Ice Fishing
18. Go Ice Climbing
19. Do a Jigsaw Puzzle
20. Make Popcorn Garland
21. Eat at a New Restaurant
22. Try Maple Syrup Snow Candy
23. Have a Winter Bonfire
24. Make a Snowman

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Tips for Fall Prevention During Winter Hikes *By Sarah Lord*

1. Buy a good pair of ice cleats that fit your outdoor boots well, something with teeth rather than pegs or coils (See image below.) Try ice cleats on the boots you'll be wearing before buying.
2. Don't take short cuts: take the long way around if safer.
3. Use hiking poles.
4. Make sure your path is well illuminated with a good headlamp.
5. If descending, lower your center of gravity to the ground and, if necessary, slide on your bum.
6. Take your time. Don't be in a hurry.

Want to connect with the Women of the Wilderness?

We welcome women of Southeastern NB who love to hike, camp, and spend time in nature. Look up Women of the Wilderness (WOW) on Facebook, answer a few questions, and we hope to see you soon.



Cleats similar to the ones above are available at the Albert County Pharmacy in Riverside-Albert and Jean Coutu in Riverview. (Image: JW)



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Connecting Albert County's Guide to Healthy Eating

Connecting Albert County is grateful for a Community Food Action grant from the Government of New Brunswick enabling us to publish articles on healthy eating using local ingredients. We invite readers to share their stories, tips and recipes; please send these to info@ConnectingAlbertCounty.org.

The Joy of Food *By Janet Wallace*

Food is a source of joy. I love food: it's that simple. Fortunately, most of the foods I enjoy eating are healthy. But it wasn't always like this.

When I was learning to cook, I was also learning about nutrition. At that time, food was fuel. I balanced my ingredients to ensure that I ate enough protein, fibre and vitamins, with a minimum of fat, oil, sugar and salt. Looking back, it was a rather miserable diet, even though the nutritional principles were sound. I didn't enjoy my meals very much, which led me to binge on junk food every once in a while. Now, my diet is much less rigid and, as a result, much healthier.

Over the next year, Connecting Albert County will provide a forum for people to share their tips on how to enjoy a healthy diet. I would like to start this by sharing a few tips.

Cook from scratch

I have met many health-conscious people who seem scared of food. This is understandable. There are many stories in the news about the dangers of high sugar, high cholesterol and chemicals in food. Worse than that, the articles are confusing. Which is better: butter or margarine? What's the difference between good and bad cholesterol?

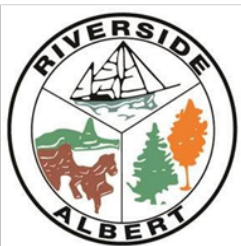
After spending ages in the grocery store reading the fine print on nutrition labels, you might want to just throw up your hands in frustration and pick up a pizza for dinner. One solution: buy food without nutrition

labels: fruit, vegetables, meat, beans, seafood. If you can't find these fresh, try frozen or dried. When you buy canned goods, try to get products with as few ingredients as possible (e.g., canned beans that only contain beans and water, rather than ones with sugar, fat and preservatives; canned tomatoes with only tomatoes and herbs, rather than spaghetti sauce with lots of sugar, oil and salt).

Preparing home-cooked meals is a good step towards healthy eating. By cooking your own meals, you can control what goes into the food. Years ago, when the issue of trans fats came up in the news, I thought about the food in my fridge and cupboards. I realized that trans fats are not part of my diet, simply because I don't buy much prepared food. This is one benefit of home cooking: you can avoid preservatives, hydrogenated fats, excessive salt, sugar and many other undesirable ingredients in processed food.

When you're busy, you can find a middle ground rather than avoiding all processed foods. For example, you can make soup or chili using canned beans and tomatoes. I buy organic foods whenever possible. Prepared organic foods do not contain genetically modified ingredients, trans fats or harmful preservatives. By simply buying food that is certified organic, you know that the food is free from such substances.

Another advantage of home cooking is the low cost. By working from scratch, you can greatly reduce your grocery bill. Also, you can make a gourmet meal at



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Connecting Albert County's Guide to Healthy Eating

home for less than the cost of take-out. Your meal can be healthier, tastier and more satisfying.

Enjoy food

It's easy to rush meals by seeing them as interruptions in your day. But if, instead, you view meals as enjoyable events, you will be more likely to invest time into preparing nutritious meals. You will likely feel more satisfied afterwards and less likely to indulge in unhealthy snacks and desserts.

I once had a terrible habit of eating breakfast while driving and eating lunch at my desk. I don't think I tasted anything. Likewise, many kids regularly eat dinner in front of the television. By eating while doing something else, it's difficult to appreciate the food. Also, perhaps more importantly, it is easy to overeat because you will eat quickly and be less likely to notice that you are full. Research has shown that kids who regularly eat in front of the TV are more likely to become obese than other kids. If you recognize that cooking and eating aren't chores but rather fun family activities, it will be easier to rationalize putting the time into meals.

Appreciate meals

I no longer view eating just as a way to keep my body going; rather, I view meals as celebrations. When I sit down for a meal, I try to savour the food, enjoying not only the taste and texture, but also the

energy invested in the food. My meals reflect the work that my partner and I put into growing and cooking the food, along with the energy invested by neighbouring farmers and other food producers. Knowing the link between the land and the food makes it easier to appreciate every bite. Even if you haven't met the farmers, keep in mind someone laboured to grow what's on your plate.

One way to celebrate meals is to establish rituals before eating, such as lighting a candle, making a toast, saying grace, or pausing to be thankful for the food. This can be as simple as thanking the cook or acknowledging the farmer who grew some of the vegetables. Or, if eating alone, take a moment to sit and reflect on the food before starting to eat.

At the home of one of my farming friends, the kids take turns expressing gratitude for the food. They say thanks for everything on their plate, starting with the person who cooked it, thanking the cow and hens by name, and thanking Mother Nature for the vegetables. When I had a farm, I was grateful to the goats that provided the milk for the cheese I made and the hens that gave me eggs. But before I grew my own food, I bought organic vegetables at the farmers' market. When I had dinner, I would point out we were eating Martin's carrots or Joan's potatoes, and we would all appreciate the food a little bit more.

From the kitchen of Angela MacDougall

Beet Falafels

Ingredients

1 1/2 cups grated beets
1 1/2 cups cooked or canned chickpeas (equivalent of one 15-oz. can)
1 tbsp tahini
1 tbsp lemon juice
4 cloves garlic, minced
2 tsp dry parsley
2 tsp ground cumin
1 tsp dry cilantro
1 tsp salt
Sprinkle of cayenne pepper

Directions

Bake chickpeas in the oven at 375F for 10 minutes. Let cool.
Mix all ingredients together in a food processor using the pulse setting until mixed well but not mixed to a pulp.
Make balls with a tablespoon and bake for 20 minutes at 375F.
Add garnishes of your choice.
We use chipotle mayonnaise and corn salsa.



And the Beet Goes On!

It's no Sonny and Cher song, but the lowly beet has played an important role in feeding the world since the Roman Empire. Although a beet is not really attractive to look at, it's a nutrient powerhouse for your body. In the past, beets were used as a medicinal food for detoxification and to improve digestion, blood health and heart health. Now, people appreciate beets for their high level of antioxidants.



By Angela MacDougall

- Sprinkle grated raw beets over eggs.
- Use grated raw beets in smoothies.
- If you don't like how they turn everything red, try golden beets.

Beets can be grown in Albert County. However, if you had a hard time with

beet germination last summer, you were not alone. This became a popular topic of conversation during the growing season. For gardeners and people growing their own food for winter, poor germination of root crops is a big deal. Root crops keep for many months and are relied upon as a healthy source of food throughout the winter and early spring. Crop failure can disrupt our winter diet. Fortunately, beets are still available from local farmers and stores.

Cooking tips

- Use beets in soups and stir-fries.
- Beets are delicious roasted in the oven with a drizzle of maple syrup.
- Roasted beets can be added to hummus.
- Slice beets thinly to make oven-baked chips.
- Bake beets in chocolate beet muffins.

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Connecting Albert County is grateful to the Province of New Brunswick which is providing support for our Guide to Healthy Eating through a Community Food Action Grant.

From the kitchen of Angela MacDougall

A delicious low-fat soup we have made many times.

Ingredients

1 onion, chopped
4 tbsp butter
5 raw beets, cubed
1 carrot, cubed
2 tbsp dried celery and leaves (or 3 stalks of celery, chopped)
6 cups vegetable or chicken broth
1 tbsp apple cider vinegar
2 tbsp dried dill
1½ cup shredded cabbage
Salt and pepper to taste
Cayenne pepper or a dash of hot sauce (optional)
Yogurt (optional)

Directions

Melt butter in saucepan. Add onions. Cook on low heat until translucent and keep stirring.

Add beets, carrots, cabbage and celery. Cook for 5 minutes.

Add broth, vinegar and dill. Bring to a boil. Season with salt, pepper and cayenne pepper (if desired).

Reduce heat and simmer for 40 minutes until the vegetables reach the desired level of tenderness.

Ladle into bowls, dollop with yogurt and serve with crusty bread.

Dilly Beet Soup



Community Calendar

Wednesday, February 3

Mobile Enviro-Depot-Alma. Noon-8pm. Activity Centre parking lot.

Thursday, February 4

Mobile Enviro-Depot-Alma. Noon-8pm. Activity Centre parking lot.

Saturday, February 6

Chris Colepaugh and special guests - Virtual event. 8pm. Join local music artist Chris Colepaugh and special guests every Saturday night for a free livestream music event from Riverview. Enjoy a night at home with virtual gigs on Facebook and YouTube. facebook.com/chriscolepaugh.

Saturday, February 13

Chris Colepaugh and special guests - Virtual event. 8pm. Join local music artist Chris Colepaugh and special guests every Saturday night for a free livestream music event from Riverview. Enjoy a night at home with virtual gigs on Facebook and YouTube. facebook.com/chriscolepaugh.

Tuesday, February 16

Talk to Your Kids About Money-Free Webinar. 8pm. Topic - why we pay taxes, types of taxes and ways to lower taxes. cfee-org.zoom.us/webinar/register/WN_KL2qFtcoQXKr6CDrU5eZeQ. For more information, contact Garth Wade at gwade@cfee.org.

Saturday, February 20

Chris Colepaugh and special guests - Virtual event. 8pm. Join local music artist Chris Colepaugh and special guests every Saturday night for a free livestream music event from Riverview. Enjoy a night at home with virtual gigs on Facebook and YouTube. facebook.com/chriscolepaugh.

Saturday, February 27

Chris Colepaugh and special guests - Virtual event. 8pm. Join local music artist Chris Colepaugh and special guests every Saturday night for a free livestream music event from Riverview. Enjoy a night at home with virtual gigs on Facebook and YouTube. facebook.com/chriscolepaugh.

SAVE THE DATE

Saturday, March 6

Seedy Saturday. 10am-4pm. See details on page 2.

Sign up to receive Connecting Albert County's publication by email at ConnectingAlbertCounty.org/e-magazine.

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 alternates 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, aerosols, paint, light bulbs, fertilizers, chemicals, CFL bulbs, propane tanks, etc.
- Car/truck tires (maximum of 20" diameter, limit 8/person)
- Brush, branches, 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. Details: www.eco360.ca/mobile-eco-depot-program

**Show the community you care,
and reach locals and visitors by
advertising in our
monthly mini-magazine,
*Connecting Albert County.***

For seven years, Connecting Albert County has provided our community with information on people, places and events in rural Albert County. Every month, our publication has a readership of more than 1000 and our website receives thousands of hits.

Hundreds of free print copies of the mini-magazine are distributed each month throughout rural Albert County. Our full-colour digital publication has 550 subscribers and a much greater readership including residents and repeat visitors to the area.



Connecting Albert County ~ Advertising Rates 2021-22

Ad size *	1 year	6 mos.	1 mo.	Flexibility
Non-profit supporter on back cover	\$100	\$70	\$25	Same each month
Business supporter on back cover	\$150	\$95	\$35	Same each month
Business card + link on back cover	\$400	\$250	\$85	Same each month
1/4-page + link on back cover	\$1350	\$800	\$195	Can change monthly
1/2-page + link on back cover	\$1600	\$1200	\$345	Can change monthly
Full page + link on back cover	\$1950	\$1500	\$475	Can change monthly

HST is added to the rates in the table.

We can design your ad for an additional fee; ask us for details.

* Advertisers are listed on the back cover of every digital and printed issue and listed in the email sent to subscribers for the months they advertise. Year-round advertisers are listed on featured pages of our website. Each listing includes a link to the advertiser's website or Facebook page.

* We also offer a 5% discount for members of the Albert County Chamber of Commerce.

Subscribe by Jan. 31st and receive a 10% early-bird discount!

Please reserve your space by Feb. 28th, 2021 for the 2021-22 advertising year.

Most ads begin in the April issue and end in March, however we welcome ads throughout the year.

We hope you will consider advertising in Connecting Albert County.

Email or send e-transfers to Janet Wallace at info@ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

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Supporters of Connecting Albert County

Connecting Albert County would like to thank the following advertisers and donors.

For details about advertising, please see page 13 or www.ConnectingAlbertCounty.org/Advertising.

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Hon. Rob Moore, MP for Fundy Royal RobMoore.ca

Gold

Albert County Funeral Home www.AlbertCountyFH.com

CBDC Westmorland Albert www.CBDC.ca

OMISTA Credit Union OMISTA.ca

Silver

Albert County Chamber of Commerce albertcountychamber.com

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Cape Enrage Fundy Log Cabin fundycottage.com

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

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The Old Church Farmers Market [Facebook.com/The-Old-Church-Farmers-Market-110454250674986](https://www.facebook.com/The-Old-Church-Farmers-Market-110454250674986)

Village of Hillsborough villageofhillsborough.ca

Village of Riverside-Albert riverside-albert.ca

Bronze

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

Falcon Ridge Inn B&B www.falconridgeinn.nb.ca

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

Fundy Mud Pottery fundymudpottery.com

Hillsborough Baptist Church hillsboroughbaptist.org

Jeff MacDougall, SouthEastern Mutual Insurance jeff.macdougall@semutual.nb.ca

Village of Alma villageofalma.ca

Donations

~ Donation made by the Calvert Family ~

~ Donation made in memory of J. Leonard LeBlanc, who passed away August 17, 2020.

Dear father of Misha LeBlanc~

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