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Connecting Albert County

June 2021

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Welcome Newcomers! *By Laura Lindsay*

The Chipoudy Community Revitalization Committee (CCRC) is pleased to announce the formation of a welcome committee for newcomers to the area. It is our hope that a warm Albert County welcome will help newcomers find a true home in the area and encourage them to take advantage of all that Albert County has to offer from attractions, social clubs and recreation to local shopping.

The committee is putting together a welcome package of information, advice and offers from the local community, merchants and tradespeople. We want to introduce people to the area and help them feel comfortable to visit local restaurants, hike local trails, hire local service people and experience the unique culture of the Fundy Valley. We want them to **“COME from AWAY and COME to STAY.”**

How can you help? We will contact merchants and attractions in the area to ask if they want to be listed in our welcome package and if they can offer a “shop local” incentive. This can be as simple as a business card offering a free coffee to a more elaborate loyalty reward program; it is entirely the choice of the individual business. If you know someone who has just moved to our area, feel free to email Welcome2AlbertCounty@gmail.com. We will then welcome the newcomers to our community.

We can all take the time to say a friendly hello to those we do not know. A smile might make the most important contribution in a new person’s day.

In April, the committee presented the first welcome basket. Bea Campbell, who arrived in Riverside-Albert from Saint John, received a blue box recycling container filled with information and gifts from local merchants, organizations, attractions and residents. We truly appreciate all the support offered for this first trial ‘basket.’

Committee members are Laurette Kelly and Linda Lindsay from Alma, Shirley Meldrum and Laura Tucker from Riverside-Albert, and Debbie James from Lower Cape. The area served by the CCRC is from Alma through to the upper Albert Mines Road. We can be contacted at Welcome2AlbertCounty@gmail.com or by phoning Linda Lindsay at 887-2103.

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Connecting Albert County

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Connecting Albert County Inc. is a registered non-profit organization.

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ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Rd., Riverside-Albert, NB E4H 3Y7

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Letter to the Editor: Crooked Creek Road

I'm interested in the construction history of the original Crooked Creek Road, especially its part as a through road with Lumsden, Bray and Stuart Mtn. Roads to connect through to Rosevale near Caledonia Mountain. There are old foundations on Stuart Mtn. Road. Who settled there and when? *Randolph Rice, rjrice23@gmail.com*

Kiwanis Book Sales

I will be selling books this summer at the orange building at the Artisan's Village in Hillsborough. All proceeds from the book sales will go to the Hillsborough Kiwanis. We are looking for donations of gently used books. If you have books to donate, you can drop them off at the Kiwanis Community Centre (47 Legion Street, Hillsborough) on Wednesdays from 12-4pm and on Thursdays from 10am-6pm. If you need further information, you are welcome to call me at 734-8804. Thanks very much. *Nancy Land*

Riverside-Albert Playground Project

The steering committee of the Riverside-Albert Playground Project wishes to express gratitude and congratulations to Shannon Butland and Hannah Morrissey. At their graduation last year, they were each awarded the Ron Smyth Scholarship for their hard work and contribution to their school community. The award includes a \$1000 US contribution to the charity of the recipient's choice. They both chose the Riverside-Albert Playground Project, which is now \$2429 closer to its goal thanks to the young women!



The Playground Committee, with the support of Riverside Consolidated School and the community, is working towards building a safe, accessible, and inviting community playground that benefits all children. Annual fundraisers include The Lobster Plunge, Ugly Sweater Christmas Party, and (currently in the works) a Golf Tournament.

For more information, visit www.facebook.com/RAPlayground. *Joanne Butland*

CCRC Volunteers

Chipoudy Community Revitalization Committee (CCRC) is recruiting volunteers to help with projects such as Chase the Ace, Christmas in the Country and other community enhancement projects. If you would like to learn more about this organization and help us build a strong, vital community, please email ChipoudyCRC@gmail.com.

What's your favourite vegetable? A writing contest for kids

Tell us about your favourite vegetable that can be grown in Albert County. Let us know why you like it and how you like to eat it. Feel free to add pictures, recipes or stories about gardening or cooking the vegetable. The contest is open for kids in rural Albert County up to grade 6. Participants are eligible to win prizes including gardening books for kids, gift certificates for The Old Church Farmers' Market, maple syrup and more. We also welcome volunteers to help with the contest.

A selection of the entries will be included in upcoming issues of *Connecting Albert County*, and all entries will be posted on our website. This is part of Connecting Albert County's Guide to Healthy Meals project, in collaboration with The Old Church Farmers' Market, and made possible with a Community Food Action Grant from the Province of New Brunswick. Please email entries by June 15th to info@ConnectingAlbertCounty.org or drop off pictures and stories at Fundy Farms: Local Harvest's stand at The Old Church Farmers' Market, 2807 Main Street, Hillsborough (Saturdays 9am-2pm).

www.ConnectingAlbertCounty.org ~ 2

Bees Please *By Anna Holdaway*

True or false? One out of every three mouthfuls of food we eat comes to us with the help of bees.

False, but if you change the word 'bees' to 'pollinators,' it would be true, and bees are one of Canada's most important pollinators.

Squash, cucumbers, blueberries, apples, cashews, sunflowers, alfalfa and clover are some of the many plants we eat, either directly or by eating meat. All of these rely, to varying degrees, on the presence of pollinators.

Bees are declining throughout the world both in the wild and in human-made hives. They need our care and support, and so do our beekeepers.

Peeking inside a beehive

Bees are fascinating and fun. I first became a passionate bee-watcher when my brother started up a few hives on his New Zealand farm just before I came to visit. Staying on my brother's farm is usually more work than play, but we found ourselves hanging over the gate by the beehives several times a day just watching the bees coming and going in their search for pollen. Sometimes we could even see the little yellow pollen sacks attached to their legs. Of course, the flowering shrubs in the area were buzzing, especially on a sunny day. Looking inside a hive was the biggest treat even though it meant suiting up (see photo). And the honey was all the sweeter because it came from "our" bees.

Meet a local beekeeper

I missed the bees (and the honey) when I returned to Canada so I was delighted when Donnie Porter dipped his toe into the world of bees just up the road in Riverside-Albert. Now he is a commercial beekeeper, which means he has more than 50 hives, and his thriving business includes nucs, honey, blueberry pollination and beeswax candles.

No idea what a nuc is? I had to ask Donnie myself and discovered that it is a beekeeping starter kit complete with eggs, pollen, a frame of honey and the all-important queen bee. To have your own functioning hive, you can get a hive



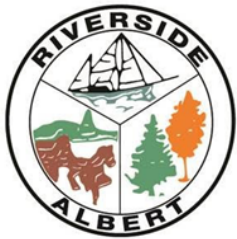
kit from a bee store such as Clarence Farm Services in Moncton. You must also register your hives with the provincial government.

For new beekeepers, lots of encouragement and advice comes along with bees and equipment. "Most beekeepers are very supportive of beginners," Donnie says. He credits the support of a great mentor and local beekeeping courses for his own successful beekeeping beginnings.

Mites and sites

A beekeeper's year is full of challenges and surprises. The first task is to pick a warm spring day and remove the protective wrap from the hives. It's always a tremendous thrill to see a throbbing mass of bees. Not all hives survive the winter, especially if it has been abnormally long and cold.

(Continued on next page.)



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The next task is to give each hive pollen and sugar to tide the bees over until there are enough blossoms to provide them with food. It's also very important to make sure the queen is one of the survivors. A hive without a queen is in serious trouble because only the queens can produce eggs.

In early June the hives are taken out to sites where there are lots of plants needing to be pollinated, such as commercial blueberry or cranberry fields and apple orchards. The bees are "on pollination" until the blossoms finish, usually around the end of June, then they are brought home to their summer quarters where a mite count is done. Bee mites can destroy a colony of honey bees if not controlled. Depending on the level of infestation, the beekeeper must decide on treatment for the affected hives. If necessary, other threats to the health of the colony are treated at this time. Summer quarters or "bee yards" should be close to people for protection, but not near other commercial hives to avoid competition for food and the spread of disease.

Removal of honey from the hives takes place in late summer. By mid-September, a beekeeper will be thinking about preparing the hives for winter. "Having your bees well fed and finding them quiet, protected winter quarters is very important." Donnie says "Then you need to keep your fingers crossed and hope that everything turns out right."

Befriending Bees

I asked Donnie how we could support the health of bees in our neighbourhoods. Here are some of his suggestions:

- Stop or reduce spraying toxic substances in our gardens and lawns
- Grow or buy organic fruits, grains and vegetables
- Plant wildflowers
- As amateur or commercial beekeepers, use the least harmful treatments for the bees and place hives where they will be safe from predators and human disturbances.

Unbelievable bee facts

- In its lifetime, each Canadian honey bee makes about one tenth of a teaspoon of honey.
- Every day a bee makes around ten trips to visit more than 10,000 flowers.
- Worker bees actually wear out their wings finding food.

Great sites for bee information

The University of Guelph has YouTube beekeeping videos and Vermont's Micheal Palmer has YouTube videos about beekeeping which are relevant to our area. Also, the NB Beekeepers Association has useful information and a mentorship program for amateur beekeepers. The Canadian Honey Council has information but mostly for large commercial beekeepers.

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Sources of local honey:

- Robert Seamans' honey is sold at his roadside stand in Parkindale and the Sussex Market.
- Jerry Harper's honey is sold at Harpers U-Pick Raspberries (Hillsborough).
- Erin Carver's Cedar House Honey is sold at The Old Church Farmers' Market in Hillsborough.
- Donnie Porter's honey is available at Crooked Creek Convenience, Waterside Winery, and from his house in Riverside-Albert.
- Terry Steeves sells honey in Elgin.
- Facebook's Marketplace often has listings for local honey.

Looking for Work? Looking for Workers?

Check out Connecting Albert County's Jobs page at ConnectingAlbertCounty.org/jobs. As a free service to the community, we provide a list of available full-time and part-time jobs. Employers simply complete an online form and our volunteers post the details.

Harvey Hall Update

By Ethel Duffy Ries

The AGM of the Harvey Community Hall was held at the Riverside-Albert Recreation Centre on Thursday, May 6th and the progress of the board was reviewed. The focus of the board is to maintain and ultimately restore this historic structure for community use.

It was a pleasure to award David Christie an "honorary life-time membership" for all the work he has provided to Harvey Hall over the years and the historical memorabilia he has maintained.

A group of local artists created and produced an original Sea Shanty musical as a promotional contribution for the awareness campaign. It is on the Harvey Hall Facebook page and at <https://youtu.be/qG6lnpG5vvs>.

President Melissa Richard Wilbur, Vice-chair Ethel Duffy Ries, Secretary Debbie James, and Treasurer Shelly (Kennie) Wilbur serve as the executive of a seven-member board, and any of them would be very happy to speak to you if you have questions or wish to volunteer.

There are five committees, each led by a board member, which focus on various aspects of this project. To work on one of the committees, board membership is not a requirement. However, the bylaws have been changed to allow for up to thirteen board members and we are recruiting for legal expertise, social media marketing, strategic planning and engineering on the board.

We have received a provincial grant for an engineering report and will be seeking other funding to help in the actual restoration work. For those who wish to donate there is a "GoFundMe" page on Facebook and a quilt raffle ticket sale (draw August 1, 2021). Also, anyone can directly donate via e-transfer to harveyhalltreasurer@protonmail.com or to one of the executive. We are a non-profit organization and issue personalized receipts for donations. The board has been very encouraged with the community support and enthusiasm for this project.

Our sincere "thank you" to everyone who has assisted thus far, and we look forward to a productive 2021.

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Everyone can register for a COVID-19 vaccination.

We will contact you when we are able to book your appointment. At Albert County Pharmacy, it is our goal to have every community member who wants the vaccination, 12 years and older, to receive at least one dose by the end of June.

Find our monthly flyer at Facebook.com/AlbertCountyPharmacy

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Photo courtesy of Really Local Harvest

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Connecting Albert County's Guide to Healthy Eating:

Diversity in the Kitchen

This is the first in a series of articles celebrating the growing diversity of countries, cultures and cuisine among our neighbours in Albert County. We will feature stories and recipes from around the world, brought to you by new friends who now call Albert County home. Enjoy! *Lynne Greenblatt*

Hakka Yong Tau Fu (客家釀豆腐)

by *Lim Lee Fui*

I moved to Alma a year ago to be with the love of my life, whom I met in Malaysia nine years ago. I like my life in Albert County where I am well pampered by (besides the nature and scenery) local produce and seafood, of which I am a big fan. I am so grateful that I am still able to create many recipes from home with the vegetables, meat and seafood found in Albert County.

I am honoured to share a recipe that is connected to my heritage, Malaysian Hakka, with Connecting Albert County. Hakka is a Chinese subgroup and means 'guest families.'

Yong Tau Fu is a popular Hakka dish. 'Yong' means 'stuffed' and 'Tau Fu' means 'tofu.' Although the name of this dish is stuffed tofu, most Hakka families in Malaysia stuff a variety of vegetables. The common stuffed items are tofu, bitter melon, eggplant, okras, large chili peppers and shiitake mushrooms. Growing up, I found that it was very smart of my parents to have made us eat bitter melon by stuffing delicious meat in it.

I created this recipe by using the ingredients that were available in the stores in Albert County. In this recipe, I used two pieces of corned (salted) cod that I soaked for a day, changing the water four times. The taste and smell

resembles the dish my parents made. No matter what filling we use or how we cook Hakka Yong Tau Fu, this dish represents the good memories that I will always remember of our family over the dining table.

The traditional stuffing is a combination of mackerel fish paste and ground pork. My parents liked to make the fish and meat paste by pounding the fish and diced pork belly on the chopping board; our family agrees that handmade fish and meat paste has better texture than that made with a food processor.

Our family usually had Yong Tau Fu on big occasions, such as the mid-autumn festival or winter solstice, or when we had friends over. It involves a lot of work. We often prepared this dish together: my parents would prepare the filling, and my sisters and I would join them to help stuffing the tofu and vegetables.

Each family has their own recipe, but it is well known that Yong Tau Fu filling tastes better when made with salted fish which adds umami flavour to the filling and elevates the fish and meat flavour.

With the amount of filling and stuffed vegetables from one recipe, Yong Tau Fu is a meal in itself for our family. Often the stuffed items are deep-fried, but my mother preferred a healthier pan-fried version. Yong Tau Fu can be served with sweet sauce (like hoisin sauce) or broth. We preferred the latter because we continued to cook the stuffed tofu in the broth after it was pan-fried to ensure the stuffing was cooked through.

(Continued on the following page.)



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The advertisement features a portrait of Micheal McBurnie, a man with short hair wearing a red and black plaid shirt, standing with his arms crossed. To his right is a vertical banner with a background of green foliage. Below the banner are four small square images showing various garden scenes: a lawn with a house, a garden path, a garden with plants, and a garden with a patio umbrella. At the bottom right of the banner is a Facebook logo.



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The advertisement features a logo on the left with a green tree, a yellow sun, and a winding path. The text is in bold, with 'CROOKED CREEK' in red and 'CONVENIENCE' in yellow on a green background. Below this, the store's services and phone number are listed in black and red text.

Connecting Albert County's Guide to Healthy Eating

Recipe: Hakka Yong Tau Fu Yield: 3-4 servings

Filling:

200 g (0.44 lb) salt cod fillets (corned fish with a texture similar to fresh fish, not hard, dried salt cod)
453 g (1 lb) ground pork
1/2 tsp white pepper
1 Tbsp oyster sauce
About 1/2 cup water
Corn starch



Tofu and vegetables:*

1 block firm tofu
8 dried shiitake mushrooms soaked overnight (or fresh cremini or white mushrooms)
1 bell pepper (deseeded) cut into 1/2-inch thick rings
2 jalapeño peppers (deseeded) slit lengthwise to make a boat-like shape
1 eggplant cut into 1-inch thick slices with a slit in the middle, but not all the way through

*You can substitute any vegetable that can hold the stuffing.

Broth: 1 carton (1 L or 4 cups) chicken or vegetable broth with dash of soy sauce

Instructions

1. Rinse fish and soak for a day. Change water 3-4 times, depending on how salty you want the filling to be.
2. Soak shiitake mushrooms in cool water and store in the fridge overnight.
3. The next day, cut firm tofu into 12 pieces. In the middle of each piece, carve a rectangular hole with a 1/4-inch border on four sides. Cut carefully to avoid tearing the tofu. The tofu that has been scooped out can be mixed into fish-pork paste in step 6.
4. Squeeze water from the shiitake mushrooms. Keep the water. Remove stems and set them aside.
5. Rinse and squeeze excess water off the fish and pat it dry. If you want more umami flavour, you can pan-fry a quarter of the fish until lightly brown.
6. Put soaked and pan-fried fish, pork, tofu cut-outs, pepper and oyster sauce into the food processor. Add water gradually until the mixture becomes a wet paste.

7. Dust tofu pieces, shiitake mushrooms, bell peppers and the inside of jalapeños and eggplant slices with corn starch.

8. Using a teaspoon or a butter knife, stuff fish/meat paste into tofu, mushroom caps and vegetable slices. Make sure there is a tiny hump of stuffing on the cut surface but it is full enough that the meat will cook thoroughly and stay inside the vegetables.

9. Coat the stuffed side of the vegetables with corn starch so that the stuffing won't fall out.

10. Coat a skillet with a thin layer of oil; heat on medium low. Put the stuffed vegetables on the heated skillet, stuffing-side down to seal the seam between stuffing and vegetable/tofu, pan-fry for ~2 minutes or until the stuffing no longer sticks to the pan, then the other sides for 30 seconds to 1 minute (or until light brown).

- Cook one type of vegetable at a time because different vegetables require different cooking times. Between batches, scrape residue off the skillet and apply oil.
- Start with stuffed eggplant because eggplant oxidizes faster than the rest of the vegetables on this list.
- Tofu: pan-fry the stuffing side until golden brown then boil the stuffed tofu for 5 minutes in the broth.
- Vegetables: after pan-frying, put a lid on to "steam cook" for about 2 minutes. (If the skillet is dry, add 1/4 cup of water before covering.) Ensure the water doesn't fully evaporate to avoid burning. Repeat the process until all sides of the vegetables and meat are cooked (use a thermometer to ensure the filling reaches 160F).

11. Bring broth to a boil, add water from soaking shiitakes and a dash of soy sauce. Add stuffed tofu and simmer for 5 minutes.

12. Serve stuffed tofu in broth. The rest of the stuffed vegetables can be eaten with your favourite sauce.

13. If there is filling left over, drop a teaspoon of it at a time into the simmering broth (after stuffed tofu is removed from the broth). After the filling floats to the surface, let simmer for 5 minutes.

Want to share your favourite healthy recipe featuring local ingredients? Please send it to info@ConnectingAlbertCounty.org.

Connecting Albert County's Guide to Healthy Meals project is made possible with a Community Food Action Grant from the Province of New Brunswick.

Connecting Albert County's Guide to Healthy Eating

From the kitchen of Ruth-Ann Mitchell

Pasta with Asparagus

Ingredients

1 bunch asparagus, cut in 1-inch pieces	2 cups sliced mushrooms
1 Tbsp olive oil	1/4 cup grated Parmesan cheese
1/4 cup broth	2 cups dry pasta
1/4 tsp crushed red pepper	

Directions

Cook pasta according to package directions.

Heat oil in a non-stick skillet. Sauté asparagus over medium heat for about 3 minutes. Add broth and mushrooms; cook 3 minutes.

Drain pasta and gently toss with asparagus mixture. Sprinkle with Parmesan and crushed red pepper.

Ruth-Ann says, "I have asparagus in my garden so I just use whatever amount is available. My preferred pasta is fusilli or rotini. It looks nice."

From the kitchen of Ruth-Ann Mitchell

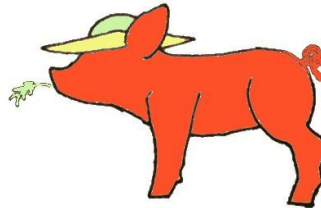
Carrot & Beet Salad

Ingredients

3 carrots
3 Tbsp olive oil
1 raw beet
2 Tbsp apple
cider vinegar
1-inch piece
ginger root
2 Tbsp honey

Directions

Peel vegetables if desired. Chop them coarsely, then grind them finely in a food processor. Peel and finely grate ginger. Whisk oil, vinegar, honey and ginger together. Pour over vegetables; mix well. Refrigerate at least 1 hour.



The Old Church Farmers' Market

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Saturdays 9am to 2pm

Please come to **The Old Church Farmers' Market** for Oliver's German Bakery, AnC Meats, Fundy Farms foods, Community

Municipal Election Results

Note: as of the time of printing, the results below (including in the Village of Hillsborough ad) have not been confirmed.

Alma: Mayor: Andrew Casey (elected by acclamation)

Councillors: Susan E. MacCallum, Tiffany J. Bowron and John S. Ereaux

Hillsborough: Mayor: Robert R. Rochon

Councillors: Jeff A. Jonah, Jeff A. Land, Trent A. Steeves and Melody Land

Riverside-Albert: Mayor: Jim Campbell (elected by acclamation)

Councillors: Kelly Brewster, Loretta Elderkin and Arnold Morrissey (all elected by acclamation)



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From the kitchen of Jim Kitts **An Adventure in Steam Frying**

To fully prepare ourselves, first echo Dorothy in *The Wizard of Oz*, "I've a feeling we're not in Kansas any more." With our preconceptions far behind us, grasp the three sacred principles:

- 1) It's always, every time, about the sauce in the bottom of the pan.
- 2) In a 'steam fry,' crispy vegetables go first, green leafy vegetables go in last.
- 3) A cup of every crunchy vegetable you own is invited; move fast to preserve the crunch.

Essential ingredients

1 large fistful of chopped kohlrabi*
1 large fistful of chopped daikon*
1 large fistful of sliced bok choy*
1 medium onion, diced
3+ garlic cloves, smashed and sliced
Chunk ginger, grated, or ginger sauce
Soy sauce
Tabasco sauce
1 tomato, coarsely chopped, or Lorna's Hot Salsa (from The Old Church Farmers' Market)
1 carrot, grated
1 1-inch-thick slice of cabbage, diced
Olive oil or butter
Salt and pepper
Anything fading in the fridge that needs to be used up (e.g., mushrooms)
Anything with crunch (turnip, beets, cauliflower, bean sprouts, Napa cabbage)

Nice-to-have ingredients

Chinese lettuce; fish sauce; grated Parmesan cheese for topping; salted, peppered and buttered rice in the bottom of the bowl if you need to feed a gang; pork or beef if carnivores are coming over.

*Kohlrabi doesn't mind if you left it on the root cellar floor. It wears a tough little coat that can handle that.

*Daikon: if you are scandalously not buying local and don't see it, look for Lo Bok or white radish. Daikon is the Japanese term for this big, long, white, carrot-shaped thing that is very succulent with a mild radish flavour.

*The bok choy can get limp in the fridge, but the sauce will re-hydrate it and no one needs to know. Same with parsnips.
What happens in the kitchen and root cellar stays in the kitchen and root cellar.

*Red cabbage is preferred because red is Jim's favourite colour.

Directions

I'm going to broadly handle the recipe in two parts, the steam fry and then the sauce, but everything really happens together as you race along keeping the crunch in tow. The size of the pot and burner limits the preservation of the crunch. To go larger, you need to go outside to the big wok over the wood fire in the yard. (Ah, I don't have one either.)

The Steam Fry:

Slosh olive oil in a big fry-pan at medium heat.

If you have beets, dice them into tiny cubes and put them in the pan, then grated carrot, small cubed turnip, cubed kohlrabi and thinly sliced parsnips. Throw them in the pan as you peel and chop.

Toss the harder vegetables around in the oil for a short fry, while you peel and cube the rest.

Pepper everything hard. Go easy on the salt: soy sauce is coming.

Add a mug of water and bring the pan to a good simmer.

If you want, add a few shakes of fish sauce. If you've never used it, be prepared for an old sock smell when it gets hot.

Add a tablespoon of soy sauce and few drops of Tabasco.

Add a coarse chopped tomato or Lorna's Hot Salsa.

Add mushrooms if you have them.

Add daikon (peeled and sliced into rectangles or chopped).

Add the white stem part of bok choy (sliced); reserve the leafy bits until the end.

Cover everything with the cabbage.

Shake olive oil over everything, lightly salt and pepper it again. An option is to shake rice vinegar on it.

Add water to keep things steamy wet, not soupy. Cover.

The Sauce:

Lightly cook the onion-garlic mix. Add ginger to taste.**

Put this in the microwave. Add olive oil if there is a militant vegan in the house actively spying on you, but a big tablespoon of butter on top is always the best choice.

Set the microwave on high. Stir every 5 seconds.

Go back to the pan, push the vegetables aside and taste the broth. It should have a bite, but it shouldn't bite back hard.

Add salsa or a drop of Tabasco to perk it up further if needed.

When satisfied, add the buttered garlic and onion sauté to the sauce, add the bok choy greens, stir and toss. *(Cont. on next page.)*

Volunteers at Forest Dale Home *By Kimberly McKinley*

My last article for *Connecting Albert County* was written in May of 2018. At that time, I thanked our volunteers for their continued support and dedication to our residents here at Forest Dale Home (FDH). My article contained much praise and appreciation for their contributions -- many programs are only possible with the help of our volunteers.



At the present time, some programs are still in place but on a much smaller scale as our residents' safety and wellbeing is of utmost importance during this difficult time. Connecting residents with family and friends in person, virtually, by phone or by written correspondence has been challenging but rewarding. In order to follow the guidelines set forth by Public Health, we've had to take many pauses to our in-person visits.

Over the past year, our windows have been a passage for our residents to connect with the outside world. The graduating class of 2020 did a prom procession around the home while dressed in their beautiful gowns and tuxedos. Trick-or-treaters dressed in costume picked up clues from the residents' windows to

complete a Halloween Treasure Hunt. In December, two local groups (Albert Career Development Centre and Riverside-Albert Volunteer Fire Department) volunteered to do a mini-version of a Santa Claus Parade around the building as well. Thankfully, the staff at FDH made Christmas a little extra special this past year by providing gifts and participating in special festive activities, taking on the roles that our volunteers usually do during that time of year.

As the seasons passed and the colours of COVID jumped back and forth over the past year, a special couple has remained a constant source of entertainment on the other side of the windows of our home. Every Thursday afternoon, the blinds are raised as residents anticipate the arrival of Elaine and Alan Demaline. Before COVID, they were active participants in our curling games, baking activities, and weekly walking program. Alan is also a member of the Board of Directors. They've

created a different platform to connect with the residents of Forest Dale Home. Thankfully our winter remained manageable for Elaine and Alan to snowshoe from window to window. The wind and rain in Riverside-Albert can be harsh, but with Elaine's Rapunzel-length hair and Alan enduring the pandemic with his self-groomed hairstyle, residents were regularly treated to other forms of entertainment like snow angels,



juggling, a snowball fight, dancing, birthday greetings, and interesting conversations to add excitement to the day.

We would like to thank all of the volunteers who have come to the home over the last year. We would like to commend Elaine and Alan in particular for their dedication and commitment and for being a shining light each week in the windows of our home.

Steam-frying *(continued)*

If you are of the cheap ginger sauce persuasion, mix it in now. If you are a ginger purist, dribble 1-2 tablespoons of honey over everything.

Turn off the heat, uncover, and give everything a moment's rest while you get your bowls and utensils out.

To serve: Spoon into bowls from the bottom of the pan, and add extra sauce on top and maybe grated Parmesan.

**If you use the store-bought ginger sauce, add it on the last mix before serving. If you are using grated ginger, add it to the garlic and onion sauté. (Sometimes, Jim says, he uses the store sauce at this point because he is now tired of chopping and peeling, at risk of losing the crunch, and getting hungry).

The 2021 Summer Reading Club *By Victoria Stroud-Arsenault*

This year, children are invited to celebrate fantasy at the library under the slogan "Reading is Fantastic!"

The Summer Reading Club is designed to encourage young people to read over the summer holidays. When they register, participants receive a reading logbook in which they can keep track of their reading throughout the summer. Participants will receive a certificate of achievement at the end of the summer. During June, July and August, all public libraries in the province will present various in-person or online/virtual fun and entertaining activities. The Summer Reading Club is intended for all young New Brunswickers.

Registration for the 2021 Summer Reading Club has started at the Hillsborough Public Library. Children who do not know how to read can participate by having a parent/guardian read to them. Also, children can register online starting June 14 at the NB Public Libraries website (gnb.ca/publiclibraries).

Follow the Hillsborough Public Library on Facebook or sign up for its email newsletter to keep up to date with the latest information.



Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722

The Library is open for the public one person/family at a time between 1pm-4:30pm Tuesday to Friday, and 10am-noon and 1pm-5pm Saturdays with masks and social distancing.

Curbside pick-up is available Tuesday to Friday 10am-noon. To arrange for pick-up, call the library to make an appointment.

The library staff encourage people to use the online services at www.gnb.ca/publiclibraries.



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Youth Drug Intervention Program

For young adults struggling with drug addiction, it may be hard to know where to go or who to ask for help. Fortunately, there is an option that is free and convenient: Youth Impact offers one-on-one addiction counselling. With the support of the Bennett and Albert County Health Care (BACH) Foundation, the program has expanded into rural Albert County.

The Drug Intervention Program is available for anyone from 15-24 years of age. There is **no cost** for the program and no waiting list. It is completely **confidential** and **voluntary**. It's up to the person with the addiction to sign up.

If you know of someone who might benefit from this program or want to join yourself, call Program Manager Jonathan Thibodeau at 506-856-2633 or see youthimpact.org.

The vision of the Bennett and Albert County Health Care (BACH) Foundation is "to have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre with the support of our community." You can learn more and donate at www.bachfoundation.com.

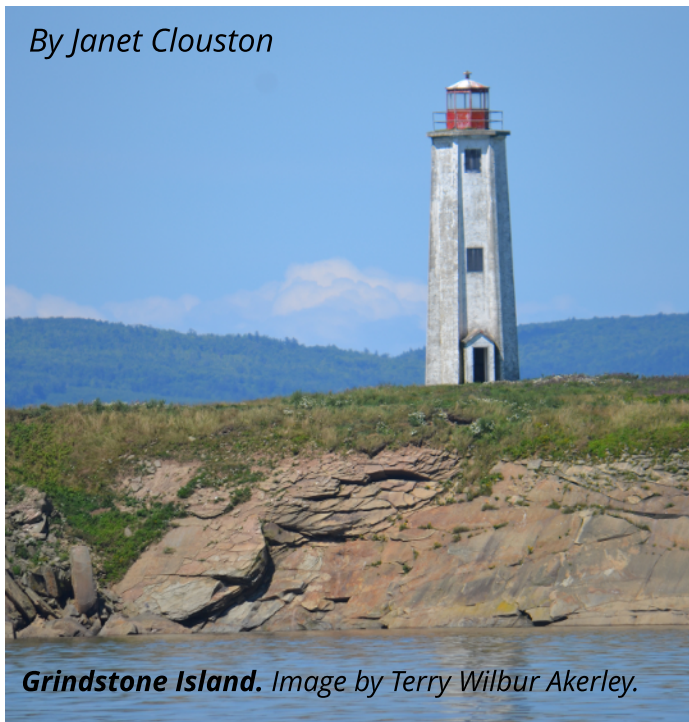
Albert County Museum 2021

The Albert County Historical Society is excited to showcase a new exhibit at the Albert County Museum. The Grindstone Island exhibit features heritage photos taken on Grindstone Island by Hugh Wright (lightkeeper from 1939 to 1950), as well as photos of Wainwright "Pappy" Weston and his family. Pappy was the last Grindstone lightkeeper; he served as lightkeeper from 1950 to 1970.

A special feature shares personal memories from two lightkeeper families. Mary Russell, daughter of James Russell (lightkeeper from 1899 to 1913), wrote a fascinating and detailed account of her childhood experiences when she and her eight siblings lived on Grindstone Island more than 120 years ago.

Betty Weston was only two years old when her father, Pappy Weston, started working on Grindstone Island. Betty says she will always consider the island as home, the place where she had a happy childhood exploring the island, swimming at the beach and enjoying evenings with the family singing and playing music together. The years spent as a family on Grindstone hold many precious memories for her and kept their family close.

By Janet Clouston



Grindstone Island. Image by Terry Wilbur Akerley.

"Grindstone Island holds a prominent part in the proud history of Albert County and holds many untold stories of the People of the Tides," affirms Dawne McLean, President of the Albert County Historical Society.

"This small island's beacon light and foghorn, operated by the dedicated lightkeepers from 1859 until 1970, guided ships through the dangerous tidal waters," stated McLean. "Just because the lighthouse has been abandoned, we must not abandon nor ignore the historical importance of Grindstone Island, and we must also remember the generations of lightkeepers who made life sacrifices and faced dangerous working conditions."

Today, people hold a fascination for lighthouses. Are you interested in learning what life was like for the lightkeepers and their families who lived on Grindstone Island and called it home? If so, check out the new exhibit at the Albert County Museum in Hopewell Cape.

While touring the museum, visit the Captain Molly Kool exhibit, which opened in September 2020. This shares the amazing story of Molly Kool of Alma, the first female to become a certified "Master Mariner" or Sea Captain in North America. Molly made history again in May 2019 when a new Canadian icebreaker was christened the CCGS *Captain Molly Kool*, the first Canadian Coast Guard ship to be named after a woman. This year, two official photos of the icebreaker have been added to the exhibit. Captain Catherine Lacombe, who has served as the Commanding Officer of the CCGS *Captain Molly Kool*, personally donated a photo with a unique hand-crafted frame. The other photo of the icebreaker, including official documentation, was received from the Canadian Coast Guard, Atlantic Region, St. John's, Newfoundland. *(Continued on next page.)*

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("Museum" continued from last page.)

Also new this year are smaller exhibit panels that share the history of the mining of albertite and gypsum.

Enjoy the Albert County 175 exhibit located in the Court House, which features the stories of the Land, Sea and People dating back to 1845, when Albert became a separate county. In the Exhibition Building, you can find large model exhibits of Acadians in Albert County and the County of Heroes, which pays tribute to Albert County's WWI legacy and the soldiers of the 26th Battalion.

Throughout 2021, several special events are planned, including the crowd favourite, the Canada Day Celebration. RB Bennett Day will be celebrated on July 3rd in recognition of the contributions made by Albert County native, Rt. Hon. R.B. Bennett, Canada's 11th Prime Minister, born July 3rd, 1870 in Hopewell. Another activity for 2021 is creating a barn quilt to honour our rich agricultural history.

The Albert County Museum and RB Bennett Centre is operated under provincial health and safety guidelines and is open daily 9:30am-5:30pm from May 22 until the end of September and on Saturdays during October. It is located on Route 114 between Moncton and Fundy National Park, only 2 minutes north of Hopewell Rocks.



Hon. Mike Holland
Minister
MLA-Albert

1037 Rte 114 Lower Coverdale,
NB E1J 1A1
Constituency Office:
(506) 856-4961
mike.holland@gnb.ca

Admission is \$10 for adults, \$8 for students and seniors, \$25 for families, and free for children under 5. Memberships and group rates are available. Visit and "Discover the People of the Tides!" Albert County Historical Society, Museum & RB Bennett Centre, 3940 Route 114, Hopewell Cape, NB E4H 3J8, 506-734-2003, info@albertcountymuseum.com.

Learn more at www.albertcountymuseum.com.



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The history of the people of Albert County is as powerful as the mighty tides that shape its coast! Just 2 minutes from the Hopewell Rocks, we're home to stories of amazing pioneers, explorers, innovators, war heroes, sea captains, a prime minister, a pirate and a convicted axe murderer – who many feel was innocent! Come visit us today.

MUSEUM HOSTED EVENTS AND PROGRAMS:

SATURDAY, MAY 22ND

Opening Day of the Albert County Museum (ACM) for 2021 Season!
Heritage Talk with Photos - "History of Grindstone Island and its Lighthouse"
2pm in Community Hall
Attendance by Donation or Admission to ACM includes light reception (max 50 people)

JUNE 14-21

Display of First Nations Artefacts in Community Hall
Monday, June 21st - Aboriginal Day - Recognition of First Nations History and Culture

THURSDAY, JULY 1

Canada Day Celebrations - Attendance and Food by Donation

SATURDAY, JULY 3

RB Bennett Day with Special Program and Barn Quilt Hanging

JULY 7 TO JULY 14

"Quilters of Albert County" Exhibit in the Court House
Special Quilting Exhibit to Recognize the Annual Quilt Fair.
By Donation or Admission to ACM

JULY 24 TO AUGUST 2

Artisan Showcase and Sale. By Donation or Admission to ACM
Local artwork and artists who are "Inspired by Nature" - Albert County Court House

SUNDAY, AUGUST 1

Love Your Covered Bridge Day at Sawmill Creek Bridge

MONDAY, AUGUST 2

NB Day Albert County Museum Family Promotion

SUNDAY, AUGUST 8

Outdoor Concert and "Rising Tide Festival" Event - Museum Grounds.
\$10 per person suggested Donation includes Admission to Albert County Museum and Concert

SATURDAY, AUGUST 21

Heritage Talk - John Leroux - "Reid Brothers Architects - From Harvey to Hollywood" By Donation or Admission to ACM

SATURDAY, SEPTEMBER 25

World Ghost Hunting Day. Tickets are \$25 per person or \$45 per couple
Presented by Canadian Paranormal Expeditions as a fundraiser for the Albert County Museum

THURSDAY, NOVEMBER 11

Flag Lowering at Sunrise and Remembrance Day Open House 1-4pm
By Donation with funds raised going to the Hillsborough Legion's Poppy Fund

DECEMBER 4 & 5

Christmas in the Country - Community Hall

SATURDAY, DECEMBER 4TH

At Dusk - Christmas Tree Lighting with free hot chocolate and carolling!

TO BE ANNOUNCED

Heritage Talk in the Albert County Court House - Dianne Carmel Leger - "Acadian History of Albert County"

"Between the tides" or during your next trip to Fundy National Park, you and your family will love your learning adventure.

Albert County Museum & RB Bennett Commemorative Centre

- 3940 Route 114, Hopewell Cape, NB - 506-734-2003 - info@albertcountymuseum.com -

www.albertcountymuseum.com

Community Calendar

Saturday, May 29

The Old Church Farmers' Market. 9am-2pm. See below.

Wednesday, June 2

Mobile Enviro-Depot. Noon-8pm. Hillsborough Kiwanis Parking Lot, 47 Legion St. Details on the right.

Thursday, June 3

Mobile Enviro-Depot. Noon-8pm. Hillsborough Kiwanis Parking Lot, 47 Legion St. See details in box.

Saturday, June 5

The Old Church Farmers' Market. 9am-2pm. See below.

Saturday, June 12

The Old Church Farmers' Market. 9am-2pm. See below.

Knotweed Eradication Volunteer Day. 10am-2pm. Meet at the Alma Village Office parking lot. Wear masks, weather-appropriate outdoor clothing and footwear suitable for physical activity. Rules re: physical distancing apply. For details and registration, see connectingalbertcounty.org/environment/alma-knotweed-eradication-project or email guardianecology@gmail.com.

Sunday, June 13

ABConnect & Hillsborough Visitor Information Center Open House. Local business community and residents are welcome.

Monday, June 14-21

Albert County Museum-First Nations Artifacts. 9:30am-5:30pm. Display in Community Hall in recognition of First Nations History and Culture. See page 15.

Saturday, June 19

The Old Church Farmers' Market. 9am-2pm. See below.

Ivan Daigle Concert-Broadleaf Ranch Restaurant. 7-10pm. Live music kitchen party.

Music Night: Gareth Pearson Live! 7pm (doors open 6:30pm). Curryville Community Outreach Center. See box on page 17. Tickets \$20 - advance purchase only. Call 229-5052 or email ianthepiper@gmail.com.

Saturday, June 26

The Old Church Farmers' Market. 9am-2pm. See below.

Thursday, July 1

Canada Day Celebrations-Albert County Museum. 9:30am-5:30pm. Admission: food bank donation.

Saturday, July 3

The Old Church Farmers' Market. 9am-2pm. See below.

RB Bennett Day. Albert County Museum. See page 15.

Wednesday, July 7-14

Quilters of Albert County. Albert County Museum. See page 15.

Mobile Enviro Depot

Residents of Westmorland and Albert Counties are welcome at any Mobile Eco-Depot event, not just the one in their community. The depot alternates between Alma, Riverside-Albert and Hillsborough.

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, cooking oil.
 - Car/truck tires
 - Brush, branches, yard waste, ashes
 - Glass, cardboard, paper, metal
- *No car parts, gas tanks, residential oil tanks, regular curbside waste or commercial waste

Residents are asked to sort and separate their loads by material type. eco360.ca/mobile-eco-depot-program

Farmers' Market Open for the Season! *By Angela MacDougall*

We are so excited for you to join us for the 2021 farmers' market season at The Old Village Church (2807 Main St. Hillsborough). Every Saturday rain or shine. 9am-2pm.

There will be hot coffee and tea to enjoy as you browse, to take-out or to enjoy outside on the picnic tables.

We have had a few very fun special markets over the winter months to keep you entertained and now we are diving into our regular summer season. Stock up for the week's supply of veggies, meats, breads, cheese, eggs,

preserves, baked goods and more. Get locally made and hand-crafted gifts for friends and family and birthdays and other special occasions. Find beautiful pieces made by the creative artisans in our region.

Come out and support the talent in our community and our neighbours. We are happy to welcome new vendors to the market and also excited to have familiar faces back that were not with us last season.

See you there and "Keep It Local!"

Music Night: Gareth Pearson!

June 19 at 7pm (Doors open at 6:30pm),
Curryville Community Center, 786 Albert
Mines Rd. **Tickets are \$20 and must be
purchased in advance** as there is limited
seating. Bar and canteen service available.

Known as The Welsh Tornado, Gareth is
world-renowned for his 'fingerstyle' guitar
playing. You can't help but smile while you
watch his fun demeanour as he draws your
eye to his fast-moving fingers.

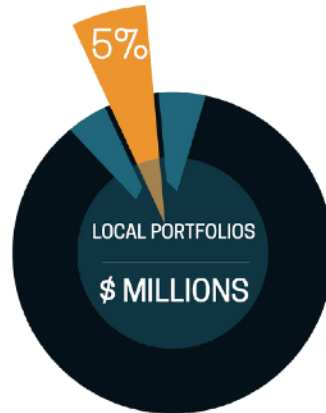
Within a year of taking up the guitar,
Gareth was opening for Tommy Emmanuel.
He was also invited by Tommy to play at the
Chet Atkins Appreciation Society Convention
in Nashville. Gareth has a distinctive style
that can be heard through his creative and
innovative arrangements which cover a
wide spectrum of genres including country,
folk, bluegrass, classical, pop, rock, jazz and
swing music, along with his own beautiful
and often intricate original compositions.

With influences like Chet Atkins, Jerry Reed,
Tommy Emmanuel and Merle Travis,
Gareth's techniques range widely, even
including his own compositions and
Michael Jackson arrangements. Gareth is a
very entertaining performer. It is clear that
he truly loves the music.

For tickets, call 229-5052 or email
ianthepiper@gmail.com. You are definitely
in for a treat!



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The Garden Guy (Micheal McBurnie) Facebook.com/thegardenguymicheal

Hon. Mike Holland, Minister, MLA-Albert mike.holland@gnb.ca

The Old Church Farmers' Market Facebook.com/The-Old-Church-Farmers-Market-110454250674986

Village of Hillsborough villageofhillsborough.ca

Village of Riverside-Albert riverside-albert.ca

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

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Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

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