

Connecting Albert County

December 2021



CAC's Spotlight on Frontline Workers:

Lindsay Butland, Crooked Creek Convenience

By Janet Wallace

Connecting Albert County is launching a series of profiles of the frontline workers who have provided essential services to the community throughout the pandemic. We begin with Lindsay Butland, the owner of Crooked Creek Convenience in Riverside-Albert.



Lindsay describes the experience of running a store during the pandemic as “a roller coaster.”

“At first, it was pretty scary,” she says. “I couldn’t just hide out at home. I had to go to work.”

She recalls washing groceries when she got home and even washing her shoes before going inside. “We didn’t know much about the virus then,” she explains.

Lindsay had recently expanded the store (see page 3) . The pandemic created a number of challenges, from staffing issues to problems stacking shelves due to supply chain shortages. For a while, there were hardly any customers. When the people started to return, some were angry about the new rules. On top of all that, she was scared of bringing the virus home to her daughter (then 4) and unborn baby. (Just at the start of the lockdown, she realized she was pregnant.)

Continued on page 3. Left: Lindsay Butland.

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Image top of page: Waterside Beach (by Janet Wallace)

Connecting Albert County

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Managing the Holidays

By Alicia O'Hara

It's the most wonderful time of the year... right? It's totally normal if you LOVE the holiday season, or have mixed feelings about it, or truly dread this time of year. It's also completely normal if you feel all these emotions when you think about the holidays. This season can often be a chance to connect with family and friends, celebrate and eat delicious food. However, some people may find the holidays stressful, lonely or isolating, especially during the pandemic.

Here are my top three tips for managing during the holiday season:

1. Honour your feelings. If you feel overwhelmed, stressed, anxious, etc., acknowledge the feeling and try to identify the trigger. Be kind to yourself. It's okay to cry or express your feelings – journalling, having a chat with a supportive friend, or speaking with a health professional are just a few ways to safely process any emotions you may be experiencing.

2. Say No. Holidays can be full of hustle and bustle trying to meet everyone's expectations. It's okay to say no when you feel over-extended. It may feel uncomfortable, but putting your well-being first is important!

3. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Focusing on these three simple steps can make the holidays more joyful!

Alicia O'Hara is a Registered Social Worker at the Albert County Community Health Centre.

The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services provided by the Albert County Community Health Centre.

Changing Lives One Ride at a Time

By Kelly Taylor

Urban/Rural Rides is a volunteer driver program which provides affordable transportation to seniors and low income families. Sometimes the impact on someone's life that arises from a simple ride request is much more valuable than the ride itself.

Urban/Rural Rides staff and volunteers care about people; that is why they do what they do. If you want to help seniors in your community by offering transportation and a friendly conversation, please contact us to volunteer by calling 962-3073 or visit urbanruralrides.ca. We reimburse our drivers for mileage. The gift you offer to others is your time. Your time and concern for others can help us change lives one ride at a time.

The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services and programs that contribute to the health of residents in rural Albert County, including Urban/Rural Rides (which has incorporated the former TeleDrive Albert County). www.bachfoundation.com

("Lindsay" continued from page 1.)

Lindsay now has a positive outlook about the experience and feels the pandemic "brought the community closer in one way."

She considers the pandemic to be "a big eye-opener. We didn't know how good we had it before. Maybe if there was no pandemic, we would still all be busy going out and not appreciating what we have."

The business and workers adapted in many ways. At first, the store offered home delivery to people who weren't comfortable coming to the store. Staff got in the habit of sanitizing surfaces constantly (and still clean door handles, gas pumps and other common surfaces at least every two hours).

Staffing was sometimes problematic because workers had to stay home "if they just had the sniffles" or if someone in their household was sick. Lindsay often had to work these shifts.

Ten Years of Crooked Creek Convenience

For many residents of Riverside-Albert and the surrounding area, Crooked Creek Convenience is our community store. It's not just a place to buy essentials but, pre-pandemic, it was where you met neighbours, chatted and caught up on the local news. This atmosphere was created, to a large degree, by Lindsay Butland.

In 2011, Lindsay, who was only 23 years old at the time, bought the convenience store that was across the road from its current location. She worked non-stop to update and expand the business, while also fostering a sense of community. When her first daughter, Jayda, was born, Lindsay put a playpen right in the store. Local women would drop in to hold and help take care of Jayda.

Eight years later, Lindsay took yet another big leap and moved the store across the road. She renovated the building, added gas pumps and liquor, and hired more staff. The new store opened in 2018.

To learn more about Lindsay and the store, see janetwallacewriting.files.wordpress.com/2021/11/crooked-creek-conv.pdf



Frontline workers at Crooked Creek Convenience (L-R): Susan Leblanc, Lindsay Butland and Kim Davis.

The store became less of a community hub. People were making coffee at home rather than coming to the store to have coffee and chat with their friends. Lindsay was scared to bring her daughters into the store. But the situation has slowly improved.

"People are coming back to the store now. A lot of people are feeling safer." She says that the store isn't too different from the way it was two years ago.

"But the main problem is enforcing rules because people are just getting sick of how long this is dragging on," she adds.

(Continued on page 4.)

CROOKED CREEK
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("Lindsay" continued from page 3.)

For example, a man recently entered the store and refused to wear a mask. After the staff explained the law to him, he started "giving the clerk a hard time and saying hateful things," according to Lindsay.

Rather than being discouraged, Lindsay puts a positive spin on this. She explains that the other customers in the store stood up for the staff and told the man that the workers didn't deserve to be hassled. The clerk and other customers explained that the mask mandate was the law, not a choice of the store.

"It's nice to see you have support," she says, adding that "99% of the customers are great and do what they can."

After going through this experience, Lindsay says she has become more grateful for what she has.

She describes the pandemic as an opportunity for people to have more time to work on self-growth and to help others.

She values "every moment because you don't get them back." This is most meaningful when she talks about time with her daughters.

"The pandemic taught me to appreciate what we need - and realize what we don't need. All you need is family, food and air. When you go back to the basics of life," she adds, "it's a lot more fun. You enjoy everything more."

We invite readers to submit profiles of other Albert County frontline workers. Please email Janet Wallace (Coordinator of Connecting Albert County) at info@ConnectingAlbertCounty.org if you are interested in writing an article.



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Funded by the Government of Canada and the Province of New Brunswick through the Canada-New Brunswick Labour Market Agreements.



Riverview Arts Centre *By Julie Hopkins*

The Riverview Arts Centre's mission is to inspire a passion for the arts while enriching the cultural life of our community in Albert County. We are a not-for-profit organization located inside Riverview High School. Our Royal Theatre is driven by our community, board of directors, staff, and volunteers. The centre offers a positive and professional environment for the community to experience the arts by presenting a diverse line-up of performances (musicians, theatre productions, dance, etc.) and offering rental opportunities.

After the year that we've all been through, socialization is more important than ever. Socializing keeps people young at heart, emotionally vibrant, and mentally sharp. When we were babies, socialization helped us develop who we are. As older adults continue to enjoy life, it remains important that seniors socialize and connect with the community to help maintain a healthy physical and emotional balance, as well maintain a strong sense of purpose. That's why we have developed the five components of our new Seniors Connect Program, funded in part by the Government of Canada's New Horizons for Seniors.

Seniors connect with...

1. **Culture** by watching concerts that are being live-streamed or have been recorded at the centre and making them available to be shown on large screens in common areas of seniors' complexes.
2. **StoryTime** by reading children a story every Wednesday morning, via Zoom or at a special host location.
3. **Conversations** over a cup of coffee, tea, or hot chocolate, hosted by a member of the community twice monthly in a different local coffee shop, café or public venue like the library.
4. **Mentorship** by sharing valuable knowledge with younger community members who have mutual interests and are looking to learn new skills.



Riverview Arts Seniors Connect volunteers & staff (l to r): Ivan Hicks (mentor); Vivian Hicks (storyteller); Kim Champagne (storyteller); Lorraine Casey (Brad Lane Riverview Arts Centre Volunteer Award recipient); Julie Hopkins (executive director)

5. **Lunch & Learns** by discovering new information on important topics from other seniors or experts within the community.

(Continued on page 6.)

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("Riverview" continued from page 5.)

Whether you are age 2 or 102, the Seniors Connect Program strives to connect all members of our community with our senior citizens.

And there are so many ways to be involved:

- As a senior, you can become a storyteller, a mentor, a guest speaker for a Lunch & Learn, or come out to socialize over a cup of coffee.
- As a Mom-at-home or a childcare provider, join us for StoryTime where seniors read to children Wednesday mornings via Zoom or at a location (e.g., library).
- As a younger member of the community, become a mentee and learn a new interest from one of our senior mentors. No doubt the learning will be reciprocal as the seniors will pick up new tips.
- As an expert, come share your knowledge as a guest speaker at a Lunch & Learn.

Riverview Arts Centre, 400 White Pine Road, Riverview
(506) 852-7189, riverviewartscentre.ca,
riverviewartscentre.ca/seniorsconnect,
www.facebook.com/TheRiverviewArtsCentre



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From our Family to Yours
Merry Christmas and Happy New Year!

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Zero-Waste Broth from Food Scraps

By Angela MacDougall

Making broth (soup stock) from food scraps is a simple way to save money and produce a tastier, healthier alternative to store-bought broth or bouillon cubes.

Making our own broth also leads to less waste - of both food and packaging. At the grocery store, broth is often sold in juice-box type packaging. Once the broth is used, we are stuck with the packaging. When you make your own broth, you can freeze it in reusable containers and there is no waste.

You can easily make broth yourself from scraps you would normally throw out. Your version will be more nutrient-dense and taste much better than store-bought products. This will provide the basis of many immune-boosting, healthy meals for you and your family without preservatives, sugars, oil, gums and things you can't pronounce.

Why is chicken soup so often recommended for a cold or flu? It's because of the broth, which is full of the nutrients from the veggies and boiled-down bones. Most store-bought broths aren't made from the bones and therefore don't contain the health benefits from the minerals and marrow breaking down into the liquid.

Steps for making broth:

-Choose a designated bag or container for your scraps. Make sure to label it for each type of broth you will be making (i.e., vegetable, chicken, beef or seafood).

-As you make your daily meals, save any scraps that could be used for the broth. Put the scraps in the designated containers and keep them in the freezer. Broths containing meat bones also require veggies; for meat broths, aim for a ratio of half bones and half veggies. Carrots, onions and celery make up most of the veggies used in store-bought broth, but since you are making your own, use what you like and have. Do try to add these three key ingredients as they do contribute to making a great-flavoured broth.

-Each time you make a meal, add to your bag. Save vegetable scraps that you would normally throw away (stems, skins, cores), but don't include anything that is mouldy or has gone bad. Veggie scraps will change each season, but you can use onion skins, carrot peels, mushroom stems, pieces of tomato, peelings from parsnips, pepper cores, herb stems, etc. The contents of the bag might not look appetizing, but that's okay.



Angela serving baked beans at the Black Sheep Maple sugar camp. Recipe on page 10.

Connecting Albert County's Guide to Healthy Eating

-For non-vegetarian broth, add raw or cooked bones.

-Once your container is full, depending on how much you want to make, empty the contents of your container into a slow cooker. You could also do this on a stovetop or on a woodstove; I prefer the slow cooker so I don't have to stick around. Fill the slow cooker with water until your frozen scraps are covered. At this time, I may add extra onions and garlic if I find I'm not satisfied with the amount already in my scraps. I also like to add seasonings like turmeric, bay leaves or extra dry herbs, depending on what I have planned for this batch of broth. I usually don't add salt and pepper until I'm making a meal.

-Now you want to cook your broth. If you're just doing a veggie broth, you can cook it on high for 6-8 hours. For a broth with bones, you really want to pull out all the marrow, so I try to cook mine anywhere from 12-24 hours.

- Once your broth has cooked for the suggested amount of time, turn off the heat, let it cool and strain it. If you're doing a bone broth, don't let it cool all the way as the marrow will start to gel and then it won't go through the sieve. Once it is strained, pour it into containers and store in the freezer for later use. Don't forget to label the containers.

- Use this broth for making soup, cooking rice or other grains, or serve hot in a mug for a loved one with a cold or flu.

From the kitchen of Jim Kitts

Fast Fish Soup

Out on the prowl, panning for Albert County gold above RatTail Falls, you find yourself low in utensils, in need of better than usual nutrition for under a buck a serving. Fortunately, in the bottom of your pack, you find a new sardine brand from the foreign foods aisle, 'Mega Sardines in Tomato Sauce,' that you haven't been desperate enough to face yet. Your starved and wavering vegetarian partner has a handful of leftover stir-fried vegetables, a bit of cooked rice, a match, and is hiding a pat of butter in another pocket. (Old prospector tip: vegetarians run lean and always have secret stores.)

After negotiations to share resources, scour the gold pan in wet, clean gravel (because in the past, somebody has likely used mercury in it to make gold amalgam).

Pop the pull tab off the sardine can and invert the contents onto the bottom of the gold pan. The Mega can is narrow and tall (like a tomato paste can). Use the can to slice up the fish, bones, skin and unmentionable

bits into the accompanying tomato sauce to get a chunky red fish paste.

Tip about three cups of water into the pan, add the vegetables and the butter. Using the sharp edge of the can, chop and stir everything into a thin soup. Add pepper if your vegetarian has some hidden, but be careful of the salt, add that last to taste.

Bring the pan just to simmer over a gentle twig fire, looking to see a lovely, light rose-coloured froth collect on the surface. Serve into your King Cole tea cups.

Ingredients

1 can Mega Sardines in tomato sauce (costs about a dollar)
1 handful leftover cooked stir fried vegetables
1 cup leftover cooked rice (optional)
1 pat butter
Pepper and perhaps a tiny dash of salt
3 or 4 cups of water

Directions (short form):

Mix. Heat. Serve. Enjoy.

Cooking Dry Beans, Another Money Saver

By Angela MacDougall

I don't know why, but I have a small obsession with dry beans. I grow 15-20 varieties every year, and I love them. Part of what intrigues me as a veggie grower is that I can plant these bean seeds, which then grow like other bean plants, but in the end, they dry by themselves. I can then store the beans for immensely long periods of time without them going bad or rotting. I also love the hundreds of varieties of beans that come in every shape and colour.

Dry beans are one of the cheapest and easiest things to store in your pantry. You can pick up a few bags of dry beans for a few dollars and they last forever if they are stored in a dry location.

I always find that using dry beans in a recipe makes a big difference in flavour, texture and nutritional value. Beans are high in protein and are a great meat substitute.

When I'm making meals, I like to sneak in vegetables wherever I can. I like to add a little bit of whatever I have on hand, this could be a carrot, beet or parsnip, some spinach or kale, etc. (A little added nutrition never hurt anybody.) For root vegetables, I like to grate them so they are very fine. For leafy greens, I chop them finely, so if you have picky eaters in your house, they will never know they're in there.



Angela's beans shown above and her recipe for baked beans is on page 10.

Do you have a favourite recipe to share?

We welcome recipes for healthy meals made with locally available ingredients. Please send your recipe to info@ConnectingAlbertCounty.org.

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



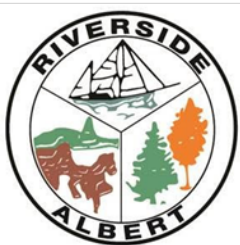
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From the kitchen of Angela MacDougall

Baked Beans

Don't worry about which type of beans to use. Normally a recipe would call for a variety like Jacob's Cattle bean or Kidney bean, but it really doesn't matter. Mix types if you like, or just use whatever you have on hand.

In the recipe below, you can opt to add meat for flavour, but it is not necessary.

Ingredients

1 lb. dry baking beans
1 tsp. dry or prepared mustard
6 tbsp. brown sugar (or 3 tbsp. brown sugar plus 3 tbsp. maple syrup or molasses)
1/2 tsp. pepper
1 tsp. salt
1 tsp. dried onion or 1 small chopped onion
1 tsp dried garlic or 1 fresh clove
2 tsp dried herbs of choice (I use oregano and summer savory)
1 cup crushed or bottled tomatoes (with no sugar added)
1 grated carrot
*Optional - 1 pork chop or 3 strips bacon

Directions

Rinse and pick over beans to remove any debris. In a 3-quart saucepan, soak beans for 6 hours in 2 quarts of water with 1 1/2 tablespoons of salt.

Drain and rinse soaked beans.

Preheat oven to 300F.

In a bean crock or baking dish, put your pork chop or bacon in first, then add beans and all other ingredients.

Bake for 2-3 hours at 300F, until the beans are the desired softness. Check beans periodically; if they become dry, add a small amount of water.

How Can a Lead Magnet Help your Business? *By Zoey Hughes*

"Lead magnet" is one of those terms you hear a lot from marketers and entrepreneurial blogs – they all proclaim you simply must have one; but what is a lead magnet and how can it help you?

A lead magnet is a free download that offers genuine value and generates leads. Potential customers download your lead magnet and their details are automatically added to your mailing list. Your mailing list then receives an automatic mailing sequence that gives people further information and feeds it back to you.

While a lot of buzzwords and marketing trends come and go like the seasons, lead magnets show no sign of disappearing. You may think they wouldn't work for your business, but they are a surprisingly versatile marketing tool and cost-effective, too.

Read more at connectingalbertcounty.org/learning-literacy/what-is-a-lead-magnet-and-how-can-it-help-your-business. Reach Cyber PR Army (based in Riverview) at www.cyberprarmy.com



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The management and staff of Albert County Pharmacy wish you a very Merry Christmas and a very happy and healthy New Year!

Find our monthly flyer at [Facebook.com/AlbertCountyPharmacy](https://www.facebook.com/AlbertCountyPharmacy)

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Why the Leaves Change Colour *By Michael Elliott*

A lot of people find solace in the beautiful colours of the fall. They walk their favourite trails, or travel to their favourite lookout points to admire the shades of red, orange and yellow. Few ponder the question why the leaves change colour.

When fall comes, it gets a little bit colder and windier. The leaves can't hold on to their precious branches any more and fall to the ground, giving way to one of the most satisfying noises in human history: the leaf crunch. But have you ever thought about why this happens?

It's actually quite simple!

Leaves need a lot to survive. They need sunlight, air, water and chlorophyll to keep that lovely green pigment we see during the warmer months. Chlorophyll is basically sugar that keeps the tree and leaves healthy. Imagine it as a Kit Kat bar, except the leaves actually need that Kit Kat bar in order to survive.

As the days get shorter, and less and less sunlight is available, those leaves lose the ability to hold on to that green pigment and their true colours start to reveal themselves. This is when we start to see those famous colours like red and orange. Once the leaves have done their job (producing enough food for the tree to survive the winter), they weaken and eventually allow themselves to fall to the ground.

Then the crunching begins.

But you may still see some leaves on trees through the winter! Weird, right? Well, that is called 'marcescence.' This is a term for when the leaves don't shed from the branch. There are a lot of reasons why this happens. Some scientists blame genetics; some blame evolution. Think about how smart it is for the tree to retain some of its leaves.

Often leaves are held near buds, acting as a sort of shield to protect the tree's future generations. Just like a person wearing a coat, the leaves provide a protective layer to insulate the buds from the harsh snows of winter, and thereby keep them alive until spring comes! Pretty neat!

So, as you're out there enjoying the beautiful colours, just remember how much work each leaf is doing to keep those beautiful trees alive. Admire the ones that have fallen, appreciate their sacrifice, and, of course, crunch it, just how it was intended!

Michael Elliott is a naturalist, mass communicator and educator. He spends most of his days learning about the great outdoors and shares his passion for nature with his scouts and friends. He is the creator of the web series "Nature with Rusty."

This article was originally published in the Friends of Fundy newsletter.

Community Calendar

Wed.-Thurs., Dec. 1-2

Mobile EcoDepot - Hillsborough. Noon-8pm.
Kiwanis, 47 Legion St.

2022 Grads serve breakfast; the Fire Dept. serves lunch. Proof of vaccination, government ID, and masks required.

Thursday, December 2

Rocky Cape Band.
7-8pm. Royal Canadian Legion, 31 Legion St., Hillsborough.
Country and gospel music, open mic and canteen (no bar).
Wheelchair accessible.
Admission: \$5.

Christmas in the Country-Foods of the Fundy Valley.

Sat: 10am-6pm / Sun: 10am-4pm. Farmer Brown's, 371 Osborne Corner Rd., Dawson Settlement. Local vendors and artisans, greenhouse tours, food and beverages. Cost: \$2 donation at the door.

Saturday-Sunday, Dec. 4-5

Yard and Craft Sale.
Saturday only. 9am-4pm. Royal Canadian Legion, 31 Legion St, Hillsborough. Home cooking, preserves and crafts.

Thursday, December 9

Rocky Cape Band. See Dec. 2.

Christmas Fair-Albert County Museum. Sat: 9:30am-5pm / Sun: 10am-4pm. Community Hall, 3940 Rte.114. See p. 15.

Saturday-Sunday, Dec. 11-12

Christmas Fair-Albert County Museum. Sat: 9:30am-5pm / Sun: 10am-4pm. See Dec. 4-5.

Christmas Market-The Old Church Farmers' Market.

Sat: 10am-5pm / Sun: 11am-4pm.
2807 Main St., Hillsborough.
[facebook.com/The-Old-Church-Farmers-Market-110454250674986](https://www.facebook.com/The-Old-Church-Farmers-Market-110454250674986). See p.15.

Christmas Market-The Old Church Farmers' Market.

Sat: 10am-5pm / Sun: 11am-4pm. See Dec. 4-5

Christmas on the Farm-Farmer Brown's Greenhouse.

Sat & Sun: 10am-3pm. Wagon ride, activities for kids and mini-workshops. Pre-registration required (text 506-878-9285 or send message on Facebook. [facebook.com/events/298141968790876](https://www.facebook.com/events/298141968790876))

CCRC Christmas Market.

Sat/Sun: 9am-4pm.
Riverside-Albert Rec. Centre (9 Bicentennial Rd.).
Fundraising opportunity for 2022 Caledonia Regional High School (CRHS) Grads & Riverside-Albert Fire Dept.

Thursday, December 16

Rocky Cape Band. See Dec. 2.

Mobile EcoDepot

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 1/2-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

Let the community know about the events you're hosting.

Add events directly to our calendar at

ConnectingAlbertCounty.org/calendar

The Old Church Farmers' Christmas Market

Now that our vendors have had a bit of time to rest up after our regular market season, we will be open for the first two weekends of December for the Christmas Market at 2807 Main St., Hillsborough.

Our annual Christmas Market will take place:

Saturday, Dec. 4: 10am-5pm & Sunday, Dec. 5: 11am-4pm

Saturday, Dec. 11: 10am-5pm & Sunday, Dec. 12: 11am-4pm

Please stay tuned for more periodic part-time dates during the winter months, until we re-open full-time in May 2022.

www.facebook.com/The-Old-Church-Farmers-Market-110454250674986

Submitted by Angela MacDougall



Deck the Hopewell Cape Community Hall!

The historic 1870 Community Hall at the Albert County Museum (3940 Route 114, Hopewell Cape) will be open on Saturday, Dec. 4th from 9:30am to 5pm and Sunday, Dec. 5th from 10am to 4pm, and again on Saturday, Dec. 11th from 9:30am to 5pm and Sunday, Dec. 12th from 10am to 4pm. The hall will be decorated with festive wintertime artefacts that are over 100 years old. Your toes will be tapping to festive music and your spirits will be bright as we welcome the holidays.

The fair will feature several vendors under one roof. Local gifts galore, books for all ages featuring local authors, and coffee and snacks for sale all day long. Here is your chance to shop local and join the Albert County Chamber of Commerce prize contest.

Please note: We will follow NB government guidelines including mandatory proof of vaccination and mask wearing. Thank you for staying safe!

Submitted by Janet Clouston.

Message from ACHS

The Albert County Historical Society (ACHS) and Museum wish to express grateful thanks for the support received during 2021.

We wish you a Merry Christmas filled with the joys of the season, the warmth of friendship and the love of family.

Right: Christmas Card image provided by ACHS



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

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

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

Village of Alma villageofalma.ca

We thank the Calvert Family for their generous donation.

www.ConnectingAlbertCounty.org ~ 16