

Connecting Albert County

March 2022

Winter on the 114
(by Amanda Rossiter)

Albert County "Home Sweet Home" Audio/Visual Experience

By Kathryn Kay

Albert County, NB based songwriter Don Coleman, who is endorsed by Gordon Lightfoot for the song he penned about the iconic Canadian troubadour, has released his latest song and music video that is called the "Albert County Home Sweet Home" Audio/Visual experience.

Coleman moved to Albert County in 2001 from Upper Canada and made his new home in the heart of the region. The song and video release "events" raised funds for the creation of bursaries to help Caledonia Regional High School and Riverview High School Class of 2022 graduating students with their post-secondary education endeavours.



Don Coleman in Video

Photo taken from Facebook Page:
Albert County Home Sweet Home

The song known as "Albert County Home Sweet Home" is an uplifting, toe-tapping, wholesome, feel-good Dixieland swing style song that was written about our region of New Brunswick. A tribute to the place that residents sometimes refer to as "God's Country" and its people. The video features

Inside:

Albert County Home Sweet Home~1
New Coordinator at CAC~2
Literacy Express~4
Plastic Recycling~6
Museum Jubilee~7
Farmers Market Dates~9
Rural Destination Development~10
Rural Rides Volunteers~12
Nutrition Month~13
Foods of the Fundy Valley Events~16
Planning a Special Event~18
Upcoming Events~20
CAC Supporters~22

To enjoy Don Coleman's music video visit ["Albert County Home Sweet Home" Audio/Visual Experience - YouTube](#)

Continued on Page 3

Connecting Albert County

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

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New Coordinator/Editor for Connecting Albert County

I want to take this opportunity to introduce myself to the readers. My name is Amanda Rossiter and I live in Alma, with my husband and two daughters. I am originally from Hillsborough and truly love living and working in Rural Albert County. I can often be found at the local arena with one of my daughters or teaching at one of the local schools. I have spent the last six years working as the Activity Coordinator at Forest Dale Nursing Home. I am grateful to be given the opportunity to take on this role with the newsletter and I thank Janet for her hard work and dedication to it over the last several years. I plan to carry on with the rural focus of the newsletter and to add some new content over the coming months as well. I look forward to possibly adding a youth writing section and a community events section, among other things, to the coming issues.

We are looking for more content for the newsletter, so if you have something you would like to add to the newsletter, please email me at info@ConnectingAlbertCounty.org.

In the next issue you will find a survey attached to the back of the publication. We plan to use this survey to adjust the newsletter to suit the current readers. We hope that you will take the opportunity to fill it in and share what you think through the survey.

We are also looking for new members to fill vacancies on our Connecting Albert County Board. If you are a reader of the newsletter and looking to get involved, please email us at info@ConnectingAlbertCounty.org.



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aerial drone footage of all four seasons and imagery that showcases the natural beauty of the county. Coleman says, "It is the community spirit of individual business owners, entrepreneurs and proud families that made this project possible." The project is a gift from the community to the community and to the rest of the world showcasing the essence and spirit of the region, which is affectionately known as "the gateway to the Fundy tidal zone."

Albert County is a special piece of the Appalachian Mountain range and home to the world's highest tides. Tourists from around the world come to visit our little piece of heaven. The "Albert County Home Sweet Home" audio/visual experience is a testament to the appeal of the area for everyone to share. It was created to capture the hearts of those who live there and intrigue the imaginations of those from afar.

Don Coleman has received letters of commendation that recognize the project in a positive light from the following politicians: the Hon. Blaine Higgs, Premier; the Hon. Ginette Pettipas-Taylor, Member of Parliament for Moncton, Riverview and Dieppe; the Hon. Mike Holland, Albert County MLA and Minister of Natural Resources and Energy Development; the Hon. Tammy Scott-Wallace, Minister of Tourism, Heritage and Culture; and the Hon. Rob Moore, Member of Parliament for Fundy Royal. These letters of commendation embrace the initiative for its visual/musical appeal, the creation of the class of 2022 graduating student bursaries, and its potential to attract tourists to the region.

Another interesting element of this story is that the Horizon Health Network has included the "Albert County Home Sweet Home" audio/visual experience in some of its recruitment emails designed to attract doctors, nurses and other

Continued from Page 1 health care support workers to the area.

Anyone from around the world can visit the "Albert County Home Sweet Home" page on Facebook and "Like" the page and/or watch the video on YouTube by searching "Albert County Home Sweet Home."

Don teamed up with long-time friend / videographer Rocklyn Warren of Nova Media Production Services to co-produce the video. They incorporated video from local and regional video aficionados Kevin Snair, Denis Jalbert, Eric Goggin, Brent Smith, Tinisha Daigle, and PT Drone Adventures, who donated their works to the project.

The song was recorded, mixed and mastered with Danny Bourgeois of Pumpk'n Patch Recording Studio in Memramcook, NB. The studio musicians who grace the song recording are Ronald Dupuis (1755, Glamour Puss), David Champagne (Myles Goodwyn) and Vanessa Champagne (Secret Agent). World renowned special guest narrator Boet Schouwink (Jaguar, Disney etc.) offered up his extraordinary voice during the introduction section of the video. Coleman declared, "Our combined skills and energy enabled an outcome greater than the sum of its parts."

The "Albert County Home Sweet Home" Audio/Visual Experience is proudly sponsored by: Albert County Hardware, The Alma Boathouse Restaurant, CR Yardworks & Equipment, Crooked Creek Convenience, Down East Coffee, East Coast Kids, Ian Franklin & JoAnn Thompson-Franklin, Cape Enrage Fundy Cottage, Hillsborough Golf Club, Craig & Pam Hope, Muddy Rudder Bar & Grill, Sanford & Ruth Phillips and family, Rocco's Cucina, Southeastern Mutual Insurance (Jeff MacDougall), Gary & Heather Steeves and family, Swiss Chalet, Five Bridges Bar & Grill, Andrez Printing, and Broadleaf Ranch.

Literacy Express Funding

by Nancy Land

The NB Children's Foundation has once again generously supported the Literacy Express program for preschoolers with a grant of \$4,700.00 to the Village of Hillsborough, which sponsors and hosts the program in the Hillsborough Train Station. This is the fourth award that the Foundation has



made to the program since it began in 2013. Also, we extend a big thank you to the Bennett and Albert County Health Care Foundation, which awarded \$1,000.00 to the program earlier this year! This was also the fourth time the BACH Foundation has made an award in support of this program and its work with preschoolers from various parts of Albert County.

Pictured from left to right are: Mayor Bob Rochon, Program Coordinator Nancy Land, Foundation Director Art Buck, and Foundation Director Michael Ivany at the cheque presentation on December 24, 2021.

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MP, Fundy Royal



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Farm Plastic Recycling Project

by Angela MacDougall

Finally, a solution to plastic waste. We are really excited to be working with a new business, right here in New Brunswick, to reduce farm plastics like greenhouse poly, silage tarps, potting mix bags, feed sacks, bale wrap, etc.

Plaex Building Systems Inc., in Chipman, NB, is now collecting plastics that they recycle into building bricks for construction. We will be working with them as a drop-off/pick-up location for plastics to be recycled.

The first pick-up for 2022 will be late April-early May at Fundy Farms: local harvest 3578 Route 114 in Edgetts Landing. No amount is too small, even if you are just raising some backyard animals and have feed sacks to throw away. You can start saving them and bring them to the drop-off.

Once we know the exact date of the pick-up, we will start to arrange drop-off dates and times with everyone who has plastics for recycling.

If you are a farmer, homesteader, grower, etc. please start saving your plastic and pass on this information to anyone you know who might be interested. This is going to be great to reduce waste, send less plastic to the landfill and make something usable. If you have questions about what types of plastics are acceptable you can contact Courtney at sales@plaex.ca. You can also check out the company's website at www.plaex.ca



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Museum Celebrating Diamond Jubilee

by Janet Clouston

We are pleased to share the content from this article from 1962 with the readers of Connecting Albert County. The Albert County Museum opened with 200 items in their collection and we now have nearly 9000 items! One of the items is the Guest Book from the 1962 season with the names of the guests who visited during the first year the Museum was in operation. We hope you enjoy the article and photo. We look forward to welcoming you to the Museum during the 60th Anniversary in 2022!

Museum Officially Opened May 19, 1962 – Times and Transcript article by Elizabeth Mitton

“The Albert County Museum will make alive the history of the area for visitors in a way never able to be done in words.” Dr. George MacBeath, curator of the New Brunswick Museum in Saint John, said at the opening of the Albert County Museum on Saturday afternoon.

As one of several speakers at the official opening, held in the county Court House, Dr. MacBeath stated that the museum would have “increasing cultural and education values as time passes”.

Operated by the Albert County Historical Society Incorporated, the museum up to the present time houses more than 200 items which have been donated by people of Albert County.

Allison Steeves, president of the historical society, in his opening remarks, outlined future plans of that society and said that it intends to preserve historical sites neglected for years. “The big task ahead for us at present is a

plan to hold a Steeves bicentennial in 1966”.

The article goes on to note several dignitaries from the Provincial and County governments and representatives from provincial travel and historical boards.

Also shared in the article were several items in the collection on hand on opening day including: an old spinning wheel, antique baby carriage, one of the first models of an electric radio, wooden washing machine, old-fashioned telephone, family bibles, and copies of the

Donald Bishop, Warden of Albert County, is pictured cutting the ribbon to officially open the Albert County Museum at Hopewell Cape on Saturday, May 19, 1962. Looking on is Allison Steeves, President of the Albert County Historical Society, which operates the museum.



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- Award Quilt for In Community We Stand and Antique Showcase in the Court House in July
- Live Entertainment and Music to Share History and Highlight Albert County History
- Launch of a New Book "Glimpses of Days Past" Retelling Local County History
- Harvest Festival Weekend with our focus on the area's Agricultural History

Discover the People of the Tides at the Albert County Museum during our "60 Years of History" Celebration!

Visit us at 3940 Route 116, Hopewell Cape, NB
www.albertcountymuseum.com
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Albert Journal from 1907. Many items featured are on display in what was known for many years as the "Museum in the Jail".

We look forward to the Museum's 60th Anniversary in 2022, which will be an exciting time for celebration in the community! There will be something for everyone to enjoy during the "60 Years of History" program during the May to October operating season. Plans are underway to highlight each of the six decades since the opening of the Museum, with a variety of entertaining events, heritage talks, historical drama performances and concerts. Learn more at www.albertcountymuseum.com.

Looking for Work? Looking for Workers?

Are you a business owner seeking to hire employees?

Are you a potential employee seeking work? 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 can simply complete an online form and our volunteers will soon post the information.

There are currently positions on the webpage from Art Residency Curator to Storyteller to Housekeeping Attendant.

Take a Look!!





The Old Church Farmer's Market

THE OLD CHURCH FARMERS MARKET: Upcoming Dates

by Angela MacDougall

Saturday March 19 - Garden Market and Seed Exchange, 9am-2pm

Seed Exchange. If you are a seed saver or have extra seeds, bring them with you for the Seed Exchange table. This table is a fun place to find varieties that are new to you with donated seed from seed companies and local growers.

** If you are bringing seeds to exchange, please make sure you put as much information as possible on the packets (i.e., variety name, how old the seeds are, days to maturity) as well as any information you can personally give about growing them. This is always helpful to other gardeners.

Garden Market. All things gardening. There will be vendors with products made and grown from their gardens and on their farms, products for your gardens, your plants and for growing. There will be seeds for sale, so come and shop the racks to choose your varieties for the 2022 growing season.

Saturday April 2 - Maple Madness, 9am-2pm

Our Maple Market celebrates Maple Season in Albert County. Vendors will be offering all kinds of different maple themed products - maple donuts, butter tarts, cookies, oatcakes, granola, bath soaks, soap, sausages, preserves, maple wood burnt signs and, of course, maple syrup! Plus much more. Ian the Piper will be our musical guest for the day.

Sunday May 8 - Pottery Throwdown, 12-5pm

Potters come together! This event showcases the amazing talent of local potters, each one with their unique style, techniques and products. Bring your mom for a Mother's Day Treat. Bring your friends to check out the craft of pottery.

Saturday May 21 - Season Opening, 9am-2pm

The May long weekend marks our first market of the season. We look forward to your support and hope you can make the Market part of your 2022 weekend routine.



Rural Destination Development Survey

by Ian Duncan, Friends of Fundy Program and Events Coordinator

Upper Bay of Fundy Project Charting a Sustainable Path for Rural Communities



A first ever community-led regional development process for the Rural Upper Bay of Fundy region is bringing people together to develop a plan that reflects the area's unique community assets and opportunities.

The initiative covers an area comprising Hillsborough, Riverside-Albert, Alma, Sussex, St. Martins, and their adjacent rural areas. It brings together residents, business owners, non-profit managers, and local municipal officials.

The two year project is funded by the Atlantic Canada Opportunities Agency (ACOA) and the Province of New Brunswick. It is administered by the non-profit Friends of Fundy. The first phase, which includes extensive community engagement, data collection and initial recommendations, will be completed by May 2022. The Working Group of the project has been studying tourism principles and reviewing the previous reports on the region and has now begun to formally engage communities. We'd love to hear your thoughts regarding the role tourism could play in community growth and development; if you'd like to share them, you can fill out a survey here: [Rural Destination Development Survey \(google.com\)](https://www.google.com/surveys/1234567890)

Destination Project will employ a four-pronged strategy to create and build industry, community and government support for a sustainable change agenda that is both long-lasting and rooted in regenerative tourism practices, using the United Nations Sustainable Development Goals (UN SDGs) as a guide. The UN SDGs are a collection of 17 interlinked global goals designed to be a blueprint to achieve a better and more sustainable future for all.

The initiative has four components:

1. Community Engagement and Information Sharing
2. Knowledge Review and Assessment
3. Data Collection and Assessment
4. Development of Community Indicators

The project is co-managed by a Working Group, which includes people from around the region and the Friends of Fundy. The members of the Working Group are:

- Micha Fardy, Friends of Fundy, Alma (co-lead)
- Mike Carpenter, Red Rock Adventure, St. Martins (co-lead)
- Kevin Berry, Village of Hillsborough

To achieve its priorities, the Rural Upper Bay of Fundy

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- Lisa Brown, Farmer Brown's Greenhouse/Foods of the Fundy Valley
- Jim Campbell, Mayor, Village of Riverside-Albert
- Janet Clouston, Albert County Historical Society & Museum, Hopewell Cape
- Jennifer Dingman, UNESCO-designated Fundy Biosphere Region
- Jamie Hare, Poley Mountain Resorts, Waterford
- Michelle Harvey-Larsen, Albert County Tourism Association/Studio on the Marsh, Mary's Point
- Jordan Jamison, St. Martins & District Chamber of Commerce, St. Martins
- Bob Rochon, Mayor, Village of Hillsborough
- Jason Thorne, Town of Sussex
- Paul Winkle, Beach Street Inn, St. Martins

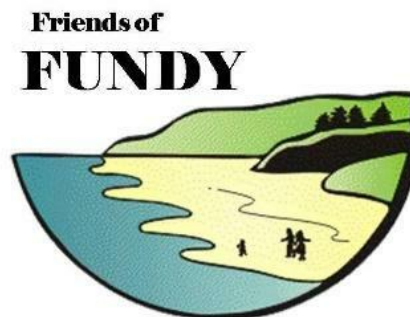
For more information about the Rural Upper Bay of Fundy Destination Development Project, you can visit our website and follow us on Facebook:

<https://www.ruralfundyregiondevelopment.com/>
<https://www.facebook.com/RuralFundyRegionDevelopment/>

If you'd like to share your thoughts on tourism development in the region, you can fill out our survey here: [Rural Destination Development Survey \(google.com\)](https://www.google.com)

We are hiring!

Friends of Fundy is looking to expand our team - do you love local art and products? Have a passion for outdoor adventure? Want to be involved with festivals and events? We want to hear from you! You can find more info



and how to apply on Connecting Albert County's Job Postings and on our website:

<https://www.friendsoffundy.ca/en/join-our-team/>




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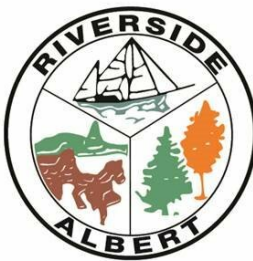
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 Fax: (506) 882-3016

Email: jillianhutchinson@riversidealbert.com



Thank You Volunteers!!!

by Kelly Taylor



Urban/Rural Rides is a community transportation service driven by volunteer drivers. In the photo above are some of our amazing volunteers. We had the pleasure of spoiling them at an 'Appreciation Event' in December.

Breakfast was prepared by volunteers at the Riverview Lions Club who also hosted the event. The food was delicious and they were gracious hosts who made the event an enjoyable one.

The drivers were all given a new hoodie with the Urban/Rural Rides logo on it and a certificate of appreciation. Some were even lucky enough to go home with door prizes that included beautiful stained glass ornaments donated by Don and Diane Wilson or chocolates.

The event ended with an open mic where drivers got to share stories and experiences. One driver shared the pleasure it was to have been able to drive a hospice patient to her last wish visit with her family at the beach.

Another driver shared how touched they were when driving a senior who had not been to get an ice cream in many, many years. They took a detour to grab an ice cream cone and that small moment of joy is one that will never be forgotten.

Another driver shared how the ride coordinator had informed him that one of the clients he had driven told her she would not go unless he

was available to drive her. With a small tear in his eye he said "it gets you right here you know" as he clutched his heart.

We love and appreciate all our volunteer drivers and how they touch the lives of those we serve. If you want to be a part of this amazing team, please call us at 962-3073 or email us at urbanruralrides@gmail.com. More information is on our website at <http://urbanruralrides.ca>



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Unlock the Potential of Food

Ingredients for a Healthier Tomorrow

NUTRITIONMONTH2022.CA



Nutrition Month 2022

By Brittany Butland, RD

Did you know March is Nutrition Month? Created in 1982, dietitians have been celebrating Nutrition Month for the last 40 years. Nutrition Month is a public awareness campaign created to promote the importance of healthy eating and to identify dietitians as the most credible source of food and nutrition information.

There is a new theme each year, and this year's theme is "Unlock the Potential of Food: Ingredients for a Healthier Tomorrow". Canadians face many challenges when making food choices, including social influences, food marketing, and the increasing availability of foods high in fat, sodium and sugars. These factors have a major impact on food choices and can make healthy eating a challenge for many people, which is why having the knowledge and skills to be able to read and understand nutrition labels is important.

Understanding Nutrition Labels

All packaged foods in Canada must contain a nutrition facts table and an ingredient list. Once you understand how to read them, they are easy tools to help you to compare products and make healthier choices.

Nutrition Facts Table:

The nutrition facts table (NFT) tells you about the nutrients in the food. It can be used to see if a food contains a little or a lot of a nutrient, such as sodium, sugar, or fibre. This can help you better manage specific dietary requirements (for example, low sodium diet). The NFT can also help you compare similar products.

How to use the Nutrition Facts Table:

Step 1: Look at the serving size

When you're assessing the nutrients of a food or comparing two products, it is important to first check the serving size that is located at the top of the NFT. The serving size is the amount of food used to determine the information in the NFT. Remember, the amount you eat might be different than the serving size listed. So, if you eat double the serving, you have to adjust the numbers accordingly.

Step 2: Look at the percent daily value

The percent daily value allows you to easily compare foods and make healthier choices. It is found on the right-hand side of the NFT. It provides a quick overview of the nutrient profile and tells you whether there is a little or a lot of a nutrient in a serving size of a food.

The rule of thumb for all nutrients with a percent daily value is:

- 5% or less is **a little**
- 15% or more is **a lot**

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

% daily value

Rule of thumb footnote

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

You can see whether there is **a little** of a nutrient you are trying to limit, such as:

- saturated + trans fats
- sugars
- sodium

You can also see whether there is **a lot** of a nutrient you are trying to get more of, such as:

- fibre
- potassium
- calcium
- iron

The percent daily value is not meant to be used to estimate your total daily nutrient intake because we don't only eat packaged foods. Many foods don't have an NFT label, such as fresh fruits and vegetables.

Using the Nutrition Facts Table to Make Healthier Choices:

You are checking the nutrition facts table of two snack foods. Which would you consider the better snack option?



Nutrition Facts Valeur nutritive	
Per 16 pretzels (50 g) pour 16 bretzels (50 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 41 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	35 %
Potassium 100 mg	3 %
Calcium 40 mg	3 %
Iron / Fer 3.5 mg	15 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Nutrition Facts Valeur nutritive	
Per 4 cups (50 g) pour 4 tasses (50 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 90 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	15 %
Potassium 125 mg	3 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Remember, Step 1 is to look at the serving size. If you look at the grams, you can see both nutrition facts are for a 50g serving; therefore, both snacks are easily comparable.

Step 2 is to compare the percent daily value. If you wanted a snack choice with less sodium and more fibre, which one would you choose?

Ingredient List

The ingredient list tells you what is in the food. It can be helpful for identifying food allergens, meeting dietary or cultural requirements, and identifying sources of certain nutrients and their relative quantities in the food. Ingredients are listed in descending order by their weight. This means that a food contains more of the ingredients found at the beginning of the list and less of the ingredients at the end of the list.

The bottom line is the information on the nutrition label can help you make informed decisions about the foods you eat. Use this information in combination with Canada's Food Guide to make informed choices on healthy eating.

Brittany Butland provides Dietitian Services at Horizon's Albert County Community Health Centre. For more tips on nutrition and healthy eating, you can book an appointment with Brittany at (506) 882-3100.



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BCS at work at Cordia Organics, Moncton NB
Photo courtesy of Really Local Harvest

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Foods of the Fundy Valley Coming Events

MAPLE FEST 2022:

Foods of The Fundy Valley, in partnership with the Town of Riverview, is pleased to announce its third annual "Taps To Tables, Discover Albert County's Maple Tour."

The maple tour is a collection of local maple "to-do's", featuring sugar bush tours, pancake breakfasts, maple beer, maple-inspired dining, activities, live cooking shows and, of course, maple baked goodies, etc. Local businesses will showcase and highlight all that this great season has to offer. This year's festival will take place April 1-3, 2022, and will not disappoint. Stay tuned to the Town of Riverview's Facebook page for up-to-date information on all of the events that will take place as we prepare to chase the liquid gold!
#maplefest2022 #supportlocal



Community Business Development Corporation

WESTMORLAND ALBERT

Business financing, support and advice

SELF-EMPLOYMENT BENEFIT PROGRAM (SEB)

The Workforce Expansion Self-Employment Benefit Program helps unemployed individuals create a job for themselves by starting a new business. The program provides various types of support during the initial development phase of the business including financial assistance, coaching and ongoing technical advice. Coaching is tailored to meet individual needs and can include subjects such as business plan development, accounting, and marketing.

Contact us today for more information! CBDC Westmorland Albert



Michel Gallant
michel.gallant@cbdc.ca



Kynan Philippe
kynan.philippe@cbdc.ca



Myriam Sonier
myriam.sonier@cbdc.ca



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



KIDS WORKSHOP SERIES:



We're sliding into Spring here at Farmer Brown's Greenhouse with this six-week children's workshop series. Parents are invited to attend with their children for a morning of sliding, bonfires, visiting with the animals, the great outdoors, and an instructional portion with one of our staff.

The farm will be open for visits from 9 am to 12 pm each week, with the hands-on activity commencing at 10 am. Grab your water bottle, bring a snack, and join us for a morning on the farm. The cost will vary each week based on the hands-on activity.

Pre-Registration is required for each activity by sending a message to us on Facebook or texting 506-878-9285.

- Feb 26 - Cactus Pot (\$15)
- March 7 (March Break) - Succulent Garden (\$25)
- March 10 (March Break) - Fairy Garden (\$35)
- March 19 - Make your own toolbox for the garden (includes some tools). (\$20)
- March 26 - Build a flower box and fill it with flowers (\$15)
- April 2 - Maple Madness! Stay tuned to Facebook for more tasty details!

Farmer Brown's is located at 371 Osborne Corner, Dawson Settlement, approximately 12 minutes straight out the Pine Glen Road from Riverview.

FOOD SMART:

The Community Food Smart program is a bulk food buying club for individuals and families keen on purchasing quality fruits and vegetables at affordable prices, sourced from local farmers when possible. Each bag is available on a monthly basis and the cost is \$15.00

Community Food Smart operates through a network of community partners who collect orders, provide volunteers, and distribute food bags to their members each month. Together, these partners donate their time and effort to make each area's food buying club a success. If you are interested in participating in our monthly Food Smart program, please contact Foods of The Fundy Valley's Facebook page or by texting 506-878-9285.



Foods Of The Fundy Valley

COMMUNITY FOOD SMART DELIVERY SCHEDULE

DELIVERY DATE:

January 26, 2022
 February 23, 2022
 March 30, 2022
 April 27, 2022
 May 25, 2022
 June 29, 2022
 July 27, 2022
 August 31, 2022
 September 28, 2022
 October 26, 2022
 November 30, 2022
 December 2022 - TBD

PAYMENT DUE BY:

January 21, 2022
 February 18, 2022
 March 25, 2022
 April 22, 2022
 May 20, 2022
 June 24, 2022
 July 22, 2022
 August 26, 2022
 September 23, 2022
 October 21, 2022
 November 25, 2022
 December 2022- TBD

Now available at the following locations:

- Fundy General Store (Alma)
- Crooked Creek Convenience (Riverside)
- Albert County Health & Wellness Center (Riverside)
- Forestdale Nursing Home (Riverside)
- Hillsborough - location will be provided when ordered

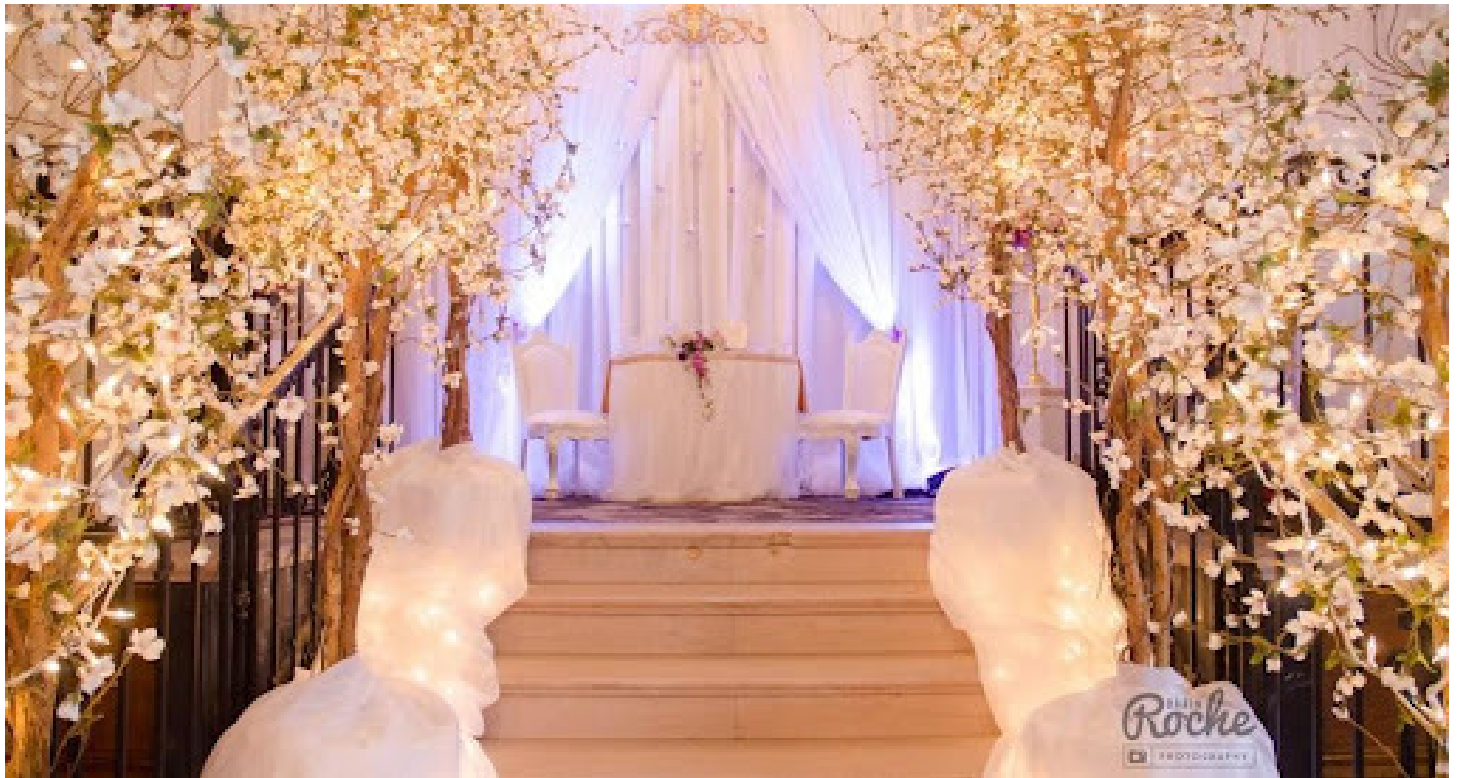


You may place an order in person at any of the above mentioned

locations or by sending an e transfer to epayments@foodsofthefundyvalley.ca. Like us on Facebook to stay up to date on current programming information or to also place an order. Pricing and dates are subject to change.

How far ahead should you start to plan your event?

by Beth Robichaud, Atlantic Event Décor



Having sufficient time to plan and perfect your event is paramount to creating an experience no one will forget. Whether you are planning the wedding of your dreams or a corporate gala, we're sharing our expert opinion on when the time is right to move from visualizing to planning.

Weddings

How far ahead should you plan a wedding? This will partially depend on scale. In recent years, boutique, intimate gatherings have had a resurgence and can often be created in as little as six months. However, even in these cases, allowing 12 months will open more avenues of opportunity.

If you envision a opulent affair, with luxurious touches and grand ideas, we recommend a minimum of 12 months to plan. Ideally, 18 months is suggested to make sure every aspect is perfection.

Corporate events

Corporate events ideally need to be planned 12 months beforehand. Although events of this nature can be actualized with shorter notice, balancing budget requirements and specific criteria can complicate matters as your timeline shortens. Your options ranging from venue to entertainment to food will be more plentiful the further out you book. An additional consideration for corporate event planning should be your guests' calendars, which will likely book up fast. To ensure an optimal turnout, maximize the amount of notice you give people. Elegant invitations can be tremendous motivators in freeing up calendars.

Bat Mitzvah & Bar Mitzvah

Your Bat or Bar Mitzvah date is often assigned by your Rabbi. Depending on the size of your congregation, it may be up to three years in advance. While this is likely too early to cement any plans, mood boards and vision boards can be a great step in the planning journey, even this far out.

These events tend to be similar in scale to a wedding, with details just as important. You want to create the perfect, memorable ambience, so 12-18 months is the ideal time to begin conversations with your event planner.

Baby showers and Gender reveal parties

Baby showers are traditionally held 4-6 weeks before the birth, while gender reveal parties can be scheduled as soon as your physician determines the baby's gender.

As baby showers are held near the end of the pregnancy, you should begin plans as soon as your pregnancy is confirmed. This timeframe may be considerably shorter than other events, but it still gives ample time to ensure baby's welcome party is unforgettable.

Gender reveal parties are relatively new on the event scene but can range from a casual get-together to an extravagant affair filled with splendour. If you have dreams of the latter, we recommend discussing your vision with an event planner as soon as possible after you conceive.

Planning your memorable day

Events are more than a simple plan. They capture dreams, imprint memories and bring people together in unique ways. Leaving yourself plenty of time to plan can help you achieve your vision, from the venue choice to those exquisite finishing touches. At Atlantic Event Décor, we bring dreams to life. Get in touch to discuss your next big event today.



Upcoming COMMUNITY EVENTS

Visit our Community Calendar and add your upcoming event today!!!
<https://www.connectingalbertcounty.org/calendar.html>

Eco 360

Wed Mar 9th 12:00pm - 8:00pm

Alma Activity Center, 8 School St, Alma, NB E4H 1L2,
Canada

Thur Mar 10th 12:00pm - 8:00pm

Hillsborough Kiwanis Parking Lot, 47 Legion St,
Hillsborough, NB E4H 2W7, Canada

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). Material should be bagged, boxed, bundled, and ready for easy unloading.

- Appliances (*limit of 1 of each type per client*)
 - Electronic Waste
 - Furniture
 - Small Household Machinery (*must be emptied of gas and oil*)
 - Construction, Demolition and Renovation Waste
 - Household Hazardous Waste
 - Car and truck tires
- (maximum of 20" diameter, limit 8 per customer)
- Brush/Branches and yard waste



Hillsborough Arena Times

Hillsborough Arena, 32 Mill St, Hillsborough, NB
E4H 2Z8

Sundays 2:15pm - 3:15pm Public Skate

**Mon Jan 31st 10:00am - 11:00am Preschool
Skate (free)**

Tue Feb 1st 1:00pm - 2:00pm Adult Skate

Thu Feb 3rd 1:00pm - 2:00pm Adult Skate

Fri Feb 4th 8:15pm - 9:15pm Public Skate

Sat Feb 5th 2:00pm - 3:00pm Public Skate

Sat Feb 5th 8:00pm - 9:00pm Public Skate

To book ice times please contact the Hillsborough
Arena at 734-3715

Always check to make sure we are open.



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



For eight 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 2022-23

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.

Please reserve your space by March 21, 2022 for the 2022-23 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 Amanda Rossiter at info@ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

Supporters of Connecting Albert County

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

For details about advertising, please ConnectingAlbertCounty.org/Advertising.

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BachFoundation.com

CR Yardworks & Equipment www.CREquipment.ca

Albert County Pharmacy Facebook.com/AlbertCountyPharmacy

CBDC Westmorland Albert www.CBDC.ca

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

Gold

Albert County Funeral Home www.AlbertCountyFH.com

Grass Roots Community Economic Development Co-operative www.GrassRoots.coop

Silver

Albert County Chamber of Commerce albertcountychamber.com

Crooked Creek Convenience Facebook.com/ccconvenience

East Coast Kids Child Care & Learning Centre eastcoastkids.ca

Fireside Home Heating dave@firesidehomeheating.ca

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

Village of Hillsborough villageofhillsborough.ca

Village of Riverside-Albert riverside-albert.ca

Bronze

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Chipoudy Communities Revitalization Committee Facebook.com/communityrevitalization

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

Foods of the Fundy Valley facebook.com/FoodsOfTheFundyValley

Friends of Fundy www.FriendsofFundy.ca

Fundy Mud Pottery fundymudpottery.com

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

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