

Connecting Albert County

July 2022

Scenery from the 114 Detour
by Amanda Rossiter

canada

**O Canada! Our home and native land.
True patriot love in all thy sons command.**

**With glowing hearts we see thee rise,
The true north, strong and free,
From far and wide, O Canada,
We stand on guard for thee.**

**God keep our land glorious and free.
O Canada! We stand on guard for thee.
O Canada! We stand on guard for thee.**



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Connecting Albert County

July 2022
Vol. 8. No. 7
ISSN 2369-1174/1182 (digital)

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

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

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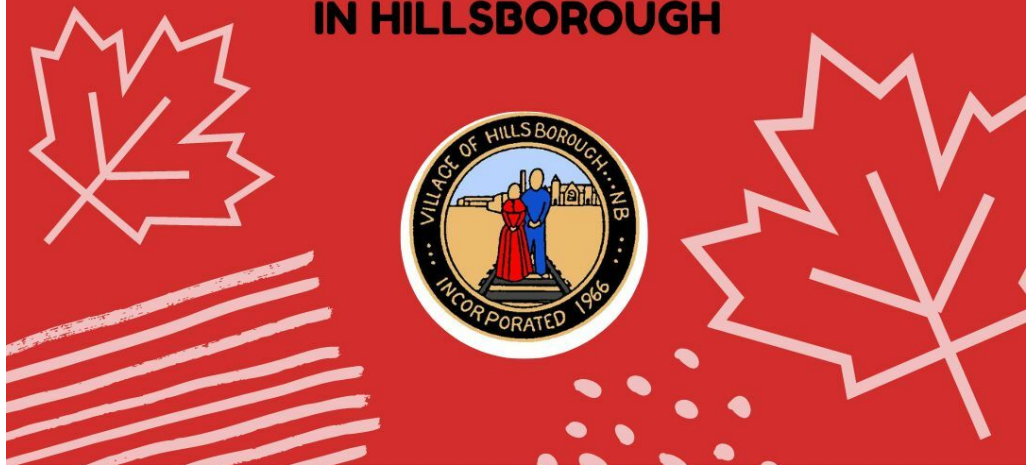
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ON JULY 1ST CELEBRATE CANADA DAY IN HILLSBOROUGH



July 1st from 6:30 pm to 9:00 pm at the Kiwanis Ballfield

Music by Gypsy Reese

Free BBQ hotdogs provided by the Kiwanis (limited quantities)

Bouncy Castles

Balloon Twister

Glitter Artist

Mini Golf

Annual Fireworks Display at 10:00 pm (Main Street Ballfield)



Funded by the Government of Canada

Canada

Fun for all ages!!



Canada Day in Alma

Free Admission to Fundy National Park with lots of free activities.



9 am - 2 pm Alma Market Day (indoor & outdoor) at the Activity Centre

10 am Kids Red & White Bicycle Parade at the Alma Rink - prizes to be won & decorating supplies will be available

11 am - 1 pm Free Community hotdog BBQ provided by the Tide Church at the Activity Centre parking lot



11 am - 1 pm Bouncy Castle provided by Tides Church at the Activity Centre parking lot

12 pm Canada Day Cake at the Activity Centre

4 pm Cake Walk indoors at the Activity Centre (cakes provided by locals)

7 pm Fundy Ceilidh concert at the Activity Centre (free)

10 pm Fireworks display, thanks to the Alma Volunteer Fire Department



Canadian Heritage

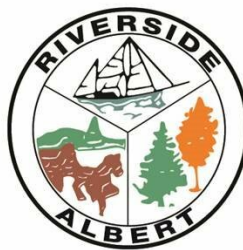
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Iron in Your Diet

by Brittany Butland

Iron is an essential mineral needed by your body for good health. Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen throughout the body. Without enough iron, you don't have enough red blood cells to carry oxygen, which leads to symptoms of weakness, dizziness, and fatigue. Iron is also important for healthy brain development and growth in children, and for the normal production and function of various cells and hormones.

Some adults have increased iron needs, which increases their risk of not getting enough iron from their diet, such as menstruating women, pregnant women, and vegetarians. Adult males need 8 mg of iron daily, whereas menstruating women need 18 mg, and pregnant women need 27 mg. To make sure you are getting enough iron, let's look at where you can find iron in your diet.



First, it is important to note that there are two types of iron found in foods: heme and non-heme.

Heme iron is easily absorbed by the body and is found in animal foods, such as meat, poultry, and seafood. Sources of heme iron include organ meats, oysters, clams, mussels, fish, venison, beef, duck, lamb, pork, and poultry.

Non-heme iron is not absorbed as easily by the body and is found in plant foods. Sources of non-heme iron include spinach, pulses, nuts and seeds, black strap molasses, soy and soy-products like tofu, and iron fortified grain products like flour, bread, pasta and breakfast cereal. As non-heme iron is not as well absorbed as heme iron, it is recommended that vegetarians get almost twice as much iron as non-vegetarians.

To ensure you are getting enough iron from your diet, try to include a variety of heme and non-heme iron foods daily. Choosing vitamin C rich foods will also help your body increase the absorption of non-heme iron. Vitamin C rich foods include citrus fruits, tomatoes, potatoes, bell peppers, kiwi, and strawberries. For example, having a spinach salad (non-heme iron) with mandarin oranges (vitamin C) will help your body better absorb the iron. Two other ways to help your body better absorb non-heme iron are cooking with cast iron cookware and eating heme iron foods at the same time as non-heme iron foods.

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.

<p>Yes, I want to help have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre</p>  <p>BENNETT & ALBERT COUNTY HEALTH CARE FOUNDATION</p>	<p>I would like to contribute a monthly amount of \$ _____ TO BE DEDUCTED ON: <input type="checkbox"/> 1st or <input type="checkbox"/> 15th of the month I would like to contribute a one-time gift of \$ _____</p> <p>Name: _____ Telephone: _____ Address: _____ City/Town: _____ Province: _____ Postal Code: _____ E-mail: _____</p> <p><input type="checkbox"/> I have enclosed a cheque made payable to the Bennett and Albert County Health Care Foundation</p> <p>I prefer to use my: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard</p> <p>Card Number: _____ Expiry Date (month/year): _____ Signature: _____ Charitable Registration: 869019133 RR0001</p>	<p>Bennett and Albert County Health Care Foundation 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7 Tel 506-882-3100 Fax: 506-882-3101 Donate online at www.bachfoundation.com</p> 
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Summer Reading Program

The theme for this year's Summer Reading Club is All Aboard! This year, children are invited to READ, DISCOVER, CREATE, and celebrate all methods of transportation at the library.

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, along with activities they can do at home. During the months of June, July and August, all public libraries in the province will present various fun and entertaining activities. Participants will receive a certificate of achievement at the end of the summer.

The Summer Reading Club is intended for all young New Brunswickers. Children who do not know how to read yet can also participate by having a parent or guardian read to them.

Children can register at any time for the Summer Reading Club in person at the library or by contacting the library by telephone or email. Children can also register online by visiting the Summer Reading Club website at <http://www.gnb.ca/summerreadingclub>.

Summer Reading Club activity schedules will be available at the library, on our Facebook page and through our children's e-newsletter.



New Brunswick
Public Library
Service

Service des
bibliothèques publiques
du Nouveau Brunswick

Sign up for Summer Reading Club
Inscris-toi au Club de lecture d'été

Take a hike and enjoy reading a story along the way. Located in the Chignecto recreation area, follow the Ursa Minor trail to complete the tale. The featured book is "How the Petitcodiac River Became Muddy".

This installment of Fundy National Park Story Trail is a joint project from the Hillsborough Public Library and Fundy National Park, in partnership with L'Éditions Bouton d'or Acadie.



Can Carpooling Work for You?

by Kelly Taylor



URBAN/RURAL RIDES

TRANSPORT URBAIN/RURAL

With the unprecedented cost of gas and the rising cost of everything due to inflation, many find that just driving to work is too expensive. It is hard to believe there are many who cannot afford to drive to work, but that is the reality.

Carpooling may be a great option if you regularly travel to work or for errands, others may be traveling at the same time to the same area. It is good for the environment to have fewer vehicles on the road. Carpooling is also a good way to reduce commuting expenses by sharing the cost of traveling with someone else. Sharing a ride is also a way to meet people and make new friends. However, there are things that should be done to make sure it is an enjoyable and economical option for all involved.

Here are some carpooling tips:

Determine the pickup locations and times in advance and be punctual.

Establish who is driving and when. If carpoolers are alternating who is driving, make a schedule at the onset of each month to avoid confusion and frustration.

How much and when? The cost and when payments are expected for riders who are contributing financially to the ride but not using their vehicle in rotation need to be clear and upfront. Is a passenger paying daily, weekly or monthly? Is payment expected in advance or after rides have been taken? What is the policy if someone missed a day due to illness? The method of payment should also be clear. Is e-transfer acceptable or is cash preferred? For those contributing financially, it is important to pay your driver on time.

What can you do in the car? Establish clear boundaries. Can riders eat, drink, smoke, talk on their phones or engage in conversation (some people like quiet time in the morning on the way to work)?

Who controls the radio? Not everyone has the same taste in music. Public radio might be a good compromise and it substitutes for conversation first thing in the morning when many are not keen on talking.

Establish a late policy. How long should a driver wait for a passenger? Establish an agreed upon amount of time and if someone is past that time, it is understood they are on their own.

Make a backup plan. Cars can break down, people can get sick. Plan for what happens if the driver is unable to complete the rides on any given day.

If you are the driver, drive safely. Observe the rules of the road and do not speed. Remember, you are not alone in your vehicle. Your passengers are trusting you to get to the destination safely.

What about safety?

Carpooling with someone you don't know that you found on a public bulletin board can be a bit intimidating. However, there are steps you can take to reduce risk. Since a carpooling relationship is generally one that lasts for several weeks or months, unlike a one-off ride with a cab service, you will want to have an idea who you are spending all that time with in the vehicle.

You can ask for references. Ask to speak to a couple of people who know the person you are going to carpool with. Are they trustworthy? A good driver? Punctual? Honest? Do they follow the rules? Drivers, you can do the same. You have a right to feel safe with whomever you have in your car.

Taking a picture of the car and license plate before you get in and maybe even the driver and sending it to a friend can give some peace of mind. Let that friend know where you are going and when you expect to be there and text them to confirm the ride went well. This will no longer be needed once you get to know your rideshare partners, but if you are nervous about ridesharing for the first time, it might help. Trust your gut! If someone makes you feel uneasy, do not get in the car with them or let them in your car.

Transportation is essential for people to access medical, work, and life needs. Urban/Rural Rides has been working hard using volunteers to help those with little or no access to transportation get where they need to go in Southeast New Brunswick. As the cost of owning and operating a vehicle rises, many are finding themselves forced to give up their cars creating an increased demand for transportation solutions. Carpooling is one way to help others get through these trying times. If you commute, maybe carpooling is a way for you to reduce expenses and help others at the same time.

Urban/Rural Rides – 962-3073,
<http://urbanruralrides.ca>



**Wishing You and Your
Family a Happy,
Safe and Fun
Canada Day!**

 **ROB MOORE** MP, Fundy Royal

506-832-4200
Rob.Moore@parl.gc.ca



Friends of Fundy Updates

Music, Art and Outdoor Activities!

Main Street Music

This summer, Friends of Fundy will be bringing live music to the Streets of Alma every Saturday and Sunday! Each weekend, artists will perform outdoor sets on Main Street in front of Outpost Alma from noon to 2pm. Performers include Sarah and James, Paul Toner, Fundy Ceilidh, Shane Douthwright, Kendra Gale, the Swing Cats, Daniel McFadyen, Samael Pelletier, and Before the Mast. This project has been made possible in part by the Government of Canada.

Ventus Machina

Join us on [July 7th at the Albert County Museum Courthouse for Water Surrounds Us](#).

"Water Surrounds Us" is a new program created by Ventus Machina for the spring of 2022. Along with guest Hubert Francis, the group will be premiering Jean-François Mallet's, "How the Petitcodiac River became Muddy" in the original Mi'kmaq language with English and French subtitles and beautiful projected illustrations. The remainder of the program features the

premieres of new compositions by James Kalyn and Jérôme Blais, and multiple James Kalyn arrangements of dearly loved, "water-themed" melodies.

The 65-minute program promises to be family-friendly and fascinating for all ages. Tickets are available on Eventbrite by following this link:

<https://www.eventbrite.ca/e/360650694937> This project has been made possible in part by the Government of Canada.

Love your Trails, Love your Community Updates

In June, we had the pleasure of celebrating the grand reopening of the Shepody Trail, a non-motorized, greenway portion of the Trans Canada Trail, in Riverside-Albert! As part of this project, the community has started a Trail Ambassador program. Trail Ambassadors give back to the trails they love by:

- Using a checklist to provide feedback around safety and issues
- Engaging in positive use of public lands
- Following Leave No Trace practices



Hon. Mike Holland
Minister
MLA-Albert

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



The Old Church
Farmers' Market

2807 Main Street,
Hillsborough

Saturdays
9am to 2pm

Meet friends at The Old Church Farmers Market for Oliver's German Bakery, meats, eggs, farm foods, crafts, knitting, art, jam, syrups, soaps, potions, vegetables, with a spot of music and Buddha Bear coffee.

There is still a chance to get involved as a Trail Ambassador if you're interested in caring for your community and trails. If you're interested in this exciting opportunity to take part in this community-led project, please contact [community@friendsoffundy.ca!](mailto:community@friendsoffundy.ca)

If you would like to report a portion of the Shepody Trail that needs to be repaired you can use this form:

<https://www.friendsoffundy.ca/en/shepody-trail/>

The Gallery Space on School Street

This summer the community space above Outpost Alma is being transformed into a gallery space! Stop in to see the Fundy Studio Tour installation and get a tutorial on bird-proofing your windows. Additionally, the space hosts a craft night each Wednesday at 6pm - bring a current project and join in!

The School Street Gallery Space will host its first traveling exhibition at the end of the month from AX Arts and Culture Center in Sussex. *Ellen's Tour*, curated by Bonny Hill, celebrates the life of Ellen Watters, the 1m rule, and women in sport. The show features the work of Nat Cann, Gerry Collins, Bonny Hill, I-Chun Jenkins, Heather McCaig, ReBecca Paterson, Julia Porkhun, and Julie Whitenect. The exhibition will be arriving in the last week of July, with a vernissage to follow - details to come!

Pollinator Gardens Update

Pollinators like bees, butterflies and birds play an essential role in our ecosystems, but their habitats are dwindling. Planting pollinator gardens, which are filled with flowers in varying shapes and colours, is one of the best (and most beautiful!) ways to help protect our local

pollinators. As part of the United Way Day of Caring on June 10, the region had volunteers from businesses in the Greater Moncton Area spend the day sprucing up pollinator gardens. If you're at the Albert County Museum, Forestdale Retirement Home, Outpost Alma, or the Alma Village Square make sure to check out the hard work these volunteers put in.

Regional Destination Development Community Conversations

Over the past few months, the Regional Destination Development Network met with businesses, elected officials and residents of Hillsborough, Riverside-Albert, Alma, Sussex, St. Martins and surrounding areas for community conversations. These conversations were held to provide an update to the community on Phase I of the Destination Development process, to present a summary of the data produced to date, and to invite attendees to contribute their comments and thoughts to inform the strategy. The final report of Phase I, containing the research done by the working group and the input from the community conversations, will be available to download from the Rural Upper Bay of Fundy's Regional Destination Development Project's website:

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



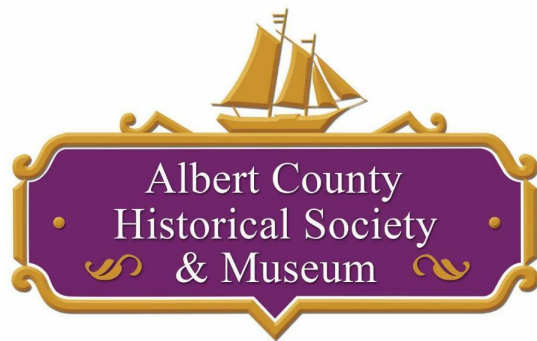
R. B. Bennett Exhibit – Newly Renovated!

by Janet Clouston

The RB Bennett Commemorative Centre was officially opened in 2010 at the Albert County Museum to highlight Bennett's professional life and to share his boyhood years growing up in Hopewell Cape. The impressive granite monument was erected "in the square" by the Government of Canada to honour the Right Honourable Richard Bedford Bennett, Canada's 11th Prime Minister. RB Bennett's image is portrayed in the centre of the granite monument as he views the tidal waters of the Petitcodiac River flowing into Shepody Bay. The RB Bennett Exhibit is now being renovated!

Near the Bennett monument is the County Records Office, built in 1845 as one of the Municipal buildings for the newly established Albert County Shiretown. With the renovations in the Records Office, the current RB Bennett Exhibits will be consolidated to include additional artefacts and interpretive panels. In the stone vault, there is an existing hologram of Bennett's beloved and supportive sister, Mildred Bennett Herridge, as she introduces her brother "Dick". This pictorial story will be expanded. Another dimension is provided with the history of the formation of the only IODE (Imperial Order Daughters of the Empire) chapter to exist in Albert County, which bears her name, the Mildred Bennett Chapter IODE.

Despite being Prime Minister during the hardest years of the Depression, Bennett passed legislation and created social programs that still benefit Canadians today, such as Employment Insurance, Minimum Wage, Pension program, and Workers Compensation. He signed the Statute of Westminster making Canada's Parliament independent of Britain, and established the Bank of Canada and the Canadian Broadcasting Act (CBC and Radio-Canada). Throughout his life he donated much of his personal wealth to universities, schools, charities and to individuals in need, valued at \$80 million in today's currency.



Join us on Saturday, July 2, 1:00pm, at the opening of the renovated RB Bennett Exhibit. Presentations and refreshments in the Community Hall will follow the Exhibit's reopening. The RB Bennett Exhibit Refurbishment Project is supported by New Brunswick's Department of Tourism, Heritage and Culture. The Albert County Museum is located at 3940 Route 114 in Hopewell Cape. Hours are 9:30 to 5:30 daily and we look forward to welcoming you to the 1845 historic site as you tour the six-acre "Shiretown" and visit eight original buildings featuring 24 exhibits. "Discover the People of the Tides". You can learn more by visiting www.albertcountymuseum.com or calling us at 506-734-2003.

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Website: www.albertcountyfh.com



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Contact us today for more information! CBDC Westmorland Albert
337 Main Street, Shediac, www.cbdc.ca Tel: 506-532-8312, 1-800-925-6677



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



Hillsborough Public Library June Programs



Hillsborough Public Library	Bibliothèque publique de Hillsborough
Tue 12-4pm; 5-7pm	Mar 12h-16h; 17h-19h
Wed 10am -12pm; 1-5pm	Mer 10h-12h; 13h-17h
Thu 10am -12pm; 1-5pm	Jeu 10h-12h; 13h-17h
Fri 10am -12pm; 1-5pm	Ven 10h-12h; 13h-17h
Sat 10am -12pm; 1-5pm	Sam 10h-12h; 13h-17h



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Upcoming COMMUNITY EVENTS

Visit our Community Calendar and add your upcoming event today!!!

<https://www.connectingalbertcounty.org/calendar.html>

Wednesdays

Hillsborough Kiwanis Bingo. June 1, ongoing. 6:30-9:30pm. 47 Legion St., Hillsborough. Doors open at 5pm, canteen on site.

Spring Yoga Classes. Wednesdays, June 1-22. 6:30-7:30. Mount Pleasant Events Centre, 5312 Route 114, Hopewell Hill. Fees, registration and information email: mountpleasantevents@gmail.com or call Charlotte (506-386-7535).

Thursdays

Gentle Yoga Classes. Thursdays, June 2-23. 9-10am. Hillsborough Kiwanis, 47 Legion St. Registration required by contacting the Village of Hillsborough office at 734-3733 or villageoffice@villageofhillsborough.ca.

Country & Gospel Music Evening. June 2, ongoing. 7-9:30pm. Royal Canadian Legion, 31 Legion St., Hillsborough. Entertainment by Rocky Cape Band plus open mic. Admission \$5. Canteen. No bar. Wheelchair accessible.

Fridays

Chase The Ace. Fridays, June 3-24. 4-7:30pm. Fundy Curling Club, Mill St., Riverside-Albert. Tickets on sale 4-7pm. Draw at 7:30pm. Attend in person or watch it live on Facebook [@communityrevitalization](https://www.facebook.com/communityrevitalization).

Saturday, June 4

Annual Spring Draw and Open House. 1-5pm. Hillsborough Kiwanis Community Centre, 47 Legion St. Tickets are selling quickly. Contact a Kiwanis member or visit our Facebook page for more information [@YourLocalKiwanis](https://www.facebook.com/YourLocalKiwanis).

Karaoke Shenanigans. Saturdays, ongoing. 7-11pm. Royal Canadian Legion, 31 Legion St., Hillsborough. Cover charge \$5 per person.

Sunday, June 5

Car Seat Safety Clinic. 9am-1pm. Riverview Fire and Rescue, 650 Pinewood Rd., Riverview. Free event. Online registration form.jotform.com/221049468627260 or text/call Natalie at 506-872-1213. #ProudToBeACPST

Wednesday, June 8 and Thursday, June 9

Eco360 – Hillsborough. Noon-8pm. Kiwanis Community Centre parking lot, 47 Legion St., 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). 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

Saturday, June 11

Kiwanis Community Breakfast Buffet. 8-10am. Kiwanis Community Centre, 47 Legion St., Hillsborough. Cost: Adults (each) \$15, Children 6-16 years old \$7 (each), Children 5 and under are free.

Upcoming COMMUNITY EVENTS

Saturday, June 11 (continued)

Yard Sale. Royal Canadian Legion Branch 32.

9am-noon. 31 Legion St., Hillsborough.

Yard Sale. St. Mary's Anglican Church. 9am-1pm.

39 Mill St., Hillsborough.

Monday, June 27

Curryville Cemetery Annual General Meeting.

6:30-7:30pm. 768 Albert Mines Rd., Curryville. The meeting will be held at the cemetery, weather permitting. If inclement weather, the meeting will be held in the Community Hall beside the cemetery. More information at curryvillecemetery@gmail.com.

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The Old Church Farmers Market

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