

Connecting Albert County

May 2020

Update from Horizon's Albert County

*Above: Marshes outside Riverside-Albert
J. Wallace*

Temporarily, due to the COVID-19 pandemic and reduction in resources, lab services at Horizon's Albert County Community Health Centre are **8:00am to 11:30am Monday through Thursday by appointment** until further notice. Lab services remain limited to only essential tests. **Please call ahead: 882-3100.**

Identified essential lab services:

Oncology; Dialysis/Transplant; Pre-Natal; PT/INR for therapeutic drug monitoring; Therapeutic drug monitoring; Recurring check-ups for monitoring chronic conditions; Pre-Op for imminent surgeries; Urgent or STAT test requests.

Reduced services continue:

- 1) All community-based groups cancelled;
- 2) X-ray services suspended;
- 3) Routine ECG and Holter Monitor and Blood Pressure Monitor suspended;
- 4) UPSTREAM COPD Spirometry and Education suspended;
- 5) Therapeutic resources (Physiotherapy, Clinical Nutrition, Diabetes Educator) suspended.

Primary health care services, such as: dressing changes, IV antibiotics, injections, etc., will continue **by appointment only**. Scheduled appointments remain limited at the health centre. A health care provider will reach out virtually or by phone when deemed appropriate (e.g., prescription renewals).

It is up to all of us to take the recommended actions from Dr. Jennifer Russell, Chief Medical Officer of Health, to slow the spread of this virus.

Continue to stay at home and to keep interactions brief when you go out.

Maintain safe physical distancing, and it has been suggested to wear a non-medical mask that covers the mouth and nose when physical distancing is not possible.

Monitor for the symptoms of COVID-19: fever above 38°C; a new cough or worsening chronic cough; sore throat; runny nose; and headache. Anyone experiencing two or more of these symptoms should contact 811 and follow the direction provided.

If you have travelled outside of the province, self-isolate and wash your hands! Keep safe!

Contributed by Phyllis Hudson, Facility Administrator, Albert County Community Health Centre.

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Connecting Albert County

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Building connections and fostering pride of place and culture in rural Albert County by publishing in print & on-line. Connecting Albert County Inc. is a registered non-profit organization.

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Digital copies can be found at connectingalbertcounty.org/newsletter

What we love about rural Albert County

During this state of emergency, we have replaced our calendar with a list of on-line events and courses. We continue to publish articles at www.ConnectingAlbertCounty.org and share these through social media.

If you have extra time right now and would like to volunteer by posting stories or writing articles, please email info@ConnectingAlbertCounty.org. We wish to thank the anonymous person who donated funds this month. Thank you.

Again, I hope you stay safe, keep healthy and find joy in the simple pleasures of life during this crisis and beyond. *Janet Wallace, Coordinator of CAC*

In our last issue, I asked readers to let us know what they love about rural Albert County. I started it off and others replied.

The beaches, the forests, the sense of peace.... the fact that every time I walk on the beach I see something new. The wide open sky keeps the prairie girl in me happy but I have fallen in love with the waves, the sound of water and the mystery of the great tides. What's more, we can get to all of this just outside our door! A great place to explore and to live. *Janet Wallace*

The beauty, a backdrop we sometimes take for granted but with the enforced slower pace, we can appreciate it a little more and be thankful for the wonderful rural setting of where we choose to live. *Mindy Liptay*

The incredible history of the area. The fresh air. The peace you feel when exploring the ocean floor, the forest trails. *Kelly Wilkins*

The wide open spaces. *Alison Elias*

In recent years, I enjoyed two visits to Fundy National Park and nearby areas. During the current challenges, I have been reflecting on the beauty and peacefulness of the area. The mental images provide comfort. I look forward to returning to this special place. *Dan L., Toronto*

The great sense of community! *Micheal McBurnie*

The people. *Debbie Murphy*



Annick Robichaud Butland contributed the photo of the Hillsborough Wetland Ponds to represent something she loves about rural Albert County

Letters

Pandemic 100 Years Ago

The COVID-19 pandemic that the world is currently experiencing parallels a similar reality of 100 years ago. Over 1918-1919, the Spanish Influenza, which began in Kansas, eventually claimed hundreds of thousands of lives around the world. The virus spread from one infected individual at the Fort Ripley Military Base as American troops were preparing to embark for military duty in Europe (shortly after the USA's late entry into World War I).

Carried to France by the US troops, the virus soon spread to Spain in epidemic proportions. Thus, it was named the "Spanish Flu" (otherwise, it may have been known as the Kansas or the United States Flu). In New Brunswick, 35,000 of its many victims died. In Hillsborough, seven people died from it.

Whereas the Spanish Flu was spread by shipping people overseas who had unknowingly been infected, today we are bringing home Canadians from abroad and putting them in quarantine. We are all conscious of the need to self-quarantine as much as possible. This is our best defense even though our current medical knowledge and care are much more advanced than 100 years ago. Media coverage is greatly advanced as well. These advances, however, hardly match the strength of the virus.

Medical experts are working hard to come up with a treatment and a vaccine. We must each work hard to disinfect surfaces; sanitize our hands often; cover our mouths and noses when coughing, sneezing or being close to others; and be less affectionate (a challenge since New Brunswickers are prone to hugging!). Although the recommendation is to keep 2 metres apart, the other side of the street may be a better rule of thumb. Throw a kiss—but don't touch your lips in doing so! Keep well. Be wise. Be safe. Be a blessing.

Sources: *Times & Transcript*, Moncton, Mar. 16, 2020, p. A5; *The Albert Journal*, Oct. 30, 1918.
Roland Hutchinson, Hillsborough

Seeking Information about the Library

The Hillsborough Public Library is one of the earliest public libraries in the area. Preparation of a history of the library is in its final stages. A few details are still eluding us after scouring Village records, the minutes from the library's board meetings, local newspapers such as *The Albert Star* and *The Albert Journal*, and the memory banks of residents of the village and beyond. We are now seeking the assistance of the general public.

The library was founded in 1896 by the 28-member Hillsborough "Ladies Village Club," which was organized for that purpose. We have a brief biographical sketch of all the founders except for Miss Joanne Wallace. (Not Miss Joan Wallace, who was also a member of the club.) We are seeking the following:

- record books of the club's secretary and treasurer;
- the location of the group's "club rooms";
- original location(s) of the library before it was moved to Peck Memorial Hall (built after World War I) and later moved to the Village Office building in 1964;
- names of librarians before the move to Peck Memorial Hall;
- your earliest memories of using the library and, if you recall, titles of library books you may have read;
- information about the Reading Club of the 1950s and later, including the names and backgrounds of members, particularly Mrs. Bennett.

As the library is currently closed due to the coronavirus pandemic, please direct your information to Roland Hutchinson, a member of the Library Trustee Board, at 734-8989. An email address will be given to you if you have detailed notes. Credit will be given to you for any information used in the history.

Roland Hutchinson, Hillsborough

The Hillsborough Public Library is closed until further notice. When it re-opens, the hours will change to the following:

Tuesday: 1pm-5pm & 6pm-8pm and

Wednesday-Saturday: 10am-noon & 1-5pm.

A Brief History of Alma (1845-2020) *By Kirstin Shortt*



It is 1845 here in Salmon River, a village in southeast New Brunswick. We are a hard-working lot of farmers, shipbuilders, lumbermen and fishers. Thanks to a weir we built in 1840, we are having huge success fishing shad and herring.

We also have a new mill in our community. Many of our men

will go into the woods for weeks on end during the winter. They live in lumber camps where their meals are prepared by a cook. Teams of horses move the cut logs which will be stacked into huge piles called "log brows." In spring, the logs will be floated down the river to the mill. It is hard and dangerous work but no one complains.

Our food supply comes from local farms in addition to fishing and hunting. It seems most settlers have parcels of at least 100 or 200 acres of land, which are used for gardening and for pasture and hay fields for livestock. Our farmers are quite self-sufficient but barter for certain items or services they need, such as horseshoeing. There is a lot of camaraderie among our folks. We make our own entertainment and have many songs and stories to share.

We are isolated, but live together in harmony. We care for our neighbours and check in for visits. The women get together with church groups, sewing circles, baking and quilting.

Our lives are quaint, totally what I call "B.C." (before computers). In 1856, our village was renamed Alma to honour the



battle of Alma, which was fought and won by our British soldiers on the banks of the Alma River during the Crimean War. (Crimea is land now under dispute between Ukraine and Russia.)

In its heyday, Alma boasted 1300 inhabitants, yet today we have barely more than 250. A few resident families can trace their ancestors back to the days of the original settlers, but many of our current residents are from "away." It is now a community of people who are in touch with the globe.

Our way of life has undergone significant changes and we may be, at times, nostalgic for a simpler past. Occasionally we try to revisit the past by hosting "kitchen parties." Visiting is no longer just going to meet with a neighbour, visiting now includes welcoming tourists from around the world. The shad and herring fishing runs of the past have been replaced with lobster and scallop seasons. There are high-end restaurants, along with home baking and home-cooked meals.

The past has instilled in us the value of caring for each other and the importance of working together. We are one large community, not separated by different needs, but bound together by celebrating everyone's achievements. This is what makes Albert County so very special, so very strong and so rewarding to be part of.

Images are from the New Brunswick Provincial Archives. The pictures were taken in 1950, the year Fundy National Park opened.



ROB MOORE

MP, Fundy Royal



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Let's Become Mindful: *Practicing good mental health is essential to one's well-being*

Many of us lead busy lives. We are busy thinking about yesterday and busy planning for tomorrow. When we focus on the past and future, we aren't paying a lot of attention to the present, where we are right now. Mindfulness is simply an invitation to step out of the clutter and really focus on what we are doing, thinking, and feeling in this moment.

What is Mindfulness?

Mindfulness is a skill developed by deciding to slow down and taking the time to pay attention and be curious about things that we're experiencing and things that we see around us. Each of us can be mindful, we just don't do it often. Most people new to mindfulness first work on three of its main parts: attention, curiosity, and acceptance.

Attention means that we are aware of things in and around us. This includes attention to internal thoughts, feelings, and body sensations as well as things happening in our environment, like sounds. It also includes paying attention to specific experiences, like the sensations that come up as we eat a meal. Why is attention important? We spend a lot of time thinking about the past or focusing on the future. We can forget that we are here right now. Attention can help us notice all the things we have in the present moment and understand how we are in our lives. Not everything we notice will be joyful. We may notice that we are tired or in pain, for example, but those observations are still useful.

Curiosity means exploring without judgment. We look at thoughts, feelings, or sensations from the

perspective of an explorer, examining different perspectives so we can better understand what's going on. Curiosity helps us examine situations more objectively. Why is curiosity important? It means that we're relating to things a bit differently than usual. A common habit is to judge thoughts, sensations, or other experiences around us. When we explore with judgment, it's easy for one critical thought to cascade and cause distress. For example, a small disagreement with a friend can lead to unrealistic fears about the future of the relationship. Practicing mindfulness may not stop judgments, but it can help us notice those thoughts.

Acceptance means embracing the present moment as it is, both the good and the bad, rather than resisting it or doing something quickly to change it. Why is acceptance important? Sometimes, trying to control or change something isn't possible or the best approach. If we are feeling a lot of anxiety, for example, it's easy to get caught up in those uncomfortable feelings. We might do a lot of things to try and stop the sensations or feel angry at ourselves for not being able to control the anxiety. Acceptance in this case might mean simply acknowledging that we feel anxious and letting those feelings be, knowing that they will pass.

Attention, curiosity, and acceptance can have a huge impact on the way we feel and the way we live our lives. You might also notice that while they are simple concepts, they are not necessarily easy to do.

Potential Benefits of Mindfulness

Research shows that mindfulness can help improve well-being and quality of life. It may help people reduce stress and anxiety, manage symptoms of some mental illnesses and substance use problems, and improve physical health. Mindfulness can help us look at our own lives more clearly. It can help develop a different relationship with our experiences and it can give us space to look at problems from all perspectives, without getting tangled in difficult thoughts or feelings that only make us feel worse.

(Continued on next page.)



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(Continued from last page.)

What Can Mindfulness Look Like?

Mindfulness can be practiced in many ways, from formal groups or classes to a short check-in with yourself on the way home from work. There is no right or wrong, and what you experience is what you experience.

Here are some quick mindfulness techniques you can practice anywhere:

-Eat a meal without distractions like TV or any other devices. Pay attention to what you're eating and the different sensations that come up and notice how it makes you feel.

-Go for a walk and set out to really pay attention to the environment around you using all your senses. What do you experience?

-Talk with a friend face-to-face without any distractions like phones. Focus on the conversation and really listen without judgments or expectations.

Notice how you feel. Check in with yourself at any time. What thoughts do you notice? How do they make you feel?

-Take a minute to sit quietly and focus on the sensation of your breath. When you find yourself distracted by a thought, acknowledge the thought and redirect your attention back to your breath.

There is always a different way to try mindfulness. If sitting mindfulness meditations make you feel restless, try a walking practice.

Adapted from the Mindfulness pamphlet published by the Canadian Mental Health Association, National, December 5, 2018

For more information on mindfulness or other great topics, please contact Denise Miller, CMHA of NB, at Denise.Miller@gnb.ca or (506) 852-3270.

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****Please be assured that as an essential service, Albert County Pharmacy will remain open to meet your medication-related needs during this uncertain time. ****

Given the current health climate, we have made the following adjustments to our practices:

-Frequently touched surfaces are sanitized every 30-60 minutes. General areas are sanitized a minimum of two times per day.

-With rare exceptions and according to the pharmacist's judgement, we will provide patients with medication for 30 days. This measure will help to ensure a stable supply for all.

-Whenever possible, we request that you please call ahead for refills, use our Guardian app, or use our e-refill site on our website: www.albertcountypharmacy.ca

-If you are sick, have a fever, sore throat or cough, we ask that you stay home and reach the pharmacist by phone with any questions and, if possible, arrange for someone else to pick up your medication.

Thank you for your understanding and cooperation as we work to keep our staff and customers safe.

Our flyer is available on our Facebook page. *Note: we now carry tick removal kits and tick repellent sprays.*

Albert County Pharmacy

Store Hours:
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**Saturdays:
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further notice**

Pharmacist
on Duty:
Monday-Friday
9:30am-6pm

ALBERT COUNTY PHARMACY
5883 King Street, Riverside-Albert, NB, E4H 4B5
Ph: (506) 882-2226 Fax: (506) 882-2101

www.ConnectingAlbertCounty.org

Capsule Pantry *By Amy Woodard*

Four years ago, I was introduced to the term "minimalism" and proceeded to apply the KonMari* method of decluttering the house one category at a time. I've made three "passes" or "waves," and sent many "carfulls" of stuff to thrift stores. I don't know how this accumulation happened because we built the house only six years ago, we aren't rich, and I wouldn't say we are shopaholics. And I'm not done yet!



It was recommended to "begin with the end in mind" and to "know your why" so I set five-year goals and got to work. Anything that didn't fit in those goals was considered a distraction and was easy to let go of. My goals are to become more:

- spiritually connected,
- emotionally available for my family, and
- physically able to manage chores efficiently so that I

can focus on growing food for our family.

I struggle to put together healthy meals for our family. We have different tastes and even after all these years, it's a constant struggle to get my kids to eat their vegetables. So I watched some videos and started to work on the "capsule pantry." A capsule pantry is similar to the "capsule wardrobe" concept: keep what you use and nothing more.

Steps to downsizing to a capsule pantry

Clear off a large space or bring in an extra table or two (although wardrobe sorting is done on the floor, I didn't think that would work with the pantry because I didn't want the food on the floor).

Take all of the food out of the cupboards, all of the food in the house that isn't in the fridge or freezer.

Make three piles: keep, donate/toss and use up. With items I no longer wanted in my inventory, I found recipes to use up the ingredients. I challenged the kids to create a pile of junk food that they thought were not healthy choices. They enjoyed the responsibility and we donated many sauces and beans with more than 8 g of sugar per serving.

Install an additional shelf if needed. I could have painted the walls at this point.

Select storage containers. I chose to use Mason jars for storage. I even scrubbed labels off some

things like the vinegar. The idea behind this is to remove marketing so that you can make better choices without the influence of colourful letters or psychologically sneaky advertising. I wanted to make decisions based on the ingredients themselves; so far, I really enjoy this. I am more likely to buy in bulk and have zero waste. Also, I'm motivated to grow my own food to fill the jars instead of buying at the store.

It was surprising how much garbage was created as I took items out of their original packaging (two big bags!). It is worth taking a mental note of the sight of all the packaging at one glance.

The most amazing thing that happens during this process is that when we handle each item we own, it becomes overwhelmingly obvious that we have underestimated how fortunate we are. I was humbled by what we already had and eager to create new dishes rather than thinking I needed to buy groceries. And right now I think we are all trying to avoid buying groceries!

*KonMari decluttering refers to the method popularized by Marie Kondo in her book, *The Life-Changing Magic of Tidying Up*, and Netflix show, "Tidying Up With Marie Kondo."

Image is of Amy's capsule pantry.

Making Do in Times Past

From the memoirs of Dorothy (DeMille) Steeves (1917-2017) contributed by her daughter Idella Lazar. COVID-19 has led to a resurgence of traditional skills including sewing, baking and making meals from scratch. Dorothy Steeves' account of homesteading in Goshen seems appropriate for the time.

Butter from cream

Most farmers had 12 or 15 cows, which were milked by hand. The cream was separated from the milk using a separator we turned by hand. Skimmed milk was fed to the pigs and calves. The cream was kept down in the cellar or in a well for a week or so until there was enough to churn. Then it would be kept by the kitchen stove to sour and be emptied into a churn.

Butter making was women's work. The wooden handle and dash of the churn were pumped up and down till the butter came. Sometimes it took a long time and sometimes it came quite quickly. The glass inset on the churn cover became clear when the butter was ready. Then it just took a bit more churning to "gather" the butter.

The buttermilk was drained off. The butter was put in a tray and washed with salt. "Butter colour" was added to it. Then the butter was worked and put in one-pound pieces using a wooden print with ridges on the cover. It was wrapped in "butter paper" that was white with a picture of a cow and sometimes a building in blue. Butter was our money that we used to buy groceries.

Clothing from flour bags

Our clothes were not the latest style. Mother made clothing from used flour bags. Flour came in 100-pound cotton bags with a picture of Robin Hood which was difficult to wash out. Mother made waists for us from the bags. They were worn inside our slips and had garters to hold up our stockings.

For stockings, our mother knitted grey feet onto store-bought black leggings. It didn't matter if the grey showed above the shoes. I remember wearing buttoned boots which needed a button-hook to fasten them.



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Recipes for Bulgogi and Spring Onion Salad

Bulgogi (Korean steak)

"Aside from kimchi (hot pickled cabbage), bulgogi is probably the national dish of Korea," says Stuart Liptay. "There are many different ways of cooking it from stir-frying to the traditional charcoal grill, which looks like an inverted helmet." An electric indoor grill mimics the traditional charcoal barbecue and makes this "a wonderful dish to make at home." He found this recipe, "the best he's ever seen," in a Korean cookbook.

2 lbs sirloin steak
2 Tbsp Chinese cooking wine or sherry
¼ cup beef stock
¼ Tbsp ground black pepper
Rice
1 head lettuce (red lettuce is great), washed and separated into leaves
Kimchi
Ssamjang paste (Korean dipping sauce)
Korean spring onion salad

Marinade

3 scallions, chopped
4 cloves garlic, sliced
5 Tbsp soy sauce
2 Tbsp sesame oil
¼ cup sugar

◆ Partially freeze the steak for 15 minutes; cut on the bias into razor-thin slices.

◆ Mix marinade. Marinate steak for 2 hours.

◆ Cook rice; "Korean rice is the best for this because it's very sticky," adds Stuart. Prepare a bowl for each person.

◆ Prepare small bowls of kimchi, ssamjang paste and spring onion salad.

◆ Heat the electric grill on the table where you're going to eat. Cook the beef; put each piece flat on the grill so it cooks quickly. Once a piece is cooked to your liking, pick it up with your chopsticks (or fork) and eat it. Or, you can make a type of sandwich by placing a leaf of lettuce in your palm, adding cooked rice, beef, kimchi, ssamjang paste and spring onion salad. Roll up the lettuce around the contents and eat.

◆ Stuart adds "make sure to cook the sliced garlic along with the meat because it just melts in your mouth once cooked, or add it to a lettuce sandwich."

During this time when people are staying at home and cooking more, Connecting Albert County will share recipes from the Albert County Museum cookbook, ***Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes***. You can order a copy from www.albertcountymuseum.com and pick it up from the Albert County Museum once it opens. **Only \$8** (no tax) for more than 200 recipes, as well as stories about the people and foods of Atlantic Canada. Learn more about the cookbook [here](#).

Korean spring onion salad

This salad is like the one Stuart Liptay remembers from his favourite Bulgogi restaurant in Korea.

1 Tbsp soy sauce
1½ Tbsp rice vinegar
1 Tbsp sesame oil
2 Tbsp cold water
1 Tbsp finely flaked red pepper (found in Asian groceries)
1 Tbsp sugar
6-8 stalks spring (green) onion, 3-inch lengths cut lengthwise into strips.

◆ Mix together and serve with Bulgogi or Dak-galbi in a lettuce sandwich.



Recipes and image contributed by Stuart Liptay (who also cooked the bulgogi shown above).

Recipes for Oatmeal Brown Bread and Jiffy Rolls

Oatmeal brown bread

2 cups oatmeal
4 cups boiling water
¼ cup shortening or butter
2 tsp salt
½ cup sugar (white or brown)
⅔ cup molasses
11-12 cups all-purpose flour

Yeast mixture

1 pkg. yeast
1 tsp sugar
½ cup warm water

◆ In a large bowl, pour boiling water over oatmeal, shortening, salt, sugar and molasses. Stir well and let cool until lukewarm. Stir in prepared yeast mixture (yeast, sugar and warm water mixed and let sit 5 minutes until bubbles rise).

◆ Add flour gradually, mixing well to form a soft dough. Turn dough onto a floured surface and knead in more flour until the dough is not sticky.

◆ Place dough in a greased bowl. Cover with a cloth and let rise in a warm place until doubled.

◆ Divide dough into loaf portions. Place shaped loaves into greased bread pans. Grease the tops with melted butter or shortening.

◆ Cover and let rise again until doubled. Bake at 350F.

Recipe contributed by Dawne McLean.

Curryville Community Center

We want to let everyone know that our annual Maple Breakfast (which had been planned for early April) has not been cancelled, only postponed. We always have a great time serving up our French toast breakfast and visiting with people in the community. We will reschedule as soon as the regulations allow. We look forward to seeing you then!

Find us on Facebook at www.facebook.com/CurryvilleCenter and learn about events at the center.

Contributed by Angela MacDougall

Jiffy rolls

2 cups boiling water
1 Tbsp salt
¼ cup margarine or butter
½ cup white sugar
2 eggs, well beaten
2 pkg. yeast
½ cup warm water
1 Tbsp sugar
~7 cups all-purpose flour

◆ In a large bowl, pour boiling water over margarine, salt and sugar. Let cool to lukewarm.

◆ Prepare yeast in warm water with 1 Tbsp sugar and add to the water/margarine mixture.

◆ Add eggs. Then add flour gradually and mix well until dough is ready to be placed on a floured surface. Knead well until dough is smooth and soft.

◆ Place in greased bowl and cover with a cloth. Let stand in a warm place for 15 minutes.

◆ Shape dough into rolls. Let rise until light. Bake at 375F.

Recipe contributed by Dawne McLean.

Hillsborough Farmers Market Update

The Hillsborough Farmers Market was scheduled to open on the May long weekend. The opening has been postponed until further notice. Unfortunately, farmers' markets have not been deemed essential in New Brunswick. Until the regulations are changed or lifted, the market will remain closed.

In the meantime, the vendors will be busy creating and producing at home and building up their inventory. All the vendors look forward to seeing you again at our favourite Saturday morning spot! Until then, stay healthy, stay safe and look out for your neighbours.

Hillsborough Farmers Market
2807 Main St., Hillsborough
Saturdays 9am-2pm (once the market re-opens)
Contributed by Angela MacDougall



Playing a Viking Game *By James Wilson*

Tablut is a historical board game, the last remaining variant of games played by the ancient Norse and Celtic people. These board games had a few common themes: the attacking player outnumbers the defending player by 2:1. The defender's objective is to get their king to the edge of the board so they can escape. The attacker's goal is to capture the king.

We would know nothing of Tablut if it were not for Swedish botanist Carl Linnaeus who travelled to northern Finland in 1732. The relatively isolated Saami people were still playing Tablut long after it had been replaced by chess in the rest of Scandinavia. Linnaeus recorded the game rules, but this caused future difficulties because he recorded them in Latin and left out a few details (including who moves first). As a result, the first English version in 1811 was rather poor. Attempts to fill in the blanks and resolve apparent contradictions led to a game that was somewhat unbalanced.

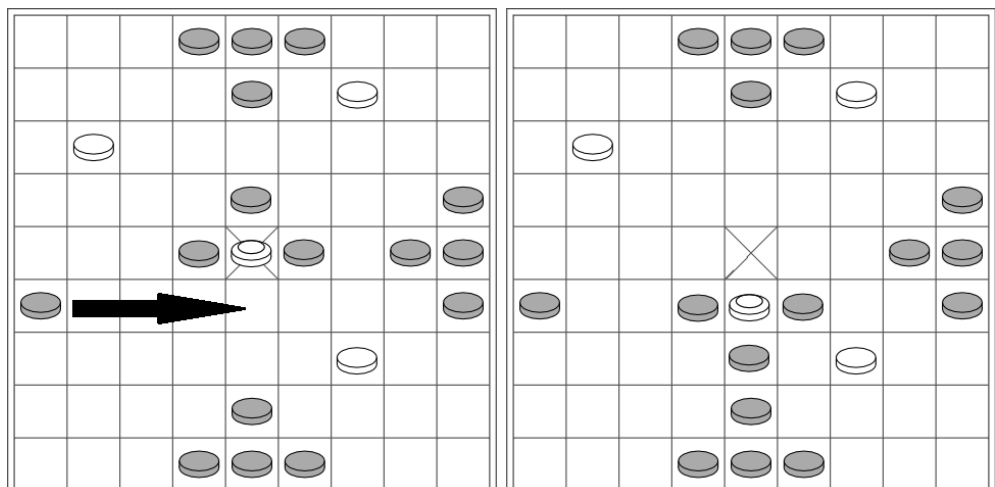
Right. (left side) When the king is in the castle square it may be captured by surrounding it on four sides as shown above. (right side) A king beside the castle needs to be surrounded on three sides as shown above. Anywhere else the king is captured the same as any other piece.

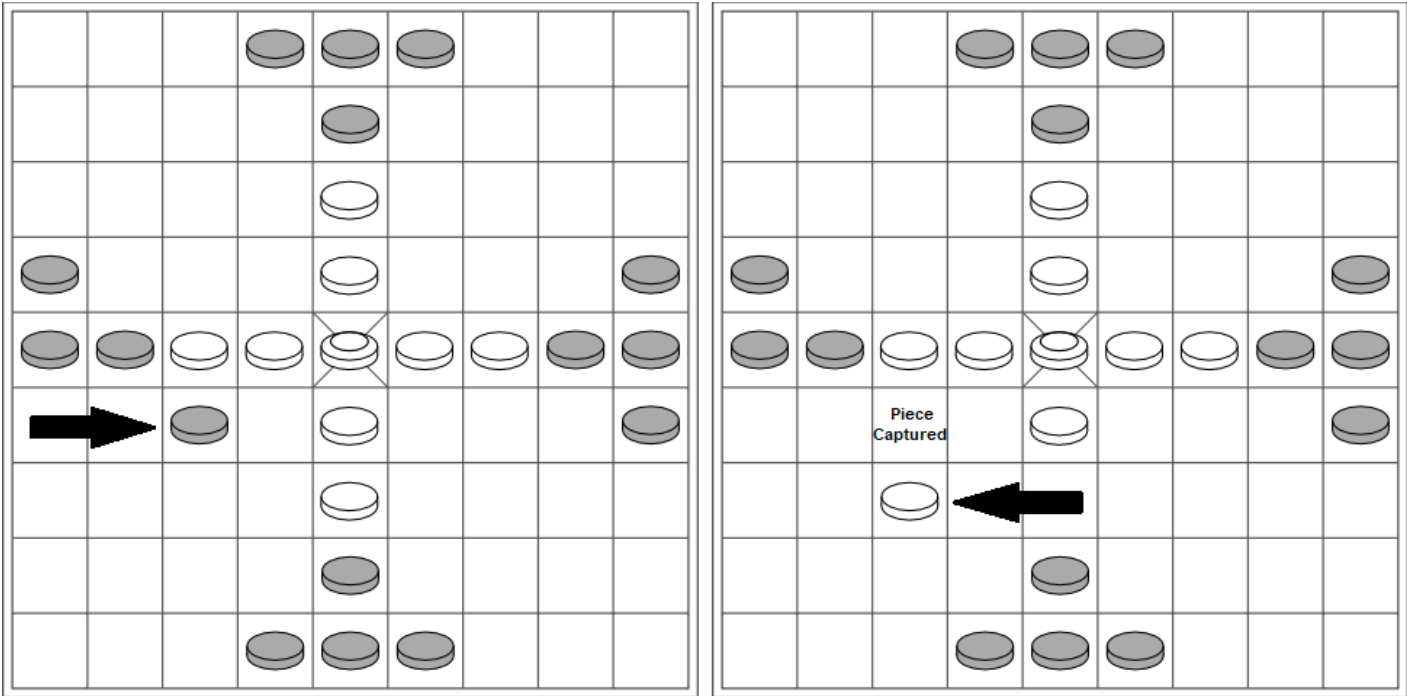
In 2010, Linnaeus' original manuscript was published online and a set of workable and fair rules were standardized. I have included these in case anyone wants to take a shot at playing the same board game the Vikings played. I was introduced to Tablut as a mini-game within the computer game Mount & Blade 2: Bannerlord.

Tablut rules

1. Tablut is played on a board of 9x9 squares. If you have a piece of paper, pen, and some coins you can make a simple Tablut set.
2. There are 25 pieces: a king and his eight defenders (white), and sixteen attackers (black). These are placed in the shape of a cross as in the diagram.
3. The attacking side takes the first move.

4. Pieces move any distance in a straight line, not landing on nor jumping over other pieces on the board, nor moving diagonally.
5. No piece may land on the central square, called the "castle," not even the king once he has left it.
6. A piece other than the king is captured when it is surrounded on two opposite squares by enemies (not diagonally from each other). The king can pair up with a defender for the purpose of capturing attackers.
7. A piece may also be captured between an enemy and the empty castle.
8. When in the castle, the king is captured by being surrounded on four orthogonal sides (i.e., not at a diagonal) with attackers.
9. When stood beside the castle, the king may be captured by being





Above: A simple capture: the attacker's piece moves forward only for the defender to surround the piece on two sides during that turn and remove the attacker's pawn from the board.

surrounded on the remaining three sides with attackers.


10. Elsewhere on the board, the king is captured as other pieces.

11. If the king is in the castle and surrounded on three sides by attackers, and on the fourth by a defender, the defender may be captured by being surrounded between an attacker and the king.

12. The king wins the game on reaching any square at the edge of the board. The attackers win if they capture the king.

13. The game is a draw if a position is repeated, if a player cannot move, or if the players otherwise agree to it.

The Albert County League of Gamers is a group for people of all ages who live, or have lived, in Albert County and enjoy electronic and/or board games. www.facebook.com/groups/239016929561000



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Spring Spotlight on Lady Beetles *A little primer on these bodacious beetles*

Text and images by Denis Doucet

One of my favourite outdoor activities during the first warm days of spring is to look for Lady Beetles around our farm.

“Wait, what are ‘Lady Beetles?’,” you may ask.

“I thought they were ‘Ladybugs,’” you say.

Technically, “Ladybugs” are a kind of beetle (beetles represent the largest order of insects with 300,000+ species). Like other beetles, their first set of wings are all leathery and not for flight. True “bugs,” such as stink bugs, assassin bugs, plant bugs and more, are all part of the Hemiptera Order. The first set of wings of Hemipterans are half leathery and half clear. Now, on with my story, and I trust you now know why I am calling them Lady Beetles.

Lady Beetles are fascinating, beautiful, and very important for

the environment. If you have children looking for fun and nature-oriented things to do outside these days, consider searching for Lady Beetles. I usually see my first Lady Beetle each year within two weeks on either side of Earth Day (April 22nd). The first sighting is usually on a sunny day when the temperature gets above 10C and the snow is mostly gone. Sightings get better and better through May until the start of summer. By late June, the year’s first crop of adults dies off and makes way for the next generation, the one that will generally overwinter and survive until next spring.

Where do I find Lady Beetles? Some spots are better than others for finding certain kinds. For example, I usually have luck finding the Twice-stabbed Lady Beetle (bottom left) and the Two-spotted Lady Beetle (top right) on smooth-barked trees, such as young aspen and young maples, on the edge of a field. A little careful searching among the flowers growing in your garden and plants along trails near your house can turn up several more kinds.

Of course, the invasive Asian Lady Beetle (*Harmonia axyridis*), which now overwinters inside our homes, can be seen just about any time of year. This is because it can awaken and be active outside (as well as inside) on any warm



day during the winter and early spring. I am not quite as excited about finding them compared to finding other species, since they are now so widespread and easy to find. Asian Lady Beetles are now some of the most widespread Lady Beetles in the Canadian Maritimes and much of North America, along with two other common, introduced (adventive/exotic) species, the Seven-spotted Lady Beetle and the Fourteen-spotted Lady Beetle.

The Asian Lady Beetle has caused some folks to have more mixed emotions about Lady Beetles in general, as they can be abundant. If enough of them are in your house, they can even leave a detectable odour. If handled, they can pinch (mind you, a few of our native species can, too)! It's hard to believe they have only been in the Maritimes since around 1995. It's equally hard to believe how quickly they spread across North America since their successful introduction in Louisiana in 1992. I should mention at this point that even though they, like other Lady Beetles, are very good at eating pests such as aphids, some intro-



duced species have had a negative impact on certain native species of Lady Beetles. This effect, along with a few other factors, means some Lady Beetle species are now considered “at risk” of disappearing from our midst. Habitat loss, pesticide use and climate change are likely also significant contributing factors in the decline of some of our native species.

Believe it or not, we actually have 50(!) or so different kinds of Lady Beetles in New Brunswick. Virtually all of them feed on what we consider “pests,” such as aphids and scale insects, so they are definitely considered friends of gardeners and farmers.

I have included images of some of our common species, along with notes as to whether they are native or exotic. I also list a few links to where you can learn more about their awesome life history, more about how things are changing and what is being seen in our neck of the woods and elsewhere in North America. Please share your images of the Lady Beetles you find around your home with Connecting Albert County.

If you want to learn more and try your hand at doing a little citizen science with Lady Beetle finds, check out the Lost Ladybug Project (www.lostladybug.org)

bug.org) or join the Lady Beetles of Atlantic Canada project on iNaturalist (inaturalist.ca/projects/lady-beetles-of-atlantic-canada-coccinelles-des-provinces-de-l-atlantique). Heads up to educators and parents: The Lost Ladybug Survey has many great educational resources about Lady Beetles on its site, along with the interface to add your observations. Happy spring, and Happy Lady Beetle spotting!

Image below. Top row, left to right: Two-spotted Lady Beetle (2 variants); Eye-spotted Lady Beetle; Fifteen-spotted Lady Beetle; Twice-stabbed Lady Beetle; Hieroglyphic Lady Beetle; Tamarack Lady Beetle

2nd row, l-r: Seven-spotted Lady Beetle (exotic); Three-banded Lady Beetle; Asian Multi-coloured Lady Beetle (exotic); Parenthesis Lady Beetle; Thirteen-spotted Lady Beetle; Variegated Lady Beetle (exotic)

3rd row, l-r: Orange-spotted Lady Beetle; Swamp Lady Beetle; Cream-spotted Lady Beetle; Fourteen-spotted Lady Beetle; Painted Lady Beetle; Hudsonian Lady Beetle

Bottom row, l-r: Twenty-spotted Lady Beetle; Dot-dash Lady Beetle; Blotch-backed Lady Beetle; Bigeminate Lady Beetle; Eight-spotted Lady Beetle.

Spot the puns! In addition to searching for spotted Lady Beetles, see how many times Denis has added puns about “spots.”

(Selected) Lady Beetles of New Brunswick



Online events *Compiled by Shannon Gaythorpe and others*

Looking for something to do? Connecting Alberta County has compiled a list of activities that you can do at home. Certain links are live below. If not, see www.ConnectingAlbertCounty.org/calendar for live links or enter the title in a search engine.

If you have a suggestion of activities or online resources that are educational or promote healthy living, please email info@ConnectingAlbertCounty.org. Please ensure that the events align with our guiding principle to “celebrate our culture, environment, and sense of community.” We also welcome contributions that help lead to healthier lifestyles, stronger community connections and better mental health.

Places to Explore:

- Discover history, art, science, nature and more through virtual exhibits from **Canada's museums** and heritage organizations. www.virtualmuseum.ca/virtual-exhibits/type/virtual-exhibits
- Explore the **Royal Ontario Museum**. artsandculture.google.com/streetview/royal-ontario-museum/QQEzrRxuTdjUcA
- Explore the **Canadian Museum for Human Rights**. humanrights.ca/stories/all-stories
- Take a virtual tour of the **Paris Catacombs**. catacombes.paris.fr/en/virtual-visit
- Explore **US National Parks**. Journey with park rangers to places most people never see. artsandculture.google.com/project/national-park-service

Learning Resources:

- [Online outdoor survival classes](#) by Anishinaabe woodsman.
- Transcribe historical documents for the Fredericton Regional Museum. Join the [Facebook page](#).
- Transcribe historical documents for the Nova Scotia Archives. novascotia.ca/archives/transcribe
- Free photography classes from [Nikon](#)
- Worksheets for kids from Preschool to Grade 5. www.greatschools.org/gk/worksheets
- Khan Academy is a non-profit that provides personalized learning on a vast number of subjects for free! www.khanacademy.org

- Yale is offering one of their most popular classes for free. You can join the 10-week program at any time. www.coursera.org/learn/the-science-of-well-being#enroll
- Pearson Canada is offering free supplementary math resources for students in grades K-3.
- [Scholastic](#) has videos, books, science and literacy resources for grades K-12.
- [Grand Council Treaty #3](#) has a list of online learning, educational resources, First Nation education links and virtual tours.
- [Rosetta Stone](#) is offering 3 months of learning free (also available from NB Public Library website).
- The [Royal Ontario Museum](#) is teaching kids 8-14+ how to write in hieroglyphs.

Apps to Try:

- Explore.org - Live animal cameras from around the world.
- Gratitude App - A personal online journal to track moments of daily gratitude.
- Simple Piano - Follow along to learn to play the piano.
- Duolingo - Easy step-by-step lessons to learn a new language.

Apps to Stay Connected:

- Houseparty: Video-chatting app that allows you to connect in a “virtual party” with up to eight people. There are also some games built into the app that you can play with your friends.
- Google Hangouts: Set up a voice (up to 150 people) or video hangout (up to 25 people). Users don't need a Gmail account to join, but the host does.
- Zoom: Typically used for business, it offers video/ audio-conferencing as well as chat and webinar features. For those looking to host a video chat with a larger group, it works great. The basic tier allows for up to 100 participants to video chat for 40 minutes at a time.

(Continued on next page.)

Mental Wellness Apps:

- Clear Fear - Clear Fear uses a Cognitive Behavioural Therapy (CBT) framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It has helpful descriptions of the different ways in which anxiety can show up, resources and a 'grit box' to boost resilience.
- Calm Harm - Using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT), Calm Harm provides tasks to help you resist or manage the urge to self-harm.
- Calm - Take a Deep Breath: App for sleep, meditation and relaxation. You can sign up for their seven-day free trial or access the list of resources.
- Breathe - The app guides you through a series of deep breaths, and reminds you to take time to breathe everyday.
- Headspace - One of the most well-known meditation resources, this also offers tools to help you fall and stay asleep. It currently offers free resources under the heading "Weathering the Storm." Sign up for an account to access the free content.

Online Social Activities:

- Adopt a UK Grandparent. Become a virtual volunteer through video chats (location: London UK). <https://chdliving.co.uk/adopt-grandparent>
- Create a virtual game room and send links to your friends to play in real time. <http://playingcards.io/>

Facebook and Instagram Events:

- #CanadaPerforms - short-term relief fund that pays Canadian artists and authors for online performances. It was launched by Facebook Canada and the National Arts Centre to help ease the financial strain for Canadian artists and authors impacted by the closure of performance venues and literary events across Canada related to COVID-19, and to lift the spirits of Canadians during the crisis. <https://nac-cna.ca/en/series/canadaperforms>
- Music NB is streaming live concerts of NB musicians. www.facebook.com/MusicMusiqueNB
- Stage shows, musicals and opera for free. www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198

- Dolly Parton "Goodnight for Kids" story time. <https://youtu.be/3ia-ozHDaLs>
- YMCA 360: Free classes online for all ages and skill levels. YMCA strives to prove that you're never too young or too old to live an active life. ymca360.org
- Stageit allows you to discover up and coming artists and stream live events. m.facebook.com/stageit
- That Art Thing: A series of free online paint events. Check out their video tab for past events. www.facebook.com/thatartthingevents
- Savewithstories (Instagram). Join some of your favourite Hollywood stars as they have story time.
- Barry's Canada (Instagram). Workouts stream for free. No equipment necessary. www.instagram.com/barryscanada
- Rumble (Instagram). This boxing studio is hosting [daily Instagram live videos](#) featuring cardio and body weight workouts every morning.
- The Grammy Museum hosts [concerts and digital public programs](#).



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The advertisement features a portrait of Micheal McBurnie on the left. To the right, the text is set against a background of a garden. Below the main text are four small images showing different garden designs. A Facebook logo is in the bottom right corner.



CROOKED CREEK
CONVENIENCE
NB Liquor Agency & Gas
Coffee, Groceries, Gas, Gluten-free food
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The advertisement has a red border. The logo on the left shows a green tree, a yellow sun, and a winding path. The text is in bold, with the phone number 882-2918 in a larger font.



Albert County Chamber of Commerce Business Excellence Awards 2020 Nominees

Business of the Year

Dents & Stones
 CyberPR Army
 Five Bridges Bar & Grill
 Darren Phillips Auto Repair
 East Coast Kids Child Care & Learning Centre
 Serenity Pools & Landscaping
 Buddha Bear Coffee Roaster & Holy Whale
 Brewing Co.
 Rosemary Wellness
 Octopus Garden Cafe
 Downey Home Hardware - Riverview
 SE Mutual Insurance
 Canadian Tire - Riverview

Non-profit of the Year

Boys & Girls Club Riverview
 Albert County Museum
 Albert Agricultural Society (Albert County
 Exhibition)
 Friends of Fundy

Accommodations Excellence Award

Farm Life Studio and B&B
 Broadleaf Ranch

Arts & Culture

Albert County Clay Company
 Jean Coutu - Riverview (*wine tasting and art
 benefit*)
 All the Pretties

Community Service: Albert County Ambassador

Tosh Taylor
 Boys & Girls Club Riverview
 R&R Solution/Michelle Alcorn
 Friends of Fundy
 Jean Coutu - Riverview
 All the Pretties

For the Love of Local: Food & Drink Award of Excellence (*Presented by Foods of the Fundy Valley*).

Tipsy Tails Restaurant
 Octopus Garden Cafe
 Near East Chinese Market
 Rocco's Cucina
 Farmer Browns Greenhouse

Tourism Excellence Award (*Presented by the Albert County Tourism Association*).

Albert County Museum
 Rocco's Cucina

Emerging Business of the Year

Cyber PR Army
 Rocco Cucina
 Outdoor Elements-Fundy Adventure Centre
 Frontier Immigration Services Canada
 Rosemary Wellness

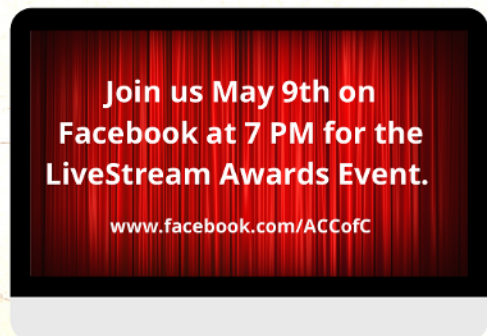
Environmental Stewardship

Lily Pads Reusable Products
 Fundy Farms



Darrel Coates

Stewart Financial



Join us May 9th on
 Facebook at 7 PM for the
 LiveStream Awards Event.

www.facebook.com/ACCofC

www.albertcountychamber.com

Celebrate 175 Years of the Land, the Sea & the People of Albert County, NB

The Albert County Historical Society continues its work on Albert County 175 and is looking at ways to use digital technology to tell the story of our region in the place of live events. Regarding events scheduled for the summer and fall of 2020, we continue to plan these events and will be making adjustments based on advice from the Province of New Brunswick. We want to reassure those who have committed funding and other support for the events that all AC175 events and programming will be implemented at a time when it is prudent and safe to do so. We plan to open the Albert County Museum for the 2020 season following the direction of NB Tourism, Heritage and Culture.

Event Highlights (Proposed)

Saturday, May 16. Annual Opening of the Albert County Museum. View the new Albert County 175 Mobile Exhibit and recently donated artifacts. Free.

Saturday, June 13. Re-dedication of WWI Cannons on the Centennial Anniversary of their arrival in Albert County. One gun was awarded to Albert County for winning the 1919 Victory Loans competition; the other was awarded in recognition of the large number of men who enlisted. The event will feature current Canadian Armed Forces, flyovers by an RCAF plane and First World War bi-plane, and historical weapons from the 8th Hussars (Sussex). A Pipe and Drum Band will perform during a parade of our veterans and the cannons will be ceremoniously fired. An AC175 Heritage Talk and reception to follow with the full history of the guns captured at Vimy Ridge in France and their journey to Hopewell Cape. Free.

Wednesday, July 1. RB Bennett's 150th Birthday Celebration. Celebrate the 150th Birthday of Canada's 11th Prime Minister, who was born and raised in Albert County! Featuring a classical concert by the Moncton Youth Orchestra and Sistema Hillsborough. Meet RB Bennett "in person" as an actor portrays him. Free birthday cake and ice cream. An evening birthday event* for RB Bennett will feature dinner and Big Band Music from the 1930s.



July 7-11. 44th Annual Quilt Show and Sale. Theme: "If These Quilts Could Talk," sharing the stories behind the quilts. Part of the show/sale will be the introduction of the Albert County Barn Quilt Project. Get involved and put yours up in 2020! Admission: \$3.

July 25-26. Artisan Showcase. Art Show in the Court House at the museum displaying the best works of local artisans. Artists will showcase their best piece, and the story behind it. Free to attend.

Saturday, August 8. 175th Birthday Bash Festival of Live Music at Albert County Fairgrounds. This is the big day: Albert County turns 175 and you're going to want to be there! A showcase of activities and local talent featuring great NB musicians. A highlight will be musicians performing an original composition written about Albert County. Along with birthday cake, there will be a beer garden. Free to attend.

Thursday, August 13. 10th Annual Royalty Tea.* The focus of this British High Tea is Prince Albert and Queen Victoria. In 1845, Queen Victoria signed the proclamation making this a county and naming it after the love of her life, Albert.

August 21 & 22. An Evening in the Parlour.* Music and historical drama in a lamp-lit Victorian parlour in the Court House. The play is based on actual events of the time in Albert County. Local actors and musicians entertain the audience in this not-to-be-missed event held over two evenings.

September 11-13. Albert County Exhibition. The Albert County 175 Mobile Exhibit will be on site highlighting the Land, the Sea and the People of Albert County. Presentations will be given on interesting historical topics. Admission at the gate.

Saturday, October 17. 1845 Albert County Dinner.* Traditional meal including menu items found in 1845 with heritage meats, vegetables, desserts and drinks.

Local musicians will entertain the audience featuring songs of old. We are pleased to share the agricultural stories of this region.

Wednesday, November 11. Flag Lowering Ceremony at the Hopewell Cape Square. Ceremony at the Bennett Monument beside the Albert County Cannons as part of the region's Remembrance Day events. Free to attend.

December 28-30. Photo Show AC175 Finale Event. Display of photos taken by residents of Albert County showcasing life from 1845 to 2020. Participate by sending your photos from years past and your love for our community today! The photos will be collected and added to the Albert County Museum's permanent collection. The show will feature some of the best entries. Prizes will be awarded in the categories: Historic; Albert County Today; and Youth Photos (18 and under). What a great way to celebrate the year! Free to attend.

** Tickets must be purchased in advance.*

In addition to these events, we will host **AC175 Heritage Talks**, monthly talks in communities throughout the county. Local and visiting historians will share the incredible tales of founding families, merchants, ship builders, historic figures and people of the tides who established Albert County-175 years of stories! All historic talks are free to attend.

For details and the full event calendar, see AC175.ca or [Facebook/AlbertCo175](https://www.facebook.com/AlbertCo175). Presented by the Albert County Historical Society and supported by the Government of Canada, the Province of New Brunswick, and local supporters including: Friends of Fundy, Albert County Tourism Association and Chamber of Commerce, Connecting Albert County, Ponderosa Pines Campground, Broadleaf Guest Ranch, Bayview Chalets and local community members.



**New Brunswick's
Albert County is
celebrating its
175th Anniversary
and we want you to
join us - 2020 will
be our...
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Learn more at www.AC175.ca

Presented by:



Supported by:



Connecting Albert County: Exploring Our Trails

We are pleased to announce that in late spring, we will publish *Connecting Albert County: Exploring Our Trails*. This special issue will be full of articles about using trails—whether walking, snowshoeing, fatbiking or skiing.

There will be information for both beginners and advanced trail users on getting started, staying safe and using trail apps. Stories include personal accounts of hiking with small kids, how exploring the trails by foot and snowshoe has changed a man's life, and much more.



Connecting Albert County: Exploring Our Trails will feature a directory of trail systems in Albert County and extending to St. Martins and Sussex, including descriptions of trail characteristics and highlights.

The special issue is made possible, in part, with the generous support of the Fundy ULTRA Community Trail Micro-Grant, as well NB Tourism, Heritage and Culture-Sports.

The digital issue will be sent to our subscribers and print copies will be distributed throughout Albert County. For this special issue, however, we will have a much larger print run and scope of distribution.

We invite you to become involved in *Connecting Albert County: Exploring Our Trails* in the following ways:

- Tell us what your favourite trail is and why, or share a memorable experience on a trail.*
- Let us know what your favourite trail app is and what you like about it.*
- Help print copies. We are looking for businesses with colour printers to help out.
- Consider advertising in the issue. (Note that a 15% discount is applied to all full-year advertisers with a business card ad or larger. See details on the next page.)
- Volunteer with editing, proofreading or distribution.

If you would like to be involved in any way, email Janet Wallace at info@ConnectingAlbertCounty.org.

*Note submissions may be edited and we may not have space to include all submissions.

Image: Herring Cove, Fundy National Park by J. Wallace.

Subscribe to Connecting Albert County

Sign up at www.ConnectingAlbertCounty.org/newsletter to receive a link to this publication every month in your email inbox.

Better yet, get involved! We welcome volunteers to help edit and proofread, post articles online, or join our Board of Directors.

We also welcome articles, photographs, letters, as well as donations and advertisements.

Visit www.ConnectingAlbertCounty.org to find articles and past issues of our publication.

Do you want to promote your business in rural Albert County?

Show the community you care and reach a target audience by advertising in Connecting Albert County



For six years, Connecting Albert County has provided our community with information on people, places and events in rural Albert County. Every month, hundreds of people read our publication.

The electronic issue of our mini-magazine is emailed to more than 500 subscribers and many others read the issue online. Also, hundreds of free full-colour print copies are distributed each month throughout rural Albert County. Once a year, we mail an issue to every household in rural Albert County—that’s more than 2300 homes from Stoney Creek to Alma, Parkindale and Elgin.

We hope you will consider advertising in Connecting Albert County.

CAC 2020-21 rates	Full year	Six months	Trail issue
Non-profit supporter	\$100	n/a	n/a
Business supporter	\$150	n/a	n/a
Business card ad	\$400	\$250	\$200
Quarter page ad	\$1350	\$800	\$350
Half page ad	\$1600	\$1200	\$500
Full page ad	\$2000	\$1500	\$800

If you purchase a full-year business card size ad or larger, you will receive a 15% discount on ads in the Trail issue.

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

Note that the quarter, half and full page ads can be changed each month; business card ads remain the same each month.

All advertisers and supporters are listed in each e-publication and back cover of printed issue. Each listing includes a link to the business or organization’s website or Facebook page.

Connecting Albert County: Exploring Our Trails. A minimum of 1000 full-colour copies of this special issue will be distributed throughout Albert County, as well as St. Martins and Sussex. We expect that people will keep the publication and refer to it often when planning an outing by foot, snowshoe, mountain bike, fatbike or skis.

We will also send pdfs to 500+ regular subscribers and make the pdf available for download for future reference. We will share the link to the downloadable pdf on websites and Facebook pages of trail organizations, naturalist groups, local organizations, municipalities and many more places.

For details, please contact Janet Wallace at info@ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

BENNETT AND ALBERT COUNTY HEALTH CARE (BACH) FOUNDATION

The Bennett and Albert County Health Care (BACH) Foundation helps create a healthy, vibrant community. The BACH Foundation improves access to health care services in rural Albert County and supports programs that improve community health.

BACH Foundation supports:

- Albert County Community Health Centre in Riverside-Albert & satellite clinic in Hillsborough.
- Tele-Drive Albert County
- Little Rocks Curling
- School Spin Bikes
- Connecting Albert County
- Tele-Health
- Forest Dale Home Van
- Literacy Express
- Sistema Hillsborough
- Imagination Library



By donating to the Bennett and Albert County Health Care Foundation, you are investing in a healthier community.

bachfoundation@horizonnb.ca, 882-3100

bachfoundation.com

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



BENNETT & ALBERT COUNTY HEALTH CARE FOUNDATION

I would like to contribute a monthly amount of \$ _____ TO BE DEDUCTED ON: 1st or 15th of the month

I would like to contribute a one-time gift of \$ _____

Name: _____ Telephone: _____

Address: _____

City/Town: _____ Province: _____ Postal Code: _____

E-mail: _____

I have enclosed a cheque made payable to the Bennett and Albert County Health Care Foundation

I prefer to use my: VISA MasterCard

Card Number: _____

Expiry Date (month/year): _____

Signature: _____

Charitable Registration: 869019133 RR0001

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



Supporters of Connecting Albert County

Connecting Albert County would like to thank the following supporters. With their help, we can spread the news of rural Albert County. To spread the word about your business or organization's work in rural Albert County, see connectingalbertcounty.org/advertising.

We also welcome donations.

Bennett and Albert County Health Care (BACH) Foundation www.bachfoundation.com

Albert County Pharmacy www.Facebook.com/AlbertCountyPharmacy

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

Albert County 175 AC175.net

CBDC Westmorland Albert www.CBDC.ca

OMISTA Credit Union www.OMISTA.ca

Albert County Chamber of Commerce www.albertcountychamber.com

Crooked Creek Convenience www.Facebook.com/ccconvenience

East Coast Kids Child Care & Learning Centre www.eastcoastkids.ca

Village of Hillsborough villageofhillsborough.ca

Village of Riverside-Albert www.riverside-albert.ca

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

The Calvert Family (private donation)

Broadleaf Ranch www.broadleafranch.ca

Chipoudy Communities Revitalization Committee www.Facebook.com/communityrevitalization

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

Friends of Fundy/Fundy Guild www.Facebook.com/FundyGuild

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

Hillsborough Baptist Church hillsboroughbaptist.org

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

Village of Alma villageofalma.ca