

# Connecting Albert County

November 2020

FREE PUBLICATION

## Captains Galore *By Dawne McLean*

On September 16th, 2020, Captain Catherine Lacombe, Commanding Officer of CCGS *Captain Molly Kool*, visited the Albert County Museum in Hopewell Cape. Dawne McLean, President of the Albert County Historical Society (ACHS), had invited Captain Lacombe to visit the new Molly Kool exhibit (made possible by a New Horizons For Seniors grant). Captain Lacombe presented a special photo with a beautiful wooden frame she had crafted herself. The framed photo gift will be included in the Molly Kool exhibit and will be a memento of Captain Lacombe's visit.

Paul Toner performed his song "Call Me Captain," which was perfect for the occasion. The people in attendance enjoyed hearing Captain Lacombe speak of her Coast Guard

career and the CCGS *Captain Molly Kool* icebreaker, as well as answering many questions. Captain Lacombe plans to return and tour our Fundy region!

### CCGS *Captain Molly Kool*

In December 2018, CCGS *Captain Molly Kool* joined the Canadian Coast Guard fleet of icebreakers. According to Canadian Coast Guard, the ship is "named for Captain Myrtle 'Molly' Kool, who was a pioneer in Canada's maritime history. She was the first woman in North America to become a master of a cargo steamship. This paved the way for future generations of women in her field. The CCGS *Captain Molly Kool's* home port is in St. John's, Newfoundland and Labrador."

Dawne McLean adds that Molly made history once again in being the first woman to have her name on a Canadian Coast Guard ship.

*Image of Captain Lacombe by Brian Townsend.*

### Inside:

- Captains Galore~1
- Gardening on Facebook~2
- The Old Church Farmers' Market~2
- Christmas Market~2
- The Search for Lewis Steeves~3
- Support your Health Through Nutrition~4
- Forest Dale Home~5
- Gaming Masks in the COVID-19 Era~6
- Why Would I Talk to a Social Worker?~7
- Build Community with Buy Nothing Canada~8
- Calendar~9
- Albert County 175~10
- Nature Corner~12
- BACH Foundation~12
- Hillsborough Public Library~13
- Connecting Albert County Supporters~14

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## Connecting Albert County

November 2020

Vol. 6, No. 11

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.

### Connecting Albert County Board of Directors:

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*Image on page 1 by Janet Wallace.*

To volunteer with CAC, advertise, submit articles or letters, email [info@](mailto:info@ConnectingAlbertCounty.org)

[ConnectingAlbertCounty.org](http://ConnectingAlbertCounty.org) or mail CAC, 8 Forestdale Road Riverside-Albert, NB E4H 3Y7

Letters and articles may be edited. Statements in our publication and website do not necessarily reflect the views and opinions of Connecting Albert County's volunteers and staff.

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Like us at [www.facebook.com/ConnectingAlbertCounty](https://www.facebook.com/ConnectingAlbertCounty)

## Albert County Gardening Facebook Page

By Angela MacDougall

Are you interested in gardening? Check out [Gardens in the Community: Albert County \(Riverview to Alma\) Facebook.com/groups/136894827754479](https://www.facebook.com/groups/136894827754479).

You can ask questions and post ideas or pictures of what you are doing in your own garden. It is a great place to learn and share with others in the same growing area.

A few weeks ago, gardeners from the area were invited to meet and discuss the 2020 growing season. It was a good time of reflecting and sharing, and also discussing items of interest for next season. These include:

- Harvesting rainwater
- Using grey water and building grey water systems to code
- Establishing a tool library for gardeners in our area
- Working cooperatively to remove barriers that prevent people from gardening
- Workshop ideas
- Garden tour possibilities
- Challenges of, and solutions for, different types of soil
- Mulches and compost, and how to source them.

If this is interesting to you, join the Facebook page! Feel free to start a conversation by creating a post.

## The Old Church Farmers' Market in Hillsborough

Back by popular demand! Due to customer concerns about obtaining groceries, we have decided to keep the Farmers' Market going until Christmas, at which time we will re-assess the decision based on attendance.

Please note that not all the regular vendors will be present. Vendors are welcome to come as they choose, but some need a little break.

Rest assured, Oliver's German Bakery, The Backyard Herbalist and Fundy Farms: local harvest have committed to be there for your food needs. You will also be able to pre-order Lorna's amazing home-made doughnuts.

### The Old Church Farmers' Market: Saturdays from 9am to 2pm

2807 Main St., Hillsborough

[www.facebook.com/The-Old-Church-Farmers-Market-110454250674986/](https://www.facebook.com/The-Old-Church-Farmers-Market-110454250674986/)

## Annual Hillsborough Christmas Market

The Annual Christmas Market at The Old Church Farmers' Market will run over two weekends this year to avoid having a large crowd coming at one time. The dates are November 28-29th and December 5-6th. Stay tuned for an update on hours and other details.



2849 Main St Unit 1 Hillsborough NB E4H 2X7  
[www.villageofhillsborough.ca](http://www.villageofhillsborough.ca)

## Village of Hillsborough

Tel: (506) 734-3733  
Fax: (506) 734-3711

Email:  
[hillsboroughnb@rogers.com](mailto:hillsboroughnb@rogers.com)

# The Search for Lewis Steeves *By Idella (Steeves) Lazar*

***"Without the past, there is no present, nor can we build a future." Anon.***

I was born a Steeves from the line of Lewis, the 7th son of Heinrich and Rachel. Lewis died in 1827. Some time ago, our family discovered where Lewis was buried and we were pleasantly surprised that the headstone is still standing and legible. "So what?" some would say.

My interest was aroused when relatives told a true story about a stolen horse, a shooting and another relative. In 1883, near our farm in Elgin, a brother to my great-grandfather on Dad's side, a constable, had taken a horse in Turtle Creek for non-payment of taxes. Certain individuals questioned the legality of the seizure and other constables came to Elgin with a search warrant to take the horse back.

Constables carried guns in those days and our relative accidentally shot and killed one of the constables with the warrant. Our relative was arrested but managed to escape to New York after the inquest.

Even before we heard this story, my Dad had an interest in our family history and we often talked about where our ancestor Lewis Steeves was buried. In our drives, whenever we saw a cemetery, we would stop and scan the headstones. "If you are driving with Idella, you can't get past a cemetery" became a family joke.

Someone thought Lewis was buried at Turtle Creek, but where? I live in Ontario and helped on the farm only in the summer, so there was not a lot of time to "cemetery shop." We did it the hard way. Before I accumulated a laptop, books, papers, articles, census records, etc., my search for Lewis Steeves was a journey with many obstacles.

We searched many cemeteries and were about to give up. Then, on a trip near Hillsborough one Sunday, when it was nearly dark, I spotted a cemetery with no sign. I said, "I have got to try." For some reason, I went up to a knoll beside a huge tree and, using a flashlight, made out the spelling on a stone. It was Lewis!

I hollered to Dad, "I found it!" He climbed out of the truck just to see for himself. What satisfaction!

When we saw the neglected state of the cemetery, Dad said we would have to do something about it. We went back and talked to a few residents. They said local men had restored it, but it was no longer maintained. Dad made up his mind that we would at least cut the bushes and grass.

**Maintaining cemeteries is about history, honour and respect for our forbearers, a connection to those who helped shape us...**

Since then, I have done a lot of research and visit Lewis' grave every summer. I participated in the Steeves' 150th Anniversary. I discovered much about Lewis. His entrepreneurial trait has followed in Dad's family. My great-grandfather operated a store in Elgin, my grandfather sold farm machinery, and Dad's brothers were involved in several businesses such as blueberry farming, cold storage, a motel, farm machinery sales, butchering and more.

In response to the question "So what?," maintaining cemeteries is about history, honour and respect for our forbearers, a connection to those who helped shape us into the way we are.

Marc Jahr wrote "When memory lives, the departed live, a powerful and present force to those who knew them, and loved or hated them, defying the indifference that time breeds. When memory dies, the departure from life is irrevocable."\*

On many tombstones, there is a phrase "Never Forgotten." We did not forget about our Lewis.

\* *"We Need Cemeteries to Preserve Memory and Remember Life's Brevity."* Marc Jahr. The New York Times. Oct. 30, 2013.

*Image by J. Wallace: Headstone in Harvey*





# Support your Health through Good Nutrition *By Brittany Butland*

Good nutrition is an important part of leading a healthy lifestyle. Maintaining a healthy eating pattern will help you feel good, maintain your weight and meet your nutrient needs. Here are five tips to support your health through good nutrition:

## Eat a variety of healthy foods each day

Fruits, vegetables, protein foods and whole grains are all part of a healthy eating pattern. Try to include all four food groups at each meal and two food groups at snacks. Eating a variety of foods will help you meet your nutrient needs.

Fill up with fibre. A high-fibre diet can lower your risk of stroke, heart disease, Type 2 diabetes and colon cancer. A high-fibre diet can also promote bowel regularity and keep you feeling full for longer. Fibre is found in vegetables, fruit, whole grains and plant-based proteins, such as chick-peas, lentils and nuts.

## Stay hydrated

Make water your drink of choice. Replacing sugary drinks with water will keep you hydrated without the added sugars and extra calories. You can add fruit or herbs to your water for added flavour, such as strawberries and fresh basil. If you like some fizz, try carbonated water.



**CROOKED CREEK**  
**CONVENIENCE**

**NB Liquor Agency & Gas**  
**Coffee, Groceries, Gas, Gluten-free food**  
**Produce, Lotto tickets 882-2918**



**Community Market**  
**Fresh & Local**  
Produce - Meats - Cheeses  
Farm Fresh Eggs - Baked Goods  
Soup - Preserves & much more...

**Shop Local**

A consignment market for local food producers  
at the Artisan's Village, Main Street, Hillsborough  
Open 7 days, 10am to 6pm through October 2020  
Foods of the Fundy Valley  
www.facebook.com/FoodsOfTheFundyValley/  
foodssofthefundyvalley@gmail.com

## Read nutrition labels

The percent daily value (%DV) on the nutrition facts panel can help you make better choices. As a guideline: 5 percent or less is a little, and 15 percent or more is a lot. Choose foods with more fibre, vitamins, and minerals. Limit foods high in sodium, added sugars or saturated fat.

## Cook more often

Make a plan. Plan what you cook and eat. This allows you to make healthier choices, will help you get meals on the table faster with less stress, and will save money because you will eat fewer meals out.

Eat meals together. Family meals are a good way to connect and can add enjoyment to your life. It is also a great opportunity for parents to model healthy eating behaviours to their children.

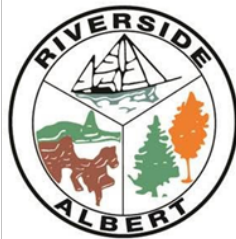
## Be mindful of your eating habits

Take time to eat. Eating quickly and while distracted, such as when watching TV, can prevent you from knowing when you are full, and can increase how much you eat and drink. Taking time to eat allows you to focus on and enjoy your food and can prevent overeating by being more attuned to your hunger and fullness cues. While eating, try to pay attention to your body's signals as well as your emotional state (e.g., stress, fatigue, boredom).

Services from dietitians are available at Horizon's Albert County Community Health Centre. For more tips on nutrition and healthy eating, you can book an appointment with the dietitian at 506-882-3100.

*Brittany Butland is a Horizon-registered dietitian.*

*The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services provided by the Albert County Community Health Centre including equipment and staff education. [www.bachfoundation.com](http://www.bachfoundation.com)*



5823 King St., Riverside-Albert  
NB E4H 4B4

Village of  
**Riverside-Albert**  
**Fundy Historic Village**

506-882-3022  
villra@nbnet.nb.ca [www.riverside-albert.ca](http://www.riverside-albert.ca)

# Forest Dale Home Update *By Vicki Caissie*

At the time of printing, Forest Dale Home is following the Public Health directive to “remain closed for indoor, outdoor and off-site visits.” The activity department is working to set up virtual visits and old-fashioned phone calls. We are not permitting any non-essential people to come into the building, but some volunteers are visiting residents through their windows. This creates great excitement for everyone.

Other ideas are to have local groups do parades around the building. For example, old car clubs could drive around and animal groups could walk animals around the building. The residents love to know and see what is going on outside.

Christmas will be upon us before we know it. We would love to have window paintings that reflect the season! If an individual or a group is interested in painting the windows or doing a parade outside, please reach out to the activity coordinator Kim McKinley (phone 882-3037 or email [activitydirector@forestdalehome.ca](mailto:activitydirector@forestdalehome.ca)).

People wishing to make financial donations can contact the Forest Dale Home Foundation (President Susan Chase at [Chase.1956@hotmail.com](mailto:Chase.1956@hotmail.com)). This group tries to pay for cable TV for all residents and buy items to support the activity department.

## Forest Dale Home's Halloween Window Scavenger Hunt

Forest Dale Home is hosting a Halloween Window Scavenger Hunt for children in the community who are under 12 years old on Saturday, October 31st from 3-5pm. Start at the front entrance of the home (5836 King Street, Riverside-Albert). There will be a draw for prizes from the completed entry forms of children who are under 12 years old. Please respect physical distancing; parental supervision is required.

The residents will love to see the little ghosts and goblins from their windows! Anyone of any age is welcome to go around the home's windows for the residents to see their costumes.

ALBERT  
COUNTY  
PHARMACY

**Guardian**

Feeling Better Starts Here

## Save Smart, Shop Local.

**COVID-19 will most likely be with us throughout the 2020-2021 flu season so getting a flu vaccine is more important than ever this year.**

### Getting a flu shot can:

- decrease stress on the healthcare system by reducing flu-related hospitalizations and help preserve resources,
- reduce the risk and consequences of co-infection with two respiratory viruses,
- help doctors distinguish between flu and COVID-19 infections (which can appear very similar), and
- help protect vulnerable populations.

**It can take up to two weeks for the flu vaccine to take effect so be sure to get your flu vaccine as soon as possible.**

Please call ahead to book an appointment or if you would like more information.

**Check out our monthly flyer on our Facebook page! [facebook.com/AlbertCountyPharmacy](https://facebook.com/AlbertCountyPharmacy)**

**Albert County  
Pharmacy**

### Store Hours:

Monday-Friday  
9am-6pm

### Saturdays:

**closed until further  
notice**

### Pharmacist on Duty:

Monday-Friday  
9:30am-6pm

ALBERT COUNTY PHARMACY  
5833 King Street, Riverside-Albert, NB, E4H 4B5  
Ph: (506) 882-2226 Fax: (506) 882-2101

[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org) ~ 5

# Gaming Masks in the COVID-19 Era

*By James Wilson*



One thing that has occurred as the pandemic drags on is the transition from utilitarian surgical masks to a dizzying variety of custom masks. Masks with simple colours, geometric patterns and flowers have all become common as people settle in for the long haul. It is definitely helpful for mental well-being to have the ability to express creativity and control over something in a world which is currently out of control and requires people to follow set procedures.

For gamers, masks provide a chance to show off the games we are passionate about. The mask I wear most often depicts the flag of the traitor Kingdom of Alterac from Warcraft II. This was made locally by Jessica Steeves of Hillsborough. In addition to more standard images of sports team logos, animals and provincial flags, she has made masks with designs from games such as Fortnite, Minecraft, Five Nights at Freddy's and Pokemon. There really isn't a limit to what design she can use. Jessica produces other custom items in addition to masks and sells these from her Facebook page, Creations by Jessica [facebook.com/groups/1883206888635698](https://www.facebook.com/groups/1883206888635698).



**Flag of Alterac from Warcraft II**



**Animatronics from Five Nights at Freddy's**

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. [facebook.com/groups/239016929561000](https://www.facebook.com/groups/239016929561000).

*Images provided by James Wilson.*

## LOOKING FOR A NEW ADVENTURE IN BUSINESS

Come & meet our team to discuss our programs

<p><b>Loan Programs:</b></p> <ul style="list-style-type: none"> <li>- CBDC Youth Loan</li> <li>- CBDC First-Time Entrepreneur Loan</li> <li>- CBDC General Business Loan</li> <li>- CBDC Innovation Loan</li> <li>- CBDC Social Enterprise Loan</li> </ul>	<p><b>Also offering other programs:</b></p> <ul style="list-style-type: none"> <li>- The Self-Employment Benefit Program (SEB)</li> <li>- Business Development Seminars (BDS)</li> </ul>
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Community Business Development Corporation  
Corporation de développement communautaire  
Westward Albert

337, rue Main Street, Shediac, NB E4P 2B1  
506-532-8312 • Toll Free 1-800-925-6677 • [www.cbdc.ca](http://www.cbdc.ca)



# Why Would I Want to Talk to a Social Worker? *By Alicia O'Hara*

I like to think of social workers as jacks-of-all-trades. There are so many different places you can bump into us. We are in hospitals, correctional facilities, schools, non-profit organizations and other places, where you can find us working in mental health and addictions, advocacy, child welfare, seniors' services, policy creation and the list goes on!

My role at Horizon's Albert County Community Health Centre is to assist with overall well-being. My goal is to help patients and clients develop a sense of safety, self-worth and mastery over their future. My focus is to empower people through building skills to achieve personal fulfilment, meaningful social roles and relationships in the community.

Here are answers to frequently asked questions:

## **How do I access social work services at Horizon's Albert County Community Health Centre?**

You don't need a referral from a doctor or nurse practitioner; you can book an appointment by calling the Health Centre at 506-882-3100.

## **Do I have to be a patient of Horizon's Albert County Community Health Centre?**

No. You do not need to have a provider at the Health Centre to access social work services.

## **What type of social work services can I expect?**

**Adjustment to illness or disability:** Adjusting to a new diagnosis can be difficult. I offer counselling to support you through feelings of loss and changes to your family due to illness. I can also link you to other community services such as home care, disability support programs, etc.

**Coping through COVID-19:** The stress of living through a pandemic is something we have never experienced before. It is normal to feel anxious and afraid. It's important to maintain social connection, self-care, and healthy coping habits, especially in times of uncertainty. I can help you refocus on your strengths, cope with anxiety, and establish the right self-care routine for you.

**Palliative care:** I offer support while you make decisions about end-of-life care. I can facilitate discussions about last wishes, funeral arrangements, and finding legal counsel regarding wills and powers of attorney.

**Caregiver burnout:** As a caregiver, you may experience grief, increased responsibility and changes in your role in the home and in other relationships. I can offer support by helping you recognize your strengths and plan for self-care to prevent burnout. I can also provide information about coping strategies and links to appropriate community partners.

**Mental health and addictions:** I can provide short-term counselling for mental health and addiction concerns, such as anxiety, depression, anger management, setting healthy boundaries, self-esteem, stress management, grief, as well as support in reducing alcohol or drug use. I can also help connect you with other services when appropriate.

**Domestic violence and abuse:** I can assist you with information about safety planning, options and supports available in the community. I can help you navigate systems for legal, housing and financial issues, if needed.

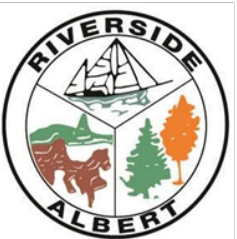
**Social isolation:** Living in rural areas, it's especially important to maintain social connection. I can help you explore ways to strengthen your current support system and address barriers you face in terms of community involvement, such as lack of transportation, limited mobility, health issues, financial struggles, etc.

**Resource issues:** I can connect you to services that could help your current situation. These may include government services, community groups or non-profit organizations. I can make referrals to these agencies or help you with applications.

**Parenting:** I can provide positive parenting strategies and link you with services that support families. I can also provide counselling or consultation regarding the challenges you may be facing.

*Alicia O'Hara is a registered social worker with Horizon. She graduated from St. Thomas University with a B.A. and Bachelor of Social Work. She worked for the Dept. of Social Development in various roles including child protection, adult protection and long-term care for seniors. In 2017, she worked part-time with Addiction and Mental Health in Sussex. In 2019, Alicia accepted a part-time position at the Albert County Community Health Centre. She is thrilled to be working in Albert County.*

*The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services provided by the Albert County Community Health Centre including equipment and staff education. [www.bachfoundation.com](http://www.bachfoundation.com)*



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# Help Build Community with Buy Nothing Canada *By Amy Woodard*

Buy Nothing Canada is a Facebook network of local groups which promote community by encouraging individuals to give to each other, ask for what they need from their community, and express their gratitude. It's all run by volunteers at various levels of management. While each group is local, it is part of a global network. It's much more than just 'free stuff.'

"A gifting economy frees up resources, reduces waste, allows us to minimize single-use. In this way, we are better stewards of our community, our planet. We are better neighbours. We are agents whose actions are rooted in principles of compassion, kindness, love and equality," writes LaTonya M. Baldwin, Volunteer Administrator for the Buy Nothing Project.

I have personally enjoyed meeting new people (from a good social distance) and learning about their lives through interactions in this group. I've met other moms who I probably would not have met since we are all stuck at home. When the weather and COVID guidelines allowed, I was able to invite them to participate in the community.

Recently, my son came to me with a hole in his boot. I asked for boots and was so impressed that within a couple days someone had brought me a pair and left them by my door! I was so grateful that I didn't have to go out to stores to find a pair. It felt good to know that people in our community care for each other and are willing to help out. Sometimes it's hard to set aside my own pride to ask for things in the group, but once I get past that, it really is rewarding and fun to receive and give to people in our community.

Have I convinced you yet? You can likely find a group near you! We now have five groups in Albert County. Search for these on Facebook:

Riverview: [facebook.com/groups/1228725300577624](https://facebook.com/groups/1228725300577624)

Riverside-Albert: [facebook.com/groups/2594911640726027](https://facebook.com/groups/2594911640726027)

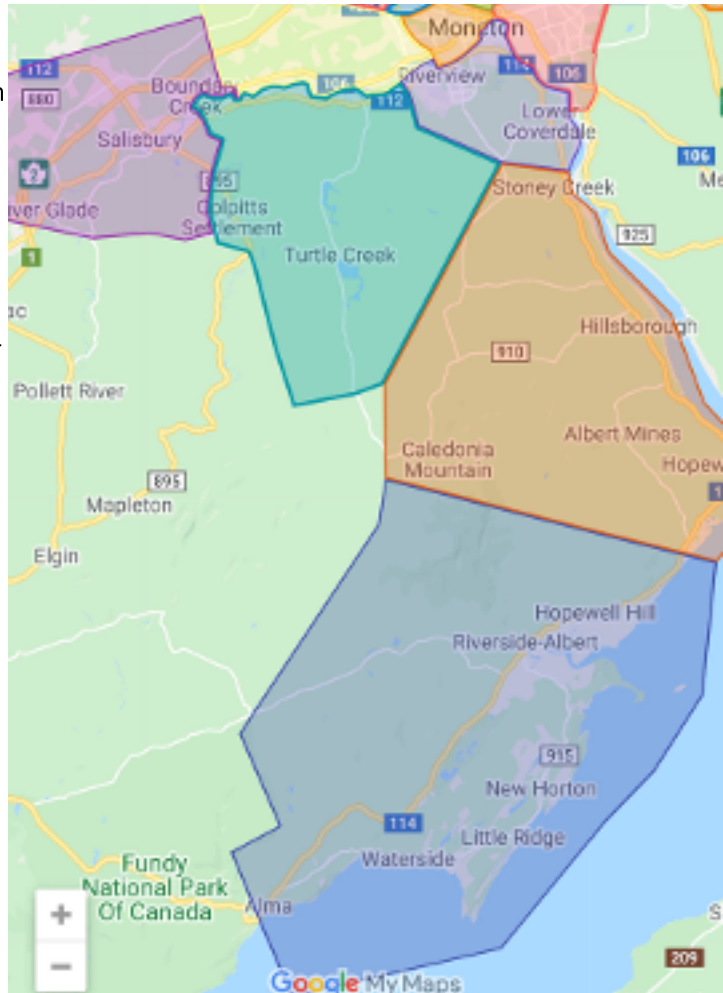
Hillsborough: [facebook.com/groups/2655759504473651](https://facebook.com/groups/2655759504473651)

Turtle Creek: [facebook.com/groups/buynothingturtlecreek](https://facebook.com/groups/buynothingturtlecreek)

Salisbury: [m.facebook.com/groups/186311062745019](https://m.facebook.com/groups/186311062745019)

If you want to start a group for Elgin, please contact me on Facebook messenger.

I hope you'll invite your friends, have fun and get to know others in your community!



**To learn more about Connecting Albert County, visit [ConnectingAlbertCounty.org](https://ConnectingAlbertCounty.org).**

**You will find articles about the people, places, wildlife and history of rural Albert County.**

**We welcome volunteers, donations and ads. We are also looking for churches, businesses or groups to help photocopy our publication.**

**East Coast Kids**  
Child Care & Learning Centre

**Play  
Laugh  
Learn**

Safe & fun environments that offer quality care & programs/activities for children ages 2-12 yrs.  
Licensed Centres in Hillsborough & Riverside-Albert

[childcare@eastcoastkids.ca](mailto:childcare@eastcoastkids.ca) 506-962-5868



# Community Calendar

## Thursday, October 29

**Caregiver Support Group.** 6-7:30pm. Offered to residents of Alma and surrounding areas by Hospice SENB at Albert County Community Health Centre (lower level). For full or part-time caregivers to a family member or friend. To register call Debbie Landry-Jaillet at 854-9530 or email [volunteer@hospicesenb.ca](mailto:volunteer@hospicesenb.ca).

## Saturday, October 31

**The Old Church Farmers' Market.** 9am-2pm. Hillsborough. See page 2.

**Halloween Window Scavenger Hunt.** 3-5pm. Forest Dale Home costume event for local children under 12 years old. Start at the front entrance, then visit all the windows. Physical distancing and parental supervision required. See details on page 5.

## Thursday, November 5

**Caregiver Support Group.** 6-7:30pm. See Oct. 29.

## Friday, November 6

**Crossroads for Women.** 9am-3pm at Albert County Community Health Centre (lower entrance). Support for victims of domestic violence. To set an appointment, call/text Melissa: 506-381-8808 or email [melissab@crossroadsforwomen.ca](mailto:melissab@crossroadsforwomen.ca). For more information, see [connectingalbertcounty.org/wellness/help-for-people-facing-domestic-violence](http://connectingalbertcounty.org/wellness/help-for-people-facing-domestic-violence).

## Saturday, November 7

**The Old Church Farmers' Market.** 9am-2pm. Hillsborough. See page 2.

## Wednesday, November 11

**Flag Lowering at Sunrise** at the Hopewell Cape Square. See page 10.

## Thursday, November 12

**Caregiver Support Group.** 6-7:30pm. See Oct. 29.

## Saturday, November 14

**The Old Church Farmers' Market.** 9am-2pm. Hillsborough. See page 2.

## Thursday, November 19

**Caregiver Support Group.** 6-7:30pm. See Oct. 29.

## Saturday, November 21

**The Old Church Farmers' Market.** 9am-2pm. Hillsborough. See page 2.

## Wednesday, November 25

**Mobile Enviro-Depot-Hillsborough.** Noon-8pm. Kiwanis parking lot. Details on page 11.

## Thursday, November 26

**Mobile Enviro-Depot-Hillsborough.** Noon-8pm. Kiwanis parking lot. Details on page 11.

## November 28-29

**Annual Christmas Market - The Old Church Farmers' Market.** 9am-2pm. Hillsborough. See page 2.

## Friday, December 4

**Crossroads for Women.** 9am-3pm at Albert County Community Health Centre (lower entrance). Support for victims of domestic violence. See Nov. 6.

## December 5-6

**Annual Christmas Market - The Old Church Farmers' Market.** 9am-2pm. Hillsborough. See page 2.



**The Old Church Farmers' Market**

2807 Main Street,  
Hillsborough

**Saturdays 9am to 2pm**

Please come to **The Old Church Farmers' Market** for Oliver's German Bakery, AnC Meats, Fundy Farms foods, Community Table products, Jems preserves, home baking, arts, crafts, music and a COVIDly-responsible good time!

## **French as a Second Language**

Sign up today - spaces limited

12 weeks of online learning starting November 2nd, 2020.

40 minute sessions, twice weekly

Cost: \$17.40 + HST week plus books with full commitment.

Beginner Level: Mondays and Wednesdays at 6:30pm

Intermediate Conversational Level: Mondays and Wednesdays at 7:30pm.

For questions or reservations, contact Annick Robichaud Butland by Facebook Messenger, calling 506-232-1057 or sending an email to [hello@abconnect.ca](mailto:hello@abconnect.ca)

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

Over the course of 2020, we are telling the stories of every community in Albert County, which includes Riverview and hugs the shores of the Petitcodiac River to the Bay of Fundy. Albert County features some of the most iconic treasures in New Brunswick, such as the beautiful Fundy National Park, Hopewell Rocks, Cape Enrage, and inland areas stretching beyond Caledonia Mountain in all directions. This celebration is presented by the Albert County Historical Society, Government of Canada, Province of New Brunswick and Hopewell Rocks.

Digital means of storytelling will be used, including "Photo-A-Day," an AC175 Podcast, "Home Schooling" history reading lessons, social media platforms and videos. We are also working with publications, such as *Connecting Albert County* and other media outlets including tv, radio, newspapers and magazines, bringing the story of Albert County to you!

You may have received the special Albert County 175 Souvenir Booklet in your mailbox! We sent copies to every household in Albert County, all 15,000 of them according to Canada Post! An additional 5,000 copies were printed and extra copies are available at the Albert County Museum (by donation). If you did not receive a copy or have a request for several copies for your community group, school or business, please let us know and we will make arrangements to provide copies. Call us during business hours at 734-2003.

**Albert County 175 Collectors Pins!** Only 500 will be available. These are made in New Brunswick by Aitkens Pewter! Priced at only \$25, you will receive a one-of-a-kind lapel pin featuring the beautiful AC175 logo, a membership to the Albert County Historical Society, a season's pass to the Albert County Museum for both the 2020 and 2021 seasons, a copy of the Souvenir Magazine and an entry into the draw for the Albert County Prize Package. The proceeds go towards supporting the work of the Historical Society and AC175 programming. Purchase yours while supplies last at [albertcountymuseum.com/AC175Pin](http://albertcountymuseum.com/AC175Pin).

**Enter to win at AC175.ca!** We are drawing for an Albert County Prize Package! There are three ways to enter:

- 1) Visit our website and fill out a prize ballot.
- 2) Enter a photo or story, and your name will go into the draw.
- 3) Visit the Albert County Museum and a prize ballot will be given for every paid admission.



## Albert County 175 Events

Wednesday, November 11 - **Flag Lowering** at Sunrise at the Hopewell Cape Square as part of the region's Remembrance Day events. The ceremony will be held at the Bennett Monument beside the Albert County Cannons. Show your respect for our veterans and join us (physical distancing of course).

December 28-30 - **Photo Show AC175 Finale Event.** A showcase 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 Photo Show will feature some of the best entries; prizes will be awarded in three categories: Historic, Albert County Today, and Youth Photos (18 and under). What a great way to celebrate the year! Details to come.

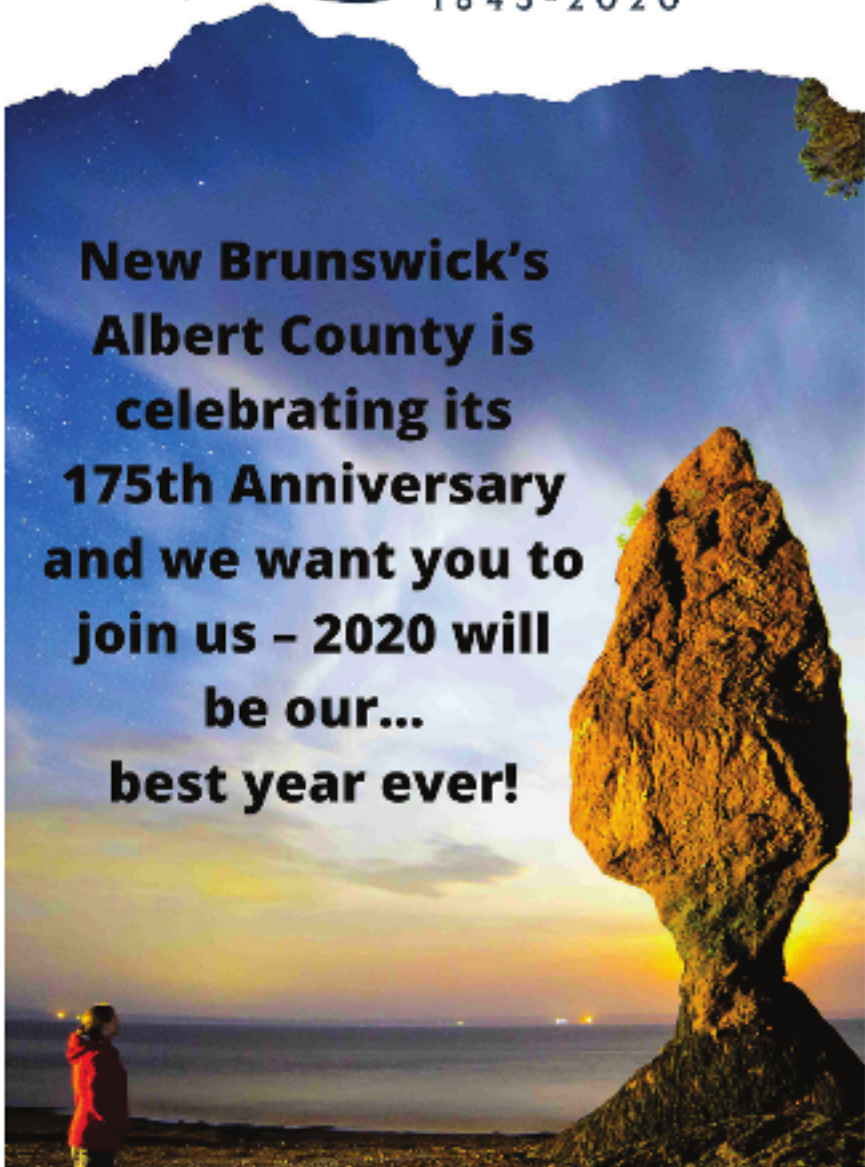
**AC175 Barn Quilt** - In honour of the Annual Quilt Show & Sale and the Barn Quilt Trail that we will be working on in the coming years, we have designed and painted a special AC175 Barn Quilt. Visit the Albert County Museum to see the beautiful barn quilt featuring the iconic scenes of our county!

The Albert County 175 celebration is presented by the Albert County Historical Society and is supported by the Governments of Canada and New Brunswick, Hopewell Rocks, Albert County Tourism Association, Albert County Chamber of Commerce, Friends of Fundy, Bayview Chalets & Motel, Connecting Albert County, Ponderosa Pines Campground, Town of Riverview, Villages of Hillsborough, Alma and Riverside-Albert, and Broadleaf Guest Ranch.

Learn more at [AC175.ca](http://AC175.ca), [Facebook/albertcountymuseum](https://www.facebook.com/albertcountymuseum), call 734-2003 or email [ac175@albertcountymuseum.com](mailto:ac175@albertcountymuseum.com).



**New Brunswick's  
Albert County is  
celebrating its  
175th Anniversary  
and we want you to  
join us – 2020 will  
be our...  
best year ever!**



Presented by



Supported by



### **Mobile Enviro Depot**

Residents of Westmorland and Albert Counties are welcome at any Mobile Eco-Depot event, not just the one closest to them or in their community. In rural Albert County, the depot rotates between Alma, Riverside-Albert and Hillsborough.

**From noon to 8pm.**

#### **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):

- Appliances (limit of 1/type): Fridge, stove, freezer, dryer, BBQ, etc.
- Electronic Waste: TVs, computer monitors, hard drives, DVD players, gaming consoles, etc.
- Furniture
- Small Household Machinery (must be emptied of gas and oil)
- Construction, Demolition and Renovation Waste
- Household Hazardous Waste: Batteries, aerosols, paint, light bulbs, fertilizers, chemicals, CFL bulbs, propane tanks, etc.
- Car/truck tires (maximum of 20" diameter, limit 8/person)
- Brush, branches, yard waste
- Ashes
- Glass
- Cardboard and paper
- Cooking oil
- Metal

\*No car parts, gas tanks, residential oil tanks, regular curbside waste or commercial waste

Service is for residential customers only. Commercial waste or regular curbside household waste will not be accepted. Residents are asked to sort and separate their loads by material type. Details: [www.eco360.ca/mobile-eco-depot-program](http://www.eco360.ca/mobile-eco-depot-program)



## Nature Corner *By Denis Doucet*

Blue Jays' fondness for acorns and their remarkable ability to choose those that have not been infested with weevils is thought to have contributed in a significant way to the spread of oaks across North America after the most recent ice age!

*Image by Denis Doucet*



### 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.

The BACH Foundation supports:

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

**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**



*...promoting economic and commercial prosperity in Albert County.*

Contact us today to find out the full range of benefits & services we have to offer you & your business.

[www.albertcountychamber.com](http://www.albertcountychamber.com)  
[accocf@gmail.com](mailto:accocf@gmail.com)  
 P.O. Box 3051, Hillsborough  
 NB, E4H 4W5

#### 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:  1<sup>st</sup> or  15<sup>th</sup> 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](http://www.bachfoundation.com)



# Hillsborough Public Library

## The Hillsborough Public Library now offers Curbside Pick-up service.

Here's how it works:

- 1) Contact the library to select titles or to let us know what you like so we can select books for you.
- 2) Reserve a time to come pick up the items.
- 3) Ring the exterior doorbell when you arrive. A library employee will bring the items out to you.
- 4) Read, enjoy, repeat!

## Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722

### Hours of Operation

Curbside Pick-Up: Tuesday - Saturday 10am to 12pm

Open to the Public: Tuesday - Saturday 1pm to 4pm

## What to expect when visiting your library:

- The public access computer is available but only for printing and scanning.
- Maximum Capacity. There is a limit on the number of patrons inside at a time. Please be patient as you wait.
- Face Masks. We encourage you to wear a community face mask while visiting your library.
- Physical Distancing. Let's protect each other's space and maintain a two-metre distance.
- Limited Library Hours. This library is operating on reduced hours.
- Returned items. Returned items will remain on your account during a 72-hour quarantine period. All returned items are to be placed in the outside book return.
- Grab n' Go. We encourage people to make their visit as brief as possible: 10-15 minutes.

We encourage you to use our online services at  
[www.gnb.ca/publiclibraries](http://www.gnb.ca/publiclibraries).

*Contributed by Victoria Stroud-Arsenault*

# ROB MOORE

## MP, Fundy Royal



### Constituency Office

599 Main Street, Hampton

[Rob.Moore@parl.gc.ca](mailto:Rob.Moore@parl.gc.ca)

506-832-4200

## Here For You

Keep up to date on  
News & Events  
in Fundy Royal



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[www.RobMoore.ca](http://www.RobMoore.ca)

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

## Platinum

**Bennett and Albert County Health Care (BACH) Foundation** [bachfoundation.com](http://bachfoundation.com)

**Albert County Pharmacy** [Facebook.com/AlbertCountyPharmacy](https://www.facebook.com/AlbertCountyPharmacy)

**Friends of Fundy** [Facebook.com/FundyFriends](https://www.facebook.com/FundyFriends)

**Hon. Rob Moore, MP for Fundy Royal** [RobMoore.ca](http://RobMoore.ca)

## Gold

**Albert County 175** [AC175.net](http://AC175.net)

**CBDC Westmorland Albert** [www.CBDC.ca](http://www.CBDC.ca)

**OMISTA Credit Union** [OMISTA.ca](http://OMISTA.ca)

## Silver

**Albert County Chamber of Commerce** [albertcountychamber.com](http://albertcountychamber.com)

**Broadleaf Ranch** [broadleafranch.ca](http://broadleafranch.ca)

**Cape Enrage Fundy Log Cabin** [fundycottage.com](http://fundycottage.com)

**Crooked Creek Convenience** [Facebook.com/ccconvenience](https://www.facebook.com/ccconvenience)

**East Coast Kids Child Care & Learning Centre** [eastcoastkids.ca](http://eastcoastkids.ca)

**Foods of the Fundy Valley** [facebook.com/FoodsOfTheFundyValley](https://www.facebook.com/FoodsOfTheFundyValley)

**Mike's Bike Shop** [mikesbikeshop.ca](http://mikesbikeshop.ca)

**The Old Church Farmers' Market** [Facebook.com/The-Old-Church-Farmers-Market-110454250674986](https://www.facebook.com/The-Old-Church-Farmers-Market-110454250674986)

**Village of Hillsborough** [villageofhillsborough.ca](http://villageofhillsborough.ca)

**Village of Riverside-Albert** [riverside-albert.ca](http://riverside-albert.ca)

**The Garden Guy (Micheal McBurnie)** [Facebook.com/thegardenguymicheal](https://www.facebook.com/thegardenguymicheal)

## Bronze

**Chipoudy Communities Revitalization Committee** [Facebook.com/communityrevitalization](https://www.facebook.com/communityrevitalization)

**Falcon Ridge Inn B&B** [www.falconridgeinn.nb.ca](http://www.falconridgeinn.nb.ca)

**Fundy Highlands Motel and Chalets** [www.fundyhighlandchalets.com](http://www.fundyhighlandchalets.com)

**Hillsborough Baptist Church** [hillsboroughbaptist.org](http://hillsboroughbaptist.org)

**Jeff MacDougall, SouthEastern Mutual Insurance** [jeff.macdougall@semutual.nb.ca](mailto:jeff.macdougall@semutual.nb.ca)

**Village of Alma** [villageofalma.ca](http://villageofalma.ca)

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 is emailed to 550+ subscribers and many others read the issue online. Hundreds of free print copies are distributed each month throughout rural Albert County. Once a year, we mail an issue to 2300 homes from Stoney Creek to Alma, and to Parkindale and Elgin.

To volunteer, contribute a story or find out more, email [info@ConnectingAlbertCounty.org](mailto:info@ConnectingAlbertCounty.org). To find out more about ads or donations to support our work, visit [ConnectingAlbertCounty.org](http://ConnectingAlbertCounty.org).

For details, please email [info@ConnectingAlbertCounty.org](mailto:info@ConnectingAlbertCounty.org) or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

**We hope you will consider supporting Connecting Albert County.**