

# Connecting Albert County

March 2020



FREE PUBLICATION

## Can Art Save Me?

By Jim Liar

*An alternative title is "Olivia's Flying Outhouse" for reasons that will appear.*

Like the tides in front of the house, your life, your times and your fortunes come and go.

Trouble is, sometimes your tide goes out so hard and so far you find yourself stranded in the weeds unable to return. This is a story of one of those strandings and how personal art, something we all have if we look deeply enough, came to the rescue.

In the very center of our prospecting midst was a geologist named Olivia, whose experience and knowledge spanned the globe to the point where she was known internationally by her first name. Trouble is, our mineral industry whipsaws erratically, as the desire for chrome gadgets and the need for mining royalties to pay the province's hospital and education bills goes in and out of fashion.

One of those industry down-cycles put Olivia out of work, but this time it happened along with a death in the family, which invoked a consuming

loneliness and a wringing struggle. Olivia took up winter residence on a cot in the closet of a vacant industrial building. Her mood darkened. In this loneliness and cold, she picked up her pastels to draw Tibetan Mandalas, a round artwork of symbols both real and abstract used originally to illuminate a monk's mind in meditation. Mandala begat Mandala. Colour and spring returned to Olivia's life as scraps of paper art were nailed to a factory wall.

A further rescue came by way of a message passed in confidence along the rock people's back channel—a place where mineral news travels, present location of souls are recorded, and fortunes of corporations and the future of your pension plan decided.

"I don't know. Could be a diamond pipe. Is Olivia still over home?"

*Image: 'Rhapsody of Lost Star Nautilus' Mandala made of raku-fired tiles, stone, beach glass and sea shells. Created by Tim Isaac. www.TimIsaac-Pottery.com. Story continued on page 3.*

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## Connecting Albert County

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## Report from the Hill: Canadian Mental Health Association Albert Branch Inc. (CMHA Albert Inc.) *By Barb Haire*



Another year has come and gone, a busy one for the Albert Career Development Centre (ACDC) and Caledonia Activity Place (CAP). I thank the staff for their hard work in keeping these agencies viable in our community. The board of directors of Canadian Mental Health Association (CMHA) Albert Inc. supports and governs two agencies, the Albert Career Development Centre and Caledonia Activity Place, both at 5295 Route 114, Hopewell Hill.

CAP has added several programs which are open to the community. For example, volunteers help with rug hooking, quilting, games and parties. One client showcased his art in a public exhibit: Wonderful work, Ron!

The focus of ACDC is to train and support clients for meaningful employment opportunities in the community. The team is working hard to move this endeavour forward. Last year, we saw new clients in our programs, as well as the return of some familiar faces. Two students were hired via the Canada Works Project; this made for another successful summer full of fun programs. Online auctions have successfully raised funds for our centre. Thank you to all who donated items and placed bids. Our building continues to be a popular rental venue for a variety of community events.

The board of directors encourages the community to be involved with our work and participate in our programs. The staff works closely with Forest Dale Home in programs and activities for both clients and residents. Each year we provide bursaries to deserving students at Caledonia Regional High School.

I commend all involved in the continued support of mental health awareness and education. I enjoy serving on the board of directors and welcome new members to help ensure these agencies continue to thrive in our community.

*Barb Haire is the chairperson of CMHA Albert Inc.*



("Art" continued from page 1.)

Diamond pipes look like little volcanic earth chimneys spewing raw diamonds out on the surface from a hundred miles down. Thought to shotgun forth at perhaps thirty miles an hour, no one has ever seen one in action. They are a great puzzle with garnets, kimberlite and an assortment of indicator minerals, including ilmenite coming along for the ride. (Curiously, ilmenite, the ore form of titanium, occurs on the surface in the Village of Hillsborough and contains radioactive elements uranium-238 and thorium-232. Our natural gamma ray and alpha particle emitters are the probable cause of the radiant glow displayed by Hillsbrolians.)

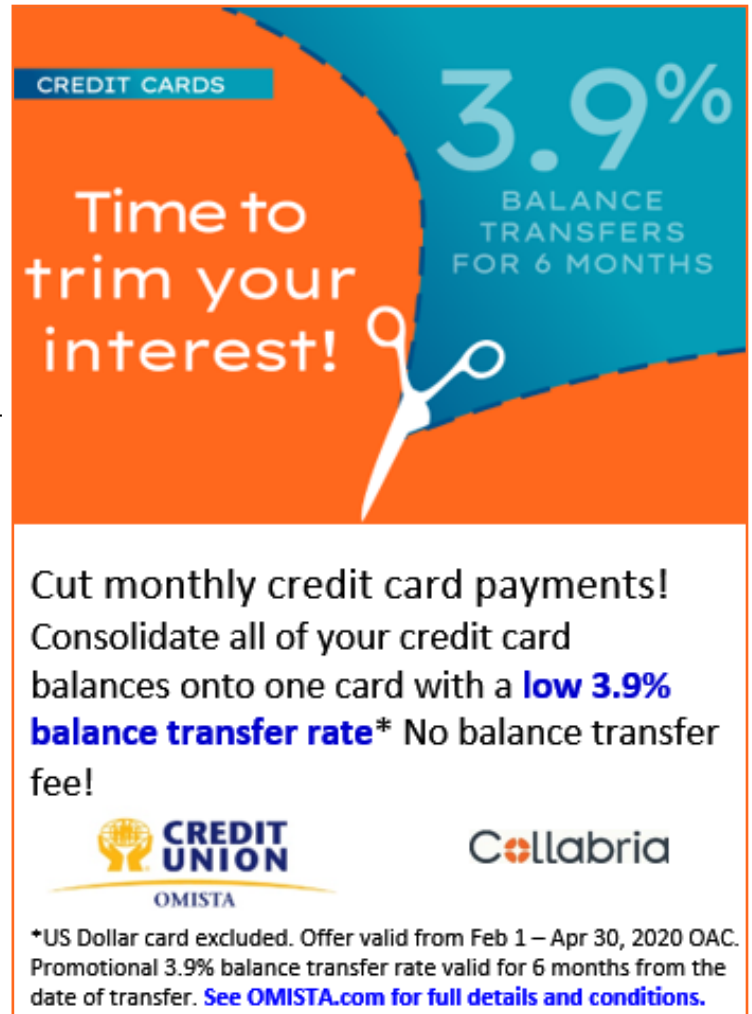
As fast as you can say "It's the plane, Boss," Olivia choppered far down the bald coast of the Labrador Sea and landed on a cobble beach at the foot of the Torngat Mountain Range. For very big bucks, she would again swat flies and shoo polar bears at the sharp end of all our greed.

Unfortunately, this was not to be the smooth transition to field work she had enjoyed in past years. Pressed between the ice fields above and the cool sea below camp, her loneliness returned. Old friendships and familiar work could no longer mask her struggle. She was slipping.

Olivia got out her markers and fought back with new, even more colourful mandalas. They blew out of the tent down the beach into the waves. Some were lost skyward. Resolutely, she gathered what was left and nailed them up in the outhouse, adding to them daily. The outhouse was a bit small for such an impromptu exposition, so lumber was flown in and a piece added on. It too was papered over, so a bucket shower and sauna with attached anteroom was tacked on. This ramshackle affair warmed the hearts and buns of everyone in camp that season. Decorating this lowly building, plastering it over with layers of art, broke her anguish and lifted all veils. Finally, Olivia stood up once again as the confident master of her mineral encampment and its fate.

Summer passed over the tundra. Then a decision made 3000 miles off was conveyed: "Break camp. Move to the landward side of the Torngats and set up for next year."

The news fell hard on Olivia's little band, gathered on a Labrador sea coast ledge, possessors of the finest




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bathroom and art facilities known to any prospecting camp in the Northern Hemisphere. Alone, she seemed not to notice. During the next few days, files were completed and stowed. The whole camp was packed up into chopper-slung nets of boxed gear to rise up over the glacier topped mountain crest behind them. Like unto Joshua before Jericho, Olivia purged her band down to a select few. With the naysayers and faint of heart finally dissipated, she revealed her plan with a quote from Steve Martin:

"They say you can't take it with you...I'm taking it! I sent over a case of Canadian Club to shut everybody up. The Jet Ranger is on the way back!"

It was a risky venture. A chopper is not so good on a deadlift, doing better on a forward pull, but the outhouse was near the mountain wall, and the sea cliff just a ways distant, to say nothing of the thinness of air above the ice field on the top of the Torngats.

No matter. The outhouse, with all its art forms both spiritual and base was strapped together several times over and attached to the hoist hook on the

chopper. In the chopper, the pilot believed one white-knuckled truth: If it lifts, fine. If it bounces, the building would demolish on the beach rocks; nothing ventured, nothing gained. Once the outhouse comes up the least bit, full power over the beach cliff, use the drop to the sea to swing an arc, corkscrew the load up the mountain. What could go wrong?

As it happens, another truth in the parallel universe on the ground under the stroking chopper was playing out. The chopper bounced the load but couldn't pick it up. The soon-to-be-unemployed Inuit, well used to living on the edge of failing white man's technology, ran over and grasped the corners of the outhouse. Following their lead, the rest of the party did the same and together they gave a great heave. The chopper blades felt air and strained forward toward the cliff, picking up speed. Stumbling people fell away, some trampled in the run to the cliff, but enough made the edge to throw the outhouse off into space. The chopper caught the full weight and dropped straight down toward the whitecaps. Fearing all was lost, the pilot leaned the craft on its side at

full power, going early into the planned arc. The outhouse slung around skyward, returning to narrowly miss the beach cliff. Spinning with dangerous malice, the outhouse sought to scythe down the Inuit horde now running for their lives.

Another unplanned turn above everybody's head and the load was yanked far out over the bay where it could be brought under control. Last seen, it was spinning a gradual ascent over the ice cap with ... is that mandala confetti twisting away in the airwash?

And in the end, if this really is the end, Olivia's Art Gallery Outhouse, with attached anteroom and sauna, served one more season over the Torngats where the caribou wander. A new diamond mine was sunk elsewhere west. The backers of Olivia's little venture lost heart, at least for now. But if you see a penny stock on the Vancouver Exchange referring to diamonds in "them thar Torngat hills," you will know the little facility is back in service. Sleep assured that if Olivia is there, the seat is down, please. #

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## Winter in Albert County: Love it in all Seasons

*Images and story by Deborah Carr*

There was a time when I dreaded winter and everything about it: the cold, the snow, the shoveling, scraping, shivering, slogging through slush. Each morning, as I climbed into my cold car for the half-hour drive to work in the dark, I muttered, “I hate this part.”

My grumpiness didn’t contribute much to my well-being. I soon decided if I was going to live in the Maritimes, I’d better find something to like about winter. Enter snowshoeing, downhill and cross-country skiing.

My attitude and outlook improved with each activity. And I discovered Albert County provides plenty of enjoyable opportunities for snowshoeing, cross-country skiing, skating, fat biking, trail walking/running and sledding.

Now, no matter whether I’m exploring or hitting the trails during daylight hours, or at night with a gentle snow falling past my headlamp, I’m grateful to live in such a marvelous place. Albert County has many beautiful areas to explore if you don’t

**TIP:** Take a photo of the White Rocks trail map (large one located at the parking area off Golf Club Road and smaller ones positioned at some of the main trail junctions) with your phone to keep as reference until you get used to the network. Another tip is to set your phone on ‘airplane mode’ while travelling to both save battery power AND enjoy your walk/ride/ snowshoe without binging, dinging and ringing.

mind making your own path (e.g., follow any of the marsh dykes!), but here are just a few of the more well-travelled winter trails.

Start off your winter fun in **Hillsborough**. Park behind the Post Office, don your snowshoes or cross-country skis and head to the Wetland Trail system which circles three ponds and out to the gypsum silos by the Petitcodiac River. Return on the road to the water tower, or travel the dykes towards Edgett’s Landing or to Grey’s Island. These paths are ungroomed, but chances are someone was there ahead of you to break trail.

Another level snowshoe trail begins just past the intersection of Golf Club Road and Fairview Drive. It circles the roadside pond rejoining the Golf Club Road just before the White Rock Recreation Parking area. This trail is ungroomed but well used.

I’ve often headed to the **White Rock Recreation Area** adjacent to the Golf Club Road for a real workout. Thanks to the dedication of the Codiac Cycling Trails (CCT) group ([www.facebook.com/pg/CodiacCyclingTrails](http://www.facebook.com/pg/CodiacCyclingTrails)), we now have a network of well-marked trails to enjoy year round.

With 38 kilometres of named trails, there’s something for everyone. This year, Mike’s Bike Shop employee and biking enthusiast, Cody Jorgensen, who wanted to see the White Rock used as an all-season biking destination, purchased a Snowdog for trail grooming. The Snowdog is a nifty little machine resembling an oversized lawn mower on a

snowmobile track. It hauls the operator on a sled and cuts a path about 2.5-feet wide. He and co-worker, Josh Thibodeau (who does most of the grooming), have made these trails a pleasure for fat biking and snowshoeing. Very cool.

The area itself is an exceptional and fascinating landscape. Once an industrial gypsum quarry, the forest has since grown up and around the hills and hollows, gullies and sinkholes, ponds and rocky outcroppings. Towering poplars and mature softwood stands create habitat, so watch for tracks of coyote, raccoon, deer, snowshoe hare and squirrels. Can you figure out the stories in the snow? Several years ago, we found the ventilation hole of a hibernating bear and this year, we discovered a pair of raccoons nestled together and sound asleep in the hollow of an aged poplar.



The CCT have full trail descriptions at [www.trailforks.com/region/white-rock-recreation-area](http://www.trailforks.com/region/white-rock-recreation-area) with updates on the groomed trails at [www.trailforks.com/region/white-rock-recreation-area/reports](http://www.trailforks.com/region/white-rock-recreation-area/reports).

Groomed snowmobile trails circle the White Rock area. These are good for those who may want a more level walking surface with less vertical climb, although please be safe and step off to the side when you hear snowmobiles coming.

And winter is simply not winter without **Fundy National Park**. Take toboggans to slide with the kids in the bowl, then move on to the Chignecto Recreation Area. With more than 18 km of groomed cross-country ski trails and a beautiful new kitchen and warming facility with washrooms, wood stove and picnic tables, it's easy to spend the entire day enjoying the park!



The trails are perfect for snowshoeing too, but pay attention to trail etiquette (see next page). Check for maps and rules at [www.pc.gc.ca/en/pn-np/nb/fundy/activ/hiver-winter/ski](http://www.pc.gc.ca/en/pn-np/nb/fundy/activ/hiver-winter/ski).

Snowshoeing is also possible on other park trails, although not groomed. Caribou Plain, East Branch, and part of the Upper Salmon River trail (around Headquarters Campground) have been "flagged" for snowshoeing.



There are also over 23 km of trails for fat bikes in the Chignecto Recreation Area. These are shared trails and riders should yield to people on snowshoes and skiers. Fat bikers are permitted on the snowshoe side on the groomed trails only. Trail maps and rules at [www.pc.gc.ca/en/pn-np/nb/fundy/activ/hiver-winter/fatbike](http://www.pc.gc.ca/en/pn-np/nb/fundy/activ/hiver-winter/fatbike)

Want to try Fat Biking? Mike's Bike Shop in Dieppe has fat bike rentals ([www.mikesbikeshop.ca](http://www.mikesbikeshop.ca)). Outdoor Elements in Sussex has both fat bikes and snowshoe rentals. ([www.outdoorelements.ca](http://www.outdoorelements.ca))

*(Continued on next page.)*



# Memories of Goshen

By Dorothy Steeves

*Dorothy (DeMille) Steeves (1917-2017) was the mother of Idella Ilazar (a regular contributor to Connecting Albert County). She raised four children (the first two born within a year—Idella and her sister are the same age for ten days each year!), and worked alongside her husband doing farm chores, milking, haying and cleaning out the barn even when she was in her 80s. Idella writes, "You've heard the song that they don't make them like that anymore? Well, that was my mom!"*

I find myself thinking of the days of yore in Goshen where I was born at home, and spent the first 18 or so years of my life. I was born on a farm, the oldest daughter of a family of five. We were poor in this world's goods, but were loved and well cared for by our father and mother.

Mother could make over clothes that were given to us, and "did without" herself so she could give to her family. She was a good knitter too. I often held the yarn and said "I wish I could knit as fast as you can."

We had no electric power. In the house, we used paraffin oil lamps for light. In the barn, we had a lantern. I was the tomboy and liked to go to the barn and hold the lantern for my Dad while he did the chores.

We kept two or three hen turkeys and a gobbler. At night about dusk, we would watch the turkeys fly to roost up on the pig-pen roof and then go in the house. Mother would be cooking pancakes for supper with what we called the "little lamp," sitting near the stove. The buckwheat was grown on our farm and ground in a mill at Elgin.

Water ran to our house by gravity from a spring of good, soft, cold water which came out of the ground at a higher elevation than the house. It was piped and ran down to the house and barn. The pipe (which was 700-800 feet long, I would judge) was underground even under the road and the bridge. To keep it from freezing in the winter, the pipe was enclosed in a box of buckwheat hulls under the bridge. *(Continued on next page.)*


*("Winter Trails" Continued from last page)*

## Winter Trail Etiquette

Mechanically groomed trails take many hours of labour after every snowfall, often by volunteers. Respect their dedicated work. When the snow is soft, no foot traffic please...use snowshoes so the trails remain in good shape for others. Also, keep in mind that walking or snowshoeing on top of cross-country ski tracks makes it difficult for skiers.

Please use common sense when meeting others on the trail. If it's easier for you to step off the trail and yield to someone else, then do so.


Keep pets on leash and pack out any garbage or dog droppings.



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## Build Your Own Maple Adventure *By Angela MacDougall*

Maple season in Albert County is upon us and we want to celebrate "Local!"

The maple syrup industry has a long history in our area and we want to show people that we are proud by showcasing all things maple. Look for your copy of the Discover Maple Map.

Foods of the Fundy Valley has partnered with the Town of Riverview and the Maple Association of New Brunswick to bring you the first Discover Maple Map of Albert County!

During the Maple Festival weekend (April 3-5), you will see maple breakfasts, maple-inspired dining, sugar bush visits, syrup for sale, maple activities, maple history, maple goodies and treats, hot and cold maple beverages... did someone say "maple pizza?" Well, we don't want to give it all away, so keep an eye out for your own copy of the Maple Map in your mailbox, at local convenience stores or download it from the Town of Riverview or Foods of the Fundy Valley Facebook pages. Also, check out the rest of the #maplelicious events taking place throughout the province on the Maple Association of New Brunswick website.

This is the beginning of something tasty!

\*The organizers want to give a huge thank you to all the sponsors.



*("Memories of Goshen" continued from last page.)*

If you didn't have a system like we had, you carried water in pails from a spring or a hand-dug well. Cattle were let out of the barn once a day so they could go to the brook or river for water. Sometimes ice would have to be broken before they could get a drink.

We lived near the Kennebecasis River and had to cross the river to get to our house from what we called the "main road." The river would freeze over in winter. Sometimes in the spring, the river would flood due to ice jams. Once the flooding damaged our bridge; it tipped the bridge but didn't take it out. Dad would take each of us by the hand and help us across the bridge when we went to school. It was scary to have the rushing water closer to the bridge than we were used to. As well, we were shut off from everyone who wouldn't walk across the tipped bridge.

We used to tap about a dozen maple trees, carry the sap to the house and boil it down into syrup on the kitchen range. Our nearest telephone was three miles away. Our doctor drove a horse to make house calls!

When the river froze over, it became the skating area for those who had skates. The young people came and made a fire on the ice and skated in the evening.

We also had candy parties. Each person would take a pound or two of brown sugar to a neighbour's house and we would coast or play games such as "pot of soup," then someone made candy or fudge. Sometimes we would have a sing-song. If it was too far, Dad let us take a horse and sleigh. We used buffalo robes over our knees to keep us warm. Women had fur muffs; they were the "in thing." #

## The Old Elgin Rink *By Loris Geldart*

About 1947, just after the war, some of the younger folks in Elgin convinced a few older ones that we needed a nice outdoor rink on which to play. As luck would have it, plans were soon developed and the project underway.

As I recall, one of the local sawmill operators, Mr. Hartley Mitton, donated a considerable amount of lumber. A suitable piece of land was levelled and construction began. Older men, including Aubrey Smith, Alvin Steeves, Paul Graves, Benjamin Steeves, and a young man named Ian Colpitts provided guidance. They, along with the able assistance of many of us lads, soon raised the side boards, erected two dressing rooms and equipped them with wood stoves, and built a warming area for spectators. Pumps were placed in a nearby brook. Before long, a nice sheet of ice was made, and the red and blue lines were painted on it.

At that time, there were no TV sets to occupy our time and the smartphone hadn't been invented. Most of our spare time was spent in activities like coasting and plying our skis on the abundant hills in our area. The new rink gave us a comfortable

place to play hockey or just skate to music. Soon, teams of hockey players from other villages arrived for games and we all know how competition fires up youngsters. For the senior crowd, skating to music was popular.

I can still recall the high piles of snow that chose to fall on our play surface. Snow blowers were not in vogue, but a timeless old instrument called a snow shovel was the best means of dealing with snow. I can recall reporting for work early Saturday mornings to share the joy of piling snow up over the boards with great haste so we would be ready for the afternoon juniors' hockey game and the Saturday night games for the older crowd. One winter there was such a large amount of snow that the banks surrounding the rink reached several feet above the boards. This made the rescue of errant pucks almost impossible until spring!

Today, it is hard to imagine the many hours of labour that went into the care of the old rink. I cannot recall anyone ever complaining about it. If I ask anyone who experienced it, they always dwell on the fun and friendships that prevailed. On one or two winters, hot water was hauled from the school nearby for the Elgin version of the Zamboni.

After several years of operation, someone wiser than the rest came to the conclusion that water pumped up to the top of a hill had a nasty habit of returning to its source. Plans were made to move the rink to the property down by the old racetrack that flooded in the fall. That was a great improvement and made life a bit easier. Also, by then, the rink was well established as a center of the community. Younger hockey players had come on board and we had improved our performance to the point where we even managed to win the odd game! About this time, I became a working man so my career as a hockey player was pretty well over. However, many of the younger boys went on to become very capable players and enjoyed short careers in higher leagues in Sussex, etc.

*(Continued on next page.)*



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*("Rink" continued from last page.)*

Meanwhile, similar rinks were set up in other communities. Petitediac established a rink where the Kiwanis building now sits. Teams from Edgetts Landing, Alma and Salisbury were frequent visitors to our rink and great memories remain of our hockey battles. The local team was aptly named the Elgin Aces. If you grew up in the Elgin area, you are probably familiar with some of the lore from the old rink. I sometimes ponder whether the current generation would care to forego their new heated rink for a place like our old rink. I know it is great to enjoy all the new facilities but I always return to the thoughts of all the fun we had on the old Elgin rink!

Not too many of the old boys who shared the fun of those days are left to remember all our great moments but I still remember them well. Lifelong friendships began there. In my idle moments, I sometimes reflect on an event or an individual and

it always brings a smile to my face. I know those days are long gone now but I still think we could learn some valuable lessons about life if we could bring back some of the old ways and learn to enjoy the simpler things in life.

*p.s. I know many pictures still exist of the old rink and I think it would be nice to amalgamate them into one book. Anyone interested? LG*



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# Healthy Eating is More than Food *By Jillian Reid*

March is nutrition month, and this year's theme is "More than Food." Eating is more than just the food you eat; it is about culture, family, memories, and emotions. Embrace and enjoy your own food culture by sharing in the many food-related activities that go along with eating. Here are ways you can celebrate your love for food:

**Eat meals with others.** Enjoying healthy foods with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life. By reconnecting with others and removing distractions like TV and cell phones, we also tend to eat more mindfully by slowing down.

**Cook together.** Cooking allows you to learn new skills and rely less on processed foods. Involve your family in meal preparation. If you share important food skills and traditions with your children, they will be more adventurous in what they will try. Try new recipes together such as simple yogurt bark (recipe below). It's a fun way to try new fruit and seeds.

**Listen to your body.** Instead of restricting foods or trying the latest diet, allow yourself permission to enjoy all foods. Listening to and following your feelings of hunger and fullness can help you decide when and how much to eat without guilt.

In a fast-paced world that is full of diet culture rules, it can be easy to lose sight of the enjoyment that goes along with eating. If you struggle with your relationship with food, or find it hard to plan meals, reach out to a Registered Dietitian.

## Vegan Tropical Frozen Yogurt Bark

2 ripe bananas  
1 tub (500 g) PC® Plant-Based Plain Cultured Coconut Milk Yogurt Alternative  
1 cup (250 mL) frozen mango chunks  
1 tbsp (15 mL) agave syrup  
½ cup (125 mL) frozen raspberries  
1 tbsp (15 mL) raw pumpkin seeds  
½ tsp (2 mL) chia seeds

1. Blend together 1 banana, the yogurt, frozen mango and agave in a blender until smooth.
2. Pour onto parchment paper-lined baking sheet, spreading to about ¼-inch (5-mm) thickness.

3. Slice remaining banana into ¼-inch (5-mm) thick rounds. Arrange banana and frozen raspberries evenly over top of yogurt mixture. Sprinkle with pumpkin seeds and chia.

4. Freeze uncovered until solid, at least 4 hours or overnight.

5. Let stand at room temperature for 5 minutes. Cut into 24 pieces, about 2-inch (5-cm) each. Store in an airtight container in the freezer for up to 1 month.

**Chef's Tip:** Look for agave syrup in the natural foods section of the supermarket or replace it with honey.

Makes 24 pieces. Per serving (4 pieces): 120 calories, fat 4 g (2 g of which are saturated), sodium 10 mg, carbohydrate 23 g, fibre 2 g, sugars 13 g, protein 2 g. Recipe source: pc.ca

*Jillian Reid is a Registered Dietitian with Atlantic Superstore in Amherst, Nova Scotia. Do you have a nutrition health goal in mind? The Atlantic Superstore dietitian team can coach you to success. Set up a personalized appointment at [bookadietitian.ca](http://bookadietitian.ca) or email us for more information at [dietitian@loblaw.ca](mailto:dietitian@loblaw.ca). Dietitian services are available for schools, business and community groups.*

## Strengthening Community

Forest Dale Home has partnered with theT-amarack Institute and the Collaborative for Healthy Aging and Care, as well as local community groups, to host conversations and conduct surveys in the community. (Don't be surprised if high school students knock on your door and ask if they can talk to you about the community.) All information will be compiled to determine outcomes that will be celebrated later in the year. Students at Caledonia Regional High, seniors and community leaders are just some of those that will be helping us lead the charge.

We are trying to create a greater sense of belonging. We want to determine what the community needs and identify what resources are available and need to be celebrated. This initiative builds on our previous community consultation "Nursing Homes Without Walls."

*Contributed by Mindy Holmstrom, Forest Dale Home*

## New Adventures in Volunteering *By Kelly Taylor*

Canadians volunteer so they can make a positive contribution to their community. Everyone wants to live in places where volunteers are involved helping others, beautifying the community, making life easier or better for those around them, and generally, spreading kindness and joy to others. In every community, there is a rich variety of ways that people of all ages can volunteer and, in doing so, be a part of positive change and help others.

In addition to improving the environment around them, volunteers also benefit from improved mental health, increased social connections and a more positive outlook on life. There is great satisfaction to be had in seeing how your own actions, no matter how big or small, improve the lives of others or bring a smile to someone's face.

Urban/Rural Rides provides opportunities for volunteers to have a positive impact in our local communities. When volunteer drivers transport clients, the impact is sometimes obvious and a matter of life and death, such as driving clients to dialysis or chemotherapy. Other times the impact becomes apparent over time, such as assisting seniors to remain in their homes and be independent longer, or helping people access job training or counselling to give them the extra guidance they need. A listening ear, a small act of kindness, and treating clients with dignity and respect can mean the world to people who are isolated from social connections or wrestling with financial or health issues.

Urban/Rural Rides offers volunteers the ability to provide tangible benefits to their neighbours by providing transportation to and from medical appointments, grocery shopping/food banks, accessing other essential life needs, education/work training and recreation. Drivers are reimbursed \$0.41/km for using their own vehicle.

Volunteers also provide intangible benefits to their neighbours by providing a social

connection by letting clients know that they are valuable to the community. The drivers can brighten their day with kindness. Drivers experience intangible benefits as well, including a sense of satisfaction for making a positive contribution to the world around them. They may feel a sense of purpose, of belonging to a worthy cause and of connection with others in their community. They sometimes even develop new friendships.

If you can volunteer a few hours or more a month and want to be part of a team on a mission to help others get where they need to go, please call 215-2100 or email [r.r.ruralrides@gmail.com](mailto:r.r.ruralrides@gmail.com) for more information. Drivers need to be over the age of 21, have a reliable automobile, carry \$2-million liability insurance (we will reimburse the extra charge up to \$80 per year), sign an oath of confidentiality and clear a police record check.

*Kelly Taylor is the manager of Urban/Rural Rides.*



### FOODS OF THE FUNDY VALLEY PRESENTS:

To Register Contact: [foodsofthefundyvalley@gmail.com](mailto:foodsofthefundyvalley@gmail.com) or  
Kris at 506-878-9285

#### What Is A Community Kitchen ?

A community kitchen is a group of people who meet regularly to make healthy, low cost, delicious meals that they take home to share with their families or even freeze.

**Who can join?** Our community kitchen is open to anyone residing in Albert County and is interested in healthy cooking.

**Why join a Community Kitchen?** To save money - To save time - To taste new foods - To share cooking skills - To learn new recipes - To meet new people and make new friends - To have fun !

**What is the cost ?** The cost of a community kitchen is shared between members of the group and government funding. Two recipes are prepared in each session. Participants pay \$2.00 per portion they wish to take home.

Putting Fun  
Back In  
Cooking !

TUESDAYS  
9:30 - 11:30 a.m.

COMMUNITY KITCHEN

IN THE HILLSBOROUGH BAPTIST CHURCH

26 Braam Cres. Hillsborough, N.B.





# Storytelling of Tracks to Trail *By Joanne Butland*

A trail used by locals, tourists and students of Riverside Consolidated School has a fascinating history and exciting future!

Have you ever walked or biked the old track/trail in Riverside-Albert? Do you know its history? This spring, thanks to an idea from Margie Elliott and funding from the Chipoudy Communities Revitalization Committee (CCRC), part of the story and history of the Salisbury-Albert Rail Line will be told. You don't want to miss the story about the opening of the rail line and the first passenger train that arrived in 1877.

Hunter Butland, a local student, won the NB Museum Award of Merit at the 2016 Regional Heritage Fair for his story-board. He collected pictures and information with the help of local history buff Beulah Morrissey.

The trail is an amazing place to walk, bike or ride a horse along the banks of the Shepody River, across the marshes, and along Chignecto Bay. Currently the trail runs to the end of Shepody where retired railway worker Howard Weir maintains the trail as a volunteer and removes windfalls and debris.

Our area is excited over tentative plans to extend the trail to Hopewell Rocks. The extension will complete the first portion of the proposed shoreline trail linking Shediac with the Bay of Fundy.

Albert County's 175th is a fitting year for this poster board to be erected to ensure the preservation of this story as part of our heritage.



**Join Us Saturday March 14th**  
 as we celebrate **St. Patrick's Day** in support of

**Sistema**  
NEW BRUNSWICK • NOUVEAU BRUNSWICK



**4:30 - 5:30 - Sistema live**  
**5:30 - Buffet, beverages & entertainment with Fundy Ceilidh & Paul McCloskey**  
**8:30 - St. Patrick's Day Party**

**\$40** - Silent Auction - 50 / 50 - Door Prizes

**Farmer Brown's Greenhouse**  
 371 Osborne Corner, Dawson Settlement

 GET TICKETS NOW

Contact 734-1908 or [sistemafundraiser@gmail.com](mailto:sistemafundraiser@gmail.com)

**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



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

Greetings from the Albert County 175 (AC175) Committee. We have an amazing year planned, with something for everyone! Here are the highlights, but be prepared for special “surprise” activities as the year goes forward. We will also join other events and activities across the county by adding a heritage touch to them. Please check our website and facebook (@albertco175) often!

### Event Highlights

**Thursday, March 26.** Presentation about the amazing discovery of the Hillsborough Mastodon, considered to be one of the most remarkable specimens ever found. It was discovered in 1936 by workers repairing a lake dam at Hillsborough. Two paleontologists from the NB Museum will give the presentation at the Caledonia Regional High School at 1:30pm. The students will have an opportunity to hear about the historic discovery, and the public is invited to attend.

**Saturday, May 16.** Annual Opening Day of the Albert County Museum. View the new Albert County 175 Mobile Exhibit along with recently donated unique artifacts. Free to attend, with snacks and drinks.

**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 be held in the Community Hall featuring dinner and Big Band Music from the 1930s. Tickets must be purchased in advance.

**July 7-11.** 44th Annual Quilt Show and Sale. This year's theme is “If These Quilts Could Talk” sharing the stories behind the quilts. Part of this year's quilt and fibre show and sale will be the introduction of the Albert County Barn Quilt Project. Get involved and put yours up in 2020! Admission is \$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 high-

lighting 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.

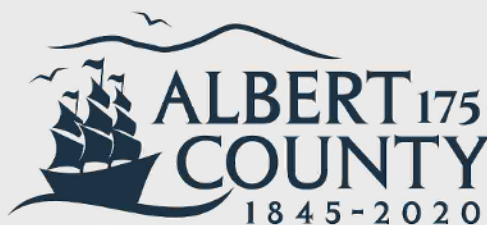
**Wednesday, November 11.** Flag Lowering Ceremony at the Hopewell Cape Square. Ceremony at the Bennett Monument beside the Albert County Cannons as part of the region's Remembrance Day events. Free to attend.

**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](http://AC175.ca) or Facebook/AlbertCo175. Presented by the Albert County Historical Society and supported by the Government of Canada, 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...  
best year ever!**

Learn more at [www.AC175.ca](http://www.AC175.ca)

Presented by:



Supported by:

Canada

New Brunswick  
Nouveau-Brunswick



## Fundy Curling Club *By Alan Demaline*

The Fundy Curling Club (FCC) slid into February with our mixed bonspiel being a resounding success. This was the largest bonspiel at the club in more than 25 years with 16 teams competing for the coveted trophy. A big congratulations to the winning team (left to right in the picture) of Dana Nelson, Stacey Lockhart, Jon Michael Kierstead and Liane Nelson!

Curling Day in Canada was swept into the club February 22nd as the FCC participated in the nation-wide celebration of Canada's greatest game on ice (sorry hockey fans!). The first to take to the ice were our Fundy Little Rockers, who showed off their new skills, followed by a night of all manners of curling including stick, doubles and skins. A toonie from each player was donated to Curling Canada's "For the Love of Curling" scholarship program.



Be sure to drop by the FCC March 7th and 8th for our open bonspiel. Until then ... good curling!

See you at the club and until next time....Good curling!

*Image by Kevin Snair.*



**Ponderosa Pines**  
CAMPGROUND

Ponderosa Pines Campground  
1-800-822-8800  
[www.ponderosapines.ca](http://www.ponderosapines.ca)  
Lower Cape, New Brunswick, Canada

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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 au bénéfice du développement communautaire  
**Westmorland 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)



Community Business Development Corporation

WESTMORLAND ALBERT

Corporation au bénéfice du développement communautaire

**Are you considering starting your own business?** CBDC is offering a series of Business Development Seminars.

**March 9-13th** at the Riverview Town Hall, 30 Honour House Court

**TOPICS:** Business Plan, Cash Flow & Accounting, "SWOT" Analysis, Marketing, Customer Management, Financing, Legal counseling, and more! Participants must register before attending classes. For more information, contact 532-8312.



# 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 page 23.)
- Volunteer with editing, proofreading or distribution.

If you would like to be involved in any way, email Janet Wallace at [info@ConnectingAlbertCounty.org](mailto: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](http://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 [connectingalbertcounty.org](http://connectingalbertcounty.org) to find articles and past issues of our publication.

# Hillsborough Public Library *By Victoria Stroud-Arsenault*

## Regular Events

**Community Coffee Hour** Every Friday, 10am-12pm. Visit the library for a free cup of coffee/tea and a chance to socialize. Adult colouring books, puzzles and games will be available. Come and get to know your community. All ages welcome!

**Toddler Time** Wednesday, Mar. & Apr. 1, 10-10:30am. A fun time of rhymes, songs and books for children (18 months to 3 years) and their parents/guardians.

**In Stitches Knitting and Crochet Time** Thursday, Mar. 12, 6-8pm. Visit the library during our monthly knitting and crochet time to socialize while working on your projects. Warm drinks (coffee, tea, hot chocolate) and light snacks will be provided.

**Technology Help** Thursday, Mar. 19, 1-4:30pm. Are you having trouble using your iPad or tablet? Want to learn how to use the library online catalogue or databases? Have questions about email or social media? We are here to help! Drop in or contact us to set up a one-on-one appointment.

**Story Time** Tuesdays, Mar. 10 & 24, 10am. Story time for newborns to 5-year-olds. Fun stories and songs.

**After School Creative Writing Club** Wednesday, Mar. 11, 3:45-4:45pm. Kids in grades 3 and above are invited to learn different styles of writing starting with paragraphs and working up to short stories and poems. Get your creative juices flowing onto paper.

**After School STEAM Club** Tuesday, Mar. 17, 3:45-4:45pm. Ages 7+. Explore Science-Technology-Engineering-Arts-Math (STEAM). Each month we focus on different areas from coding to robots and more.

## March Break Events

**Dr. Seuss Story Time** Tuesday, March 3, 10am. Celebrate Dr. Seuss' birthday by joining us for Seuss stories and a craft.

**Science East** Tuesday, March 3, 2:30-4pm. Science East is joining us to offer a session on robots. Registration is required.

**Kids Craft** Wednesday, March 4, 10am. All-ages craft.

**Board Game Afternoon** Wednesday, Mar. 4, 1:30-4:30pm. Children and families are invited to the library to try out our selection of board games.

**Acrylic Pours for Kids** Thursday, Mar. 5, 2-3:30pm. Children can participate in this fun art experience. Registration required.

**Can You Escape?** Friday, Mar. 6, 1-4pm & Saturday, Mar. 7, 10am-4pm. Families can participate in this fun escape room experience. Contact the library to register for your 30-minute time block.

## Our Hours are Changing

Starting Tuesday, April 7th, the library will be open:

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

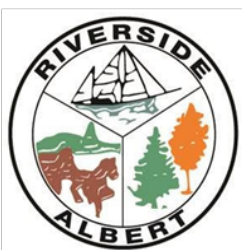
**Wednesday-Saturday:** 10am-noon & 1-5pm.

Please contact the library if you have questions.

### Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722  
[Hillsborough.PublicLibrary@gnb.ca](mailto:Hillsborough.PublicLibrary@gnb.ca)

Until Apr. 7: Tuesday, Wednesday, Friday & Saturday:  
9am-12pm, 1-5pm; Thursday: 1-5pm, 6-8pm



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

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

506-882-3022

[villra@nbnet.nb.ca](mailto:villra@nbnet.nb.ca)

[www.riverside-albert.ca](http://www.riverside-albert.ca)



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



# Community Calendar

## Weds., Feb. 27-Thurs., Feb. 28

**Mobile EcoDepot-Hillsborough.** 12-8pm at Salem Train parking lot. (See box on next page for details.)

## Saturday, February 29

**Riverside-Albert Winter Carnival.** 9am-7pm at Riverside-Albert Recreation Centre. Start the day with a pancake breakfast, then enjoy face painting, crafts, cake walk, puppet show, and more. Bring a dish and participate in the Community Potluck starting at 5pm.

**Benefit Variety Concert for the Davidson Family.** 7pm. Curryville Community Outreach Center. Admission by donation. Canteen and Silent Auction. Musicians: Tim Isaac, Second Cousins, Ian the Piper, Linda Fullerton, Jim & Sue MacLaughlin.

## Sunday, March 1

**Orienteering NB Winter-O.** Noon start at Fundy National Park, Chignecto recreation area pavilion. Pre-registration requested by Feb. 26. Limited day walk-in registration (starting 11am) may be allowed, but not guaranteed. Four courses (3 for snowshoeing, 1 for fat biking). Details, including fees, equipment requirements, etc., at [www.orienteingnb.ca](http://www.orienteingnb.ca). Register with Harold McQuade [hm@orienteingnb.ca](mailto:hm@orienteingnb.ca). [facebook.com/orienteeringnb](https://facebook.com/orienteeringnb)

**Library events are on p. 18, weekly events on p. 21, addresses are on p. 22.**

## Saturday, March 7

**Seedy Saturday and Garden Expo 2020.** 10am-3pm at Hillsborough Kiwanis Center. Free admission. Soup bar, workshops, seed swap table and kids' activities. New this year: the seed swap table will include books and gardening tools for trading. Please ensure seeds are labelled.

### Workshop schedule:

10:10 Bee Wise Beekeeping 'Hillsborough Orchard and Pollinator Garden in Hillsborough'  
10:25 Friends of Fundy 'Pollinator Trails'  
10:45 Frank Cochrane of Cochrane Family Farms 'Top 5 Easiest Seeds to Save'  
11:20 Lisa Brown of Farmer Brown's Greenhouse 'Basics of Starting and Growing'  
11:45 Bob Osborne of Corn Hill Nursery 'Backyard Fruit in a Cold Climate and Grafting'  
12:50 Aaron Shantz of l'Hirondelle Farm 'Turning a Small Scale Farm into a Business'  
1:25 Mario Doiron 'Soil and Compost with Worms'  
2:00 Moe Leger of Pumpkin Hill Farm 'Hand Tools for the Market Gardener'

**Fundy Curling Club Open Bonspiel.** Join us at the Fundy Curling Club for our open bonspiel. Enter a team or drop by to watch the exciting action all weekend long!

## Sunday, March 8

**Orienteering NB Winter-O.** Noon start at Fundy National Park, Chignecto recreation area pavilion. Pre-registration requested by March 4. For other details, see March 1st.

**Fundy Curling Club Open Bonspiel.** See March 7.

## Monday, Mar. 9 to Friday, Mar. 13

**Community Business Development Corp (CBDC) Business Development Seminars.** Riverview Town Hall. Topics include Business Plan, Cash Flow & Accounting, "SWOT" Analysis, Marketing, Customer Management, Financing, Legal counseling, and more. Participants must register before attending classes. For details, call 532-8312.

## Thursday, March 12

**Drop-in Blood Pressure Clinic.** 9:30am-12:30pm at Albert County Pharmacy, Riverside-Albert. Free blood pressure check by licensed practical nurse.

## Saturday, March 14

**Sistema NB First Annual Fund-raising Dinner & St. Patrick's Day Party.** 4:30-11pm at Farmer Brown's Greenhouse. Live entertainment, buffet by Farmer Brown's, beer garden by Holy Whale and silent auction. All proceeds in support of Sis-

### **Hillsborough Arena Public Skating**

Public Skating: \$2/person or \$5/family  
Hillsborough Arena: 734-3715  
Monday 10-11 am: Preschool Skate (free)  
Tuesday 10-11 am: Adult Skate  
Thursday 10-11 am: Adult Skate

Friday 8-9pm: Public Skate  
Saturday 2-3pm & 8-9pm: Public Skate  
Sunday 2:15-3:15 pm: Family Skate  
Children must be accompanied by an adult during Family Skate. Helmets on youth 10 & under is mandatory.

tema NB Hillsborough. Tickets available through Eventbrite or [sistematicfundraiser@gmail.com](mailto:sistematicfundraiser@gmail.com).

### **Sunday, March 22**

**Seeding Workshops – Let's Get Started.** 1-3:30 pm at Farmer Brown's Greenhouse. Soil, trays and fertilizer supplied. Bring your own seeds. Trays kept at greenhouse to germinate and grow for 3-5 weeks or until transplanting. Cost: \$20. Pre-registration required. Send Facebook message or email [workshopsatfarmerbrowns@gmail.com](mailto:workshopsatfarmerbrowns@gmail.com).

### **Wednesday, March 25**

**Mobile Eco Depot-Riverside-Albert.** 12-8pm at Recreation Centre. See box.

### **Thursday, March 26**

**Mobile Eco Depot-Riverside-Albert.** 12-8pm at Recreation Centre. See box.

**AC175 Heritage Presentation: Discovery of Hillsborough Mastodon.** 1:30-2:30pm at Caledonia Regional High School. Presented by Matt Stimson, NB Museum Assistant Curator of Geology-Paleontology. Free event about the 1936 discovery of one of the most remarkable specimens ever found.

### **Sunday, March 29**

**Seeding Workshops – Let's Get Started.** See March 22 for details.

### **Monday, March 30**

**Let's TALK about Self-Esteem presentation.** 7-8pm at the Albert Country Health Centre, downstairs in the Community Health Education

Room. A discussion on what healthy self-esteem looks like and things that might hurt self-esteem.

### **Friday, April 3 to Sunday, April 5**

**Maple Festival Weekend.** See p.8.

### **Saturday, April 4**

**Farmer Brown's 1st Annual Maple EGG-Stravaganza.** 10am-2pm at the Greenhouse. Free family event to celebrate the first "Taps to Tables, Discover Albert County's Maples" tour. Sap boiling, scavenger hunt (bring your rubber boots), container floral design and wood-oven pizza.

**Riverside-Albert Volunteer Fire Department Fundraiser Pancake Breakfast.** 8am-11am at Broadleaf Ranch. Breakfast by donation and all funds raised go to the Riverside-Albert Volunteer Fire Department. Broadleaf Ranch will offer sleigh/wagon rides for \$5/person from 9:30-11:30am (kids under 5 free).

### **Sunday, April 5**

**Seeding Workshops – Let's Get Started.** See March 22 for details.

### **Saturday, April 18**

**Albert County Chamber of Commerce Gala.** At Broadleaf Ranch. Details to come.

**To learn about events in rural Albert County, visit [www.ConnectingAlbertCounty.org/Calendar](http://www.ConnectingAlbertCounty.org/Calendar).**

**Library events are on page 18.  
Weekly events are on page 21.  
Addresses are on page 22.**

## **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, cooking oil, 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.eco-360.ca/mobile-eco-depot-program](http://www.eco-360.ca/mobile-eco-depot-program)



# Weekly and Biweekly Events

## Mondays

**Grief and Bereavement Support Group.** March 16 to May 4. 6:30-8pm. Hillsborough Municipal Visitor Information Centre. If you are experiencing the loss of someone special and would like to gain tools for dealing with your grief, join us for this free and confidential 7-week program. Co-Facilitators: Ruth Bradford and Judy Tait. To register call Ruth at 734-3493 or Debbie at 383-2404 (3) or volunteer@hospicesenb.ca

**Pickleball** 6:30-8:30pm. Riverside-Albert Recreation Centre: \$2/night but your first night is free! Sport for all ages: learn more at [www.pickleballcanada.org](http://www.pickleballcanada.org).

## Tuesdays

**Local Community Kitchen** 9:30-11:30am. Hosted by Foods Of The Fundy Valley at the Hillsborough Baptist Church. A community kitchen is a group of people who meet regularly to make healthy, low-cost, delicious meals that they take home to share with their families or even freeze. Open to anyone residing in Alberta County and interested in healthy cooking. Two recipes prepared each session. Participants pay \$2/portion they take home. Pre-registration required. Contact [foodsofthefundyvalley@gmail.com](mailto:foodsofthefundyvalley@gmail.com) or Kris at 506-878-9285.

**HillzKids** (Grades K-5) & **iMagine Youth** (Grades 6-12). 6:30-8pm. All welcome. Hillsborough Baptist Church.

## Wednesdays

**North of 55** *Every 2nd Wednesday. March 11 & 25th.* 10-11:30am. For ladies & gentlemen 55+. Snacks, games, stories and prizes at Hillsborough Baptist Church. Contact Nettie Steeves: 380-2901, 734-2900.

**Yoga** 10:30-11:30am. Hillsborough Legion. Gentle restorative stretches aimed at improving/maintaining flexibility, balance, and sense of well being. No experience required. Call or text Mona Arseneault (874-5551). Cost: \$9/wk; payment for the whole session due up front (i.e., \$45 or \$54 for a 5-wk or 6-wk session). First class is free for new members.

**Shepody Food Bank** 1-3pm. Alberta County Community Health Centre. Bring Medicare #'s for every household member.

**Hillsborough Kiwanis Bingo** Doors open at 5:30pm, games start 6:30pm. Hillsborough Kiwanis Center.

## Thursdays

**Hillsborough Christian Moms Connect.** 9:30-11am. Meeting at Surrey Valley Baptist Church for moms with children of all ages. The group is not associated with any particular church. There is a message series with discussions. Childcare provided for preschoolers. Facebook: Hillsborough Christian Moms Connect. Contact Amy Woodard: call or text 850-4690.

**Celebrate Recovery** 7pm. Hillsborough Baptist Church, "a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. A safe place to find community and freedom from the issues that are controlling our life."

**Friends of the Hillsborough Arena-Chase the Ace** Ticket sales: 5:00-7:15pm. Draw at 7:30pm. Must be present to win. Raffle tickets: \$5 each colour (5 colours available). Proceeds for upgrades and improvements. See Facebook for info. Held at The Hills Restaurant.

**Country & Gospel Music Evening** 7-9pm. At Steeves House Museum featuring Rocky Cape Band with Gerry Richard, Darrell MacAulay, Willis McKinley, Charles O'Hara, Les Stiles, David Smith, Ken Eagles plus guests. This is an open mic; join us with your singing voice and/or instrument. Admission \$5.00.

## Fridays

**Bend 'n' Stretch Senior's Chair Yoga** 10-11am. Free classes until April 24th, Community Room, Alberta County Community Health Centre. Contact Alicia O'Hara or Jacquelyn DuPlessis, 882-3100. No cost or registration required. Open to seniors age 55+. Chairs provided. Wear comfortable clothing and footwear. Please arrive before 10 am. Water and a healthy snack provided.

**Community Coffee Hour** 10am-12pm. Visit the Hillsborough Library for a cup of coffee/tea and chance to socialize. Puzzles and games available. Come and get to know your community. All ages welcome!

**Chase the Ace-Riverside-Albert** 6-7:30pm. Fundy Curling Club (FCC). CCRC & FCC raise money for curling club upgrades & community initiatives. 3 tickets/\$5. Get together with friends, enjoy supper, play cards and have a beverage while supporting two excellent community causes! Facebook.com/community revitalization, 882-2653, 882-1892, 882-2626.

## Addresses

**Albert County Community Health Centre** 8 Forestdale Rd., Riverside-Albert; **Satellite office\*** 2807 Main St., Hillsborough

**Albert County Museum** 3940 Rte. 114, Hopewell Cape

**Albert County Pharmacy** 5883 King St., Riverside-Albert

**Albert Mines Baptist Church** 386 Albert Mines Rd., Albert Mines

**Alma Leisure Centre** 8564 Main St.,

**Alma Multi-Purpose Building** 13 School St., Alma

**Alma Village Office** 8 School St.,

**Broadleaf Ranch** 5526 Rte. 114, Hopewell Hill

**Curryville Community Center** 786 Albert Mines Rd., Curryville

**Elgin Senior Centre/Maple Tree Café** 1866 Rte. 895, Elgin

**Elgin Women's Institute Hall** 32 Gowland Mountain Rd., Elgin

**Farmer Brown's** 371 Osborne Corner, Dawson Settlement

**Forest Dale Home** 5836 King St. R-A

**Fundy Curling Club** 16 Mill St. R-A

**Hillsborough Arena\*** 32 Mill St.

**Hillsborough Baptist Church\*** 26 Braam Cres.

**Hillsborough Elementary School\*** 31 School Ln.

**Hillsborough Farmers Market\*** 2807 Main St.

**Hillsborough Golf Course/Hills Restaurant\*** 443 Golf Club Rd.

**Hillsborough Kiwanis Club\*** 47 Legion St.

**Hillsborough Legion\*** 31 Legion St.

**Hillsborough Public Library\*** 2849 Main St.

**Hillsborough United Church\*** 2891 Main St.

**Hillsborough Visitor Information Centre\*** 2861 Main St.

**Hopewell Cape Community Hall** Albert County Museum, 12 Hopewell Cross Rd., Hopewell Cape

**New Brunswick Railway Museum** 2847 Main St., Hillsborough

**Parkindale Hall** 3434 Rte. 895, Elgin

**Riverside-Albert Recreation (Rec.) Centre**, 9 Bicentennial Rd., R-A

**Riverside-Albert Village Office** 5823 King St., Riverside-Albert

**Riverside Consolidated School** 90 Water St., Riverside-Albert

**Riverview Town Hall** 30 Honour House Court, Riverview

**Saint Mary's Anglican Church** 39 Mill St., Hillsborough

**Steeves House Museum\*** 40 Mill St., Hillsborough

**Surrey Valley Baptist Church\*** 3039 Main St, Hillsborough

*\*Hillsborough; R-A: Riverside-Albert*

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

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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.**

<b>CAC 2020-21 rates</b>	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** (see page 17). 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. Please let us know as soon as possible. Ad material is needed by March 15th, 2020.

For details, please contact Janet Wallace at [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org) or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

## Supporters of Connecting Albert County

Connecting Albert County would like to thank the following 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](http://connectingalbertcounty.org/advertising). We also welcome donations.

**Bennett and Albert County Health Care (BACH) Foundation**

[www.bachfoundation.com](http://www.bachfoundation.com)

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

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

**Wayfarer Insurance** [wayfarerinsurancegroup.com](http://wayfarerinsurancegroup.com)

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

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

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

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

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

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

**Hopewell Rocks** [www.thehopewellrocks.ca](http://www.thehopewellrocks.ca)

**Ponderosa Pines Campground** [www.ponderosapines.ca](http://www.ponderosapines.ca)

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

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

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

**Farmer Brown's Greenhouse** [www.farmerbrowns.ca](http://www.farmerbrowns.ca)

**Foods of the Fundy Valley** [foodsofthefundyvalley.ca](http://foodsofthefundyvalley.ca)

**The Calvert Family** (private donation)

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

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

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

**Friends of Fundy/Fundy Guild** [www.facebook.com/FundyGuild](https://www.facebook.com/FundyGuild)

**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)