

Connecting Albert County

April
2019

Image by Deborah Carr

Sap Season *Text and pictures by Jennifer Shelby*

The sap run came late this year. We are down to a single Mason jar of maple syrup in the pantry. I've had to hide it from my partner who uses it to sweeten his coffee, otherwise the girls won't have any for french toast and pancake treats.

This winter started early and this late spring arrives with a sense of relief. The sap is flowing heavy now, the sound of drops plinking into the sap buckets merrily as I empty the day's bounty.

It is clumsy in the first week. The snow is still deep as I trudge into the forest in my snowshoes, hauling a sled with a drill, hammer, spigots and buckets. My snowshoe comes loose and I sink to my hip, the buckets crashing together in the sled like a laugh-track to my escapades.

I dig out the tree and drill into its sunniest side. Bits of sawdust collect at the base before I am finished. It makes me smile when a few drips appear at the edge of the spigot as I tap it into the tree. If not, it doesn't matter. They will come.



The next day I trudge back out. It should be easier in the trail I broke the day before, but the sun's been high and has softened the snow. Saplings bent beneath the weight of snow pop up to trip me. The bright yellow buckets I use to transport the sap swing on their handles, landing

Cont. on page 8

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Connecting Albert County

April 2019. Vol. 5. No. 4
ISSN 2369-1174/1182 (digital)

Our Mission:

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

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Distribution sites:

Limited numbers of free copies are available throughout Albert County. Digital copies can be found at connectingalbertcounty.org/newsletter

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

We thank Gary Steeves Insurance for the generous gift of printing our publication in full colour.

Next deadline: April 15

Letter to the Editor: Save our seed campaign

It was a message forwarded to me by a Riverside-Albert farmer that spurred me to act on a national "Save our Seed" campaign instigated by the National Farmers Union. Just like everybody else, until I received this email, I had no idea my rights as a farmer to harvest, store and replant my own seeds were endangered, and that the issue had reached our federal government.

The Problem The biggest, wealthiest and most powerful agro seed and chemical corporations (Bayer, which now owns Monsanto; Syngenta, which is a subsidiary of ChemChina; DowDuPont; Cargill; Limagrain; BASF; and their subsidiaries such as Canterra and Pride) have been aggressively lobbying our federal government to pass regulations preventing Canadian farmers from saving, storing, exchanging, reusing, reselling their own seeds.

This issue has been kept under wraps, but fortunately was recently made public by the National Farmers Union.

If our Federal government agrees to pass this regulation for these corporations, Canadian farmers will no longer be able to save their seeds. They'll be forced to buy new seeds every year from the controlling corporations and pay royalties. Or even if they save their own seeds, they will still be required to pay royalties to the corporation as if they had bought new seeds. Trying to prevent farmers from saving their seeds has huge implications for the farmer and the consumer. Those who control the seeds control the food supply and control the world.

Seed saving has been done by every culture for thousands of years. Seeds are a common good, like water, air and soil. Seeds should never be allowed to be patented by any company or corporation for any reason...The above story is no joke. It is very real. Our food security is at risk. The diversity of crops is at risk and so is our health due to the actions of these companies.

It has already happened with the genetically modified seeds (GMOs). GMO seeds are inserted with a gene from unrelated species. Genes are introduced into the cell of a plant using a gene gun and every GMO food has antibiotic-resistance genes. This has resulted in less diversity in crops throughout the world, as well as bankruptcies and suicides among farmers as they become indebted to these corporate seed giants. (Read [Seed Sovereignty, Food Security](#) by Vandana Shiva.)

Farmers are the doctors of the land. We depend on their knowledge for our very survival. This knowledge needs to be passed on to the next generation. If farmers go bankrupt, our food supply is at risk. It's time that our government stands up for farmers and consumers.

I like to urge people to stand up for the right to save seed. For more information, from the National Farmers Union see www.nfu.ca

Or write to your MLA. The Elgin Women's Institute has also written in support of the farmers and citizens. I cannot do it alone, I need your help.

Moranda van Geest, Elgin

Themed Gardens *Text and picture by Angela MacDougall*

Growing a themed garden is great for many reasons. Some people only have a rented allotment, a small section of yard, or a small tilled area for growing food. Having themed garden beds can help you target the foods you consume the most and, in the end, save money by growing your own foods instead of purchasing them.

Gardens don't have to be parallel rows of veggies. To actually get the most out of the space you have, it is best to grow in blocks or beds. When configuring the size of the bed, make sure you can reach the middle from all sides. This will eliminate soil compaction from stepping into it. Growing veggies in a 'mix and match' manner, instead of in rows of mono-crops, also helps keep pests out of your food. For example, if you have cucumber plants in four different beds instead of a whole row of cucumbers in single file, it will be harder for the cucumber beetles to find them. You can also research companion plants for your themed beds and choose combinations that deter the

pests. The pest associated with one plant might be deterred by another plant; you can plant these side by side. For example, calendula excretes a sticky substance that can trap aphids. The aphids attract ladybugs (the good guys) and the calendula can be used for tea and healing salves; everything works together for a purpose.

Think about what you like to eat or tend to eat the most, and what foods you consume most in the winter that you could grow and preserve yourself. A Salad Garden is an easy way to eat fresh from your garden all summer long, especially if you keep planting crops like lettuce. A Salsa or Tomato Sauce Garden is even better, as you can make meals from the fresh ingredients but also put up extras for winter use.

Ideas for themed gardens

Salsa Garden: Onions, Garlic, Cilantro, Tomatoes, Peppers, Tomatillos, Corn

Tea Garden: Echinacea, Mint, Thyme, Rosemary



Noodle Garden: Zucchini, Carrots, Cucumber (these work great in a spiralizer), Onions, Parsley

Pickle Garden: Cucumbers, Garlic, Onions, Dill, Beans, Beets, Carrots

Tomato Sauce Garden: Tomatoes, Onions, Garlic, Celery, Basil, Oregano

In Edgett's Landing, Angela MacDougall and Ryan Smith run three farm-based businesses: Herb n' Joy; Fundy Farms: local harvest; and Black Sheep Maples.



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Fundy Curling Club Update *By Alan Demaline*

The snow is melting, days getting longer and sun growing stronger, which signals many things including the end of another great year of curling at the Fundy Curling Club (FCC). March was an exciting time both on and off the ice, and it proved to be a great conclusion to a spectacular season.

We kicked off the month with our annual open bonspiel. An open bonspiel means the teams of four can be made up of any combination of women and men. We had a great mixture of players on eight teams. Players and spectators alike were treated to a full day of curling action and tasty meals provided by Chef Steve. After many close games and spectacular shots, the team of Dana Nelson, Shelly McNaught, Kiera Lockhart and Gregg Trinder emerged on top. Congratulations to the winners and all who made this such a fun event!

Hot on the heels of the bonspiel, we started our Fundy Little Rocks program. What is Little Rocks, you ask? Well, this is a curling program to get kids aged 6 to 12 involved in the game. The kids are taught the basics of curling including sliding, rock delivery, sweeping, on-ice etiquette, and the rules of the game. After a very successful one-day open-house for kids in February, it was obvious to us (by the excitement of the kids) that we needed to run a four-week test program in March. The response was amazing from the community: 18

kids signed up and came out to curl each Sunday afternoon! Although there have been many exciting things at the club this year, having so many kids out having a great time learning the game tops the list. So exciting, in fact, that next year we intend to offer a full eight- to ten-week Little Rocks program. In the off-season, the club hopes to purchase a set of Lite Rock curling stones for the kids to use. These stones look identical to regular curling stones but are half the weight, making them ideal for young curlers. We will keep you all posted on our plans for 2020 and beyond. Thanks to our "Fundy Little Rockers" and their parents for coming out each Sunday and injecting a whole lot of fun and excitement into the club. We look forward to seeing you back next year!

The "very best year in recent memory" can be the only way to describe what an incredible run the FCC has had this season; from our new ice-plant installation, outstanding bonspiels, continued success of Chase the Ace, a significant increase in our number of members to Little Rocks curling (and the list goes on). Since 1962, the club has been providing a great venue for the community to enjoy the game of curling and the future has never looked brighter. A huge thank-you to all our members, volunteers and the Albert County community in general for supporting the Fundy Curling Club. Although the ice is out and the shouts of "Hurry Hard" have faded with the warmer spring air, be sure to drop in to Chase the Ace on Friday nights and we will see you back on the ice in December!

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CCRC update *by Barb Gebuhr*

Chipoudy Communities Revitalization Committee (CCRC) was conceived in 2013, and became formally incorporated as a not-for-profit organization in 2014. With the vision of supporting economic and social growth of the area from Hopewell Cape Rocks to Fundy Park, various fundraisers were held in the early months. Borrowing from the experience in Nova Scotia, CCRC partnered with the Fundy Curling Club to offer Chase the Ace every Friday night. The idea soon caught on and the excitement was contagious. With money shared among the Curling Club, CCRC, the ticket winner and the jackpot, it was a natural money-maker for this area. With Stephen Land acting as Chef, people were able to enjoy a delicious meal along with playing for luck.

CCRC has been able to use the proceeds from Chase the Ace to support various community initiatives including supporting Nature Conservancy Canada in securing the rights to the watershed for the Village of Riverside-Albert. This was truly an eco-

nomic goal because without dependable water, a village cannot attract new businesses or residents. CCRC also co-sponsored a visit and presentation by Newfoundland visionary John Norman, who was able to offer suggestions based on his observations of Albert County from his experiences in the Bonavista Peninsula. Thanks to efforts there, the area has enjoyed unprecedented growth in tourism, but also year-round economic development. CCRC sponsored a county-wide "E-vent" focused on working together for economic growth.

Sponsorship of various organizations and events, such as the Shepody Days Kayak Races, White Hills Pony Club, Fundy Blades, and the local schools, has been made possible by the revenue from Chase the Ace. Organizing workshops and classes such as French Second Language, and computer literacy, governance training for not-for-profit groups, etc. has added to the knowledge and skills base of the residents.

This winter, the board decided to divest most of the assets to assist other groups and organizations, to accomplish their goals. Below is a list of donations made in January and February 2019. "The Giving Season" was extended! East Coast Kids; Harvey Hall; Albert County Historical Society; Village of Riverside-Albert, Accessibility Project; Safe Affordable Housing Committee c/o BACH; Alma Recreation Council, rink project; Brooklyn Wilkins; Safe Grad/Prom 2019; Riverside-Albert Fire Department; Alma Fire Department; Tele-Drive; Albert County Exhibition; Nursing Home Resident Fund; Riverside Consolidated School (chairs); Village of Riverside-Albert (Xmas tree); Village of Alma (Xmas tree); Albert Career Development Center; Girl Guides; Shepody Food Bank; and Lower Cape Community Hall.

At the Annual General Meeting in March, many new directors were elected. We thank the departing members of the board for their service to the communities with the vision and mission of CCRC always in mind.

Our Chase the Ace paid out the jackpot on March 1st and a new license is in the works. Please stay tuned to the CCRC Facebook Page for updates and we thank the community for your continued support.

CCRC Vision: The rural communities along Chipoudy Bay are sustainable and productive; celebrating our diverse historic landscape and resourceful people.

CCRC Mission: To encourage and inspire sustainable economic and healthy social environments, facilitate networking, attract new residents and businesses, and to fully utilize our current wealth of resourceful people.

The Smart Use of Credit *By Trisha Leaver*

Credit can be a useful tool in your financial planning, but unfortunately it can also result in financial disaster if it is not well planned and carefully thought through. There are certain facts you should know about making purchases on credit, both regarding your own financial position and about the types of credit available to you. You should be aware of what amount of credit you can realistically afford. And what to do if you've taken advantage of too much access to credit.

The goal of your financial institution should be to help you make well-informed decisions and to show you how to avoid potential problems.

Use credit wisely

The first question to ask yourself is "Do I really want or need the item, or am I falling into buying on impulse?"

Because personal credit is available to most people in the form of a credit card, it is often too easy to buy something. When cash doesn't change hands, it can seem as if you aren't spending real dollars. Don't let the convenience of a credit card lure you into extravagant or foolish spending.

How can I make important purchases or emergency expenditures and still save for the future?

You may be considering the purchase of investments such as GICs, RRSPs, and other investments. They generally have higher rates of return than a savings account, but the funds may be locked in for a period. This leaves some people fearful of not having access to cash for emergencies or important purchases. By using credit responsibly, you can maximize the return on your cash savings—you can place savings into those higher interest-bearing products, and then borrow as needed when special expenses come up. Consider obtaining a line of credit and keep the majority free for this purpose. And, if you stagger the maturity dates of your investments, you can use maturing investments to make regular payments on your borrowing.

If you wait until you have enough money saved to pay cash for an item, will the price increase substantially in the meantime?

Higher-priced purchases, such as select major appliances and cars, tend to become more expensive from year to year. Unless you can save quickly, it may be advantageous to make use of a loan to buy the item sooner, rather than later—provided that your budget can accommodate repayment of the loan out of current income.

If you are making a long-term credit commitment, how secure and stable is your financial situation?

For most people, a purchase such as a house is possible only by means of a mortgage loan. In determining how much you can afford to pay each month, be sure you leave yourself some breathing

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room. You should still be able to set aside some savings for emergencies. If your employment situation changes and your monthly income is decreased, consider if you will still be able to meet your payments.

Using credit can benefit you in many ways. But if a loan or credit repayment is not carefully budgeted, it can lead to financial strain, possibly to the point when you can't make payments.

Before using credit, you should determine how much you can realistically afford.

How much credit is enough?

A general way to express how much personal credit an individual can comfortably handle is the Total Debt Services (TDS) ratio. It says that no more than 40% of your monthly gross income should go toward monthly debt obligations including mortgage payments. The amount of

credit you can afford depends partially on your personal situation. For example, if your current employment is not secure, the amount of credit you will want to take on will be less than the recommended guidelines.

One wise rule of thumb for all borrowers is to borrow only enough to make the planned purchases, rather than as much as you can possibly be approved for. Having so many credit obligations that you only just make ends meet, could place you in serious financial trouble with one unexpected expense.

To determine how much credit you can comfortably afford, you should establish a saving and spending plan. At OMISTA Credit Union, our financial services representatives help people assess their financial goals in comparison to their income and expenses, as well as look at their current financial products and areas for savings. We can help you improve your financial literacy, show you how to reach your short- and long- term goals, and help reduce financial stress.

We'd love to hear from you.

What makes a credit union different from a bank?

Like other financial institutions, credit unions provide chequing accounts, mortgages, business loans and investment advice. But credit unions are full-service financial co-operatives. This means we are owned by our customers.

Credit unions do not pursue profits for the sake of rewarding shareholders' quarterly- return expectations. They pursue profits to fund the business and to ensure future generations can benefit from the co-operative model and excellent banking services.

Credit unions are grounded in the prosperity of the communities they serve. Locally, this spirit drives community and economic impact and inspires innovative approaches to everyday banking.

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Trisha Leaver, OMISTA's Senior Marketing Manager, has a passion for sharing the credit union differ-

ence and empowering New Brunswickers to choose a better way to bank .

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Maple. Cont. from page 1

upright while I faceplant into the soft snow, quietly cursing my snowshoes. It would not be easier without them, I know, but I am clumsy when I wear them.

The cheery yellow buckets grow heavy as I tip the galvanized buckets that hang from the spigots inside them. This year the snow fleas are heavy; the small harmless bugs hop and gather in the hollows of my footprints. They seem to particularly enjoy the hole I made when I stepped out of my snowshoe and sank. One sap bucket is filled with them. I tip it through a filter of fabric mesh and shake the snow fleas off on the snow.

There are easier ways of doing this. I could set up hoses to run into a single cauldron, but for all my clumsiness it's good to be outside stumbling into spring with a warm sun on my skin.

Days are filled with boiling, life becoming scented with sweet sugar, cobwebs I never knew were there laden with fairy baubles and beauty. I dip a mug into the hot sap and sip it like tea: hot, sweet, and maple-flavoured. A spring treat for me while I pour syrup on the snow for the girls to roll up on a Popsicle stick and eat as hard candy.

Someday I might venture into maple butter or maple wine, but while the girls are small, it's proven best to keep things simple: watch the boil with a book or a pen in my hand while they play their games and we stretch our bodies after the long cold wait of winter.

Jennifer Shelby is speculative fiction writer who clings to a windy perch on Caledonia Mountain. She enjoys the maple syrup and blackberries but could do with a little less snow. She blogs about life and writing at jennifershelby.blog



What-Cha Doing?

"What-cha doing, Grampa?" Ben asked.

"This is my favourite time of year! The days are warm and the nights are cold. That makes the sap go up and down in the maple trees. Now, I'm drilling a small hole in this one so I can put in a spile."

From *What-Cha Doing?*, a maple syrup picture book by Kim Renton and illustrated by Tamara Thiebaut Heikalo published by Chocolate River Publishing. Kim will be reading from her picture book during Riverview's Maple Syrup Festival (Apr. 5-7) at a special Riverview Public Library storytime. Saturday, April 6th at 10:30am in the Riverview Town hall lobby.

Tap into Indigenous culture at the Fundy Sugar Woods Festival

April 13-14 in Fundy National Park with Wabanaki Tree Spirit Tours & the Friends of Fundy/ Fundy Guild

By Kat Hallett

For many Canadians, a trip to the local sugar camp is a spring-time tradition. We've wandered through maple stands with trees too big to hug that are tapped and rigged with a few metal buckets. We've stood in awe watching hundreds of litres of sap gush out of blue tubing into a holding tank the size of a small house. We've drank that deliciously sweet liquid—somewhere between sap and syrup—still warm from the boiler, and we've purchased way too many maple candies and hidden them away to enjoy year-round.

The Indigenous peoples of what we now call Atlantic Canada knew about and valued the sap of the sugar maple tree long before the arrival of European settlers. Indigenous peoples taught the French settlers how to tap trees to obtain sap, and how to turn the sap into syrup or sugar. The term "maple moon" is used to describe the period of time in

late winter or early spring when sap is collected. Indigenous peoples used many techniques to tap the trees, including collecting the sap in birch-bark vessels.

The first annual Fundy Sugar Woods Festival will let you tap into the rich Indigenous cultural heritage of maple syrup. There will be log-kettle sap-boiling demonstrations, and sap pours on snow. A short hike (or snowshoe depending on snow depth) will take you through one of the beautiful maple stands in Fundy National Park, where you will learn about traditional tapping techniques and uses of saps.

The Fundy Sugar Woods Festival is presented by Wabanaki Tree Spirit Tours and the Friends of Fundy/Fundy Guild, and hosted in Fundy National Park. The weekend-long festival will take place April 13-14th. The activities will be based out of the Chignecto Pavilion with guided programming on Saturday at 10am and 2pm.

As an added bonus, a few local businesses in Alma will be joining in and making special maple treats during the Fundy Sugar Woods Festival. The Holy Whale Brewing Company will have a maple beer on tap all weekend, and the Octopus' Garden Café will also be working their culinary magic—stay tuned!



Maple Syrup Facts

- ~It takes 40 litres of sap to make 1 litre of maple syrup.
- ~In Canada, there are 13 native species of maple trees, but only three of them are used for maple syrup production.
- ~The first written account of maple syrup production comes from 1606 when Marc Lescarbot, lawyer and writer in Acadia, described the area's Indigenous peoples collecting maple water and "distilling" it to make syrup.
- ~It takes roughly 40 years for a tree to be big enough to tap.

Kat Hallett is the Community Engagement Coordinator at the Friends of Fundy/Fundy Guild Inc.

Image from Angela MacDougall of Black Sheep Maple in Edgett's Landing. Black Sheep Dark Maple Syrup is or will soon be available around Albert County in seasonal shops, Hillsborough Farmers Market, the roadside stand in Edgett's Landing and Glass Roots Inc. Gallery in Riverview.



Chipoudie Monument *by Wilfred Savoie*

Did you know...?

The Prime Minister of Canada, Justin Trudeau, is a descendant of the former Acadian community of Chipoudie, now Riverside-Albert?

Mayor Jim Campbell of Riverside-Albert and Wilfred Savoie will preside at the unveiling of the monument in honour of the Acadian families that once lived there?

The unveiling will be held on August 16th at 10:30am in Riverside-Albert?

The Prime Minister is invited to do the unveiling?

Everyone is welcome to the unveiling?

The monument is on King Street in Riverside-Albert where other monuments are located?

Learn more at monumentdechipoudie.ca. In photo, Wilfred Savoie and Riverside-Albert Mayor Jim Campbell signing the agreement to build the monument to honour the Acadian families who lived in the community of Chipoudie (Riverside-Albert) from 1700 to 1755.



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Excerpts of press releases from the Federal Government

Vision Alma Receives Additional Support

New visitor information and community facility will help attract visitors & generate economic benefits

Mar. 6, 19, ACOA: The Village of Alma continues to work on the steps outlined in Vision Alma's Community Plan for Tourism to create a tourism hub in the centre of the village...the village will build a new facility on the site of the former Consolidated School building to add to the available visitor amenities and community infrastructure. The Government of Canada is providing an additional non-repayable contribution of \$300,000 towards this project through ACOA.

"Congratulations to the Village of Alma for their actions to seize this economic opportunity, and their commitment to promoting and sharing this beautiful area with even more visitors from around the world...This is especially important with the Fundy Trail connector roads scheduled to open through to Alma in 2021."
Alaina Lockhart

Winter Tourism in NB Gets a Boost

Improved snowmobile trails in southeastern NB will increase visitors and support the region's economy

Mar. 4, 19, ACOA: With upgrades to its grooming equipment, the South Eastern New Brunswick Snowmobilers Association Inc. (SENBSA) will be able to provide improved snowmobile trails in the region, increasing winter tourism and supporting the region's economy. The Government of Canada, through the Atlantic Canada Opportunities Agency (ACOA), is contributing \$100,000 to this initiative, while the Province of New Brunswick is also providing \$100,000.

"Tourism is vital to building strong, healthy communities. It is a critical part of our economy, providing many jobs to hard-working New Brunswickers, including over 2,600 here in Fundy Royal. Supporting improved snowmobile trails will drive growth in our winter tourism sector and increase economic development throughout this region." *Alaina Lockhart*

ALAINA LOCKHART

YOUR MEMBER OF PARLIAMENT
FOR FUNDY ROYAL

Visitors to our area can experience authentic NB culinary treats all year around thanks to businesses like Briggs Maples.

Tourism Minister Mélanie Joly and I had a fantastic time enjoying David and Sherry's maple creations in March when she visited Fundy Royal.

In addition to providing us a great source of pride when we are showcasing our world class attractions, tourism is a significant part of our local economy supporting over 271 businesses, and more than 2,600 jobs right here in Fundy Royal.

I remain committed to working with our rural communities and businesses to take full advantage of the visitor economy and bring even more visitors to our region.

 (506) 832-4200  fundyroyal.ca

 alaina.lockhart@parl.gc.ca



Accessibility for Riverside-Albert Residents

Mar. 15, 19, *New Brunswick Employment and Social Development Canada*: Community centres are the heart of rural communities. They are the venue of choice for many events, programs, and social opportunities. However, the accessibility of a community hub, like the Riverside-Albert Recreation Centre, can create inclusion challenges for Canadians with disabilities to fully participate.

The Village of Riverside-Albert is receiving \$98,150 to make accessibility upgrades to the Recreation Centre through the small projects component of the Enabling Accessibility Fund (EAF). The Recreation Centre is used for many community events and programs. The project

will improve accessibility for residents in the area by making important upgrades, including the construction of access ramps, installing automated door openers, a lift, an accessible washroom, and widening the entrance door. These upgrades will improve the inclusion of residents with disabilities in social, recreational, and volunteer opportunities for generations to come.

Alaina Lockhart is the Parliamentary Secretary to the Minister of Tourism, Official Languages and La Francophonie, and the Member of Parliament for Fundy Royal

Locations

In our Community Calendar, we refer to the following locations.

Albert County Community Health Centre 8 Forestdale Rd, Riverside-Albert

Alma Leisure Centre, 8564 Main St., Alma

Broadleaf Guest Ranch Restaurant, 5526 Route 114, Hopewell Hill

Curryville Community Center, 786 Albert Mines Rd, Curryville.

Fundy Curling Club, 16 Mill St, Riverside-Albert

Hillsborough Baptist Church, 26 Braam Crescent, Hillsborough

Hillsborough Farmers Market, 2807 Main St. Hillsborough

Hillsborough Golf Course, 443 Golf Club Rd, Hillsborough

Hillsborough Kiwanis Club, 47 Legion St, Hillsborough

Hillsborough Public Library, 2849 Main St, Hillsborough

Riverside-Albert Recreation Centre, 9 Bicentennial Rd, Riverside-Albert

Riverside Consolidated School, 90 Water Street, Riverside-Albert



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Community Calendar ~ April 2019

Friday, March 29

*Chase the Ace-Riverside-Albert

*Weekly Card Games - Alma

Saturday, March 30

Maple Breakfast 8:30-10:30am
Curryville Community Center.
Maple Season in Albert County!
Enjoy a Maple-themed Breakfast!
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Pumpkin Spice is back! You won't
want to miss it!

Pamper You Event 10am- 4pm
Hillsborough Kiwanis Center.
Learn how to spoil yourself! This
will be a great time of getting tips
and tricks on how to take time out
to recharge because often we work
so hard at looking after others.
Burn-out happens if we don't find
time to pamper ourselves! Free but
requires registration; 50 people
who pre-register will get free swag
bags with gifts from vendors. Reg-
ister with Janet Ducommun by Fa-
cebook, ducommunj@yahoo.com.

Monday, April 1

*Pickleball

Wednesday, April 3

*North of 55 Seniors Group

*Shepody Food Bank

*Hillsborough Kiwanis Bingo

Thursday, April 4

*Friends of the Hillsborough Arena
- Chase the Ace

*Country & Gospel Music

Friday, April 5

*Chase the Ace - Riverside-Albert

*Weekly Card Games - Alma

**April 5-7: Riverview Maple Sugar
Festival.** [www.townofriverview.ca/
events/maple-sugar-festival](http://www.townofriverview.ca/events/maple-sugar-festival)

Saturday, April 6

ACCofC Gala See below.

Monday, April 8

*Pickleball

Wednesday, April 10

*Shepody Food Bank

*Hillsborough Kiwanis Bingo

Thursday, April 11

*Friends of the Hillsborough Arena
- Chase the Ace

**Sistema Hillsborough Spring
Concert** 6:30-7:30pm. Hillsborou-
gh Elementary School Gym. Siste-
ma Hillsborough's violin classes
present a free Spring Concert.

Hear the results of their hard work!

*Country & Gospel Music

Friday, April 12

*Chase the Ace - Riverside-Albert

*Weekly Card Games - Alma

Benefit Music Evening 7- 10pm
Hillsborough Kiwanis Center. Be-
nefit for Richard Murray, Edgetts
Landing, who is waiting for a dou-
ble lung transplant in Toronto.
Featuring Rocky Cape Band with
Hazel Bulman, Charlie O'Hara,
Darrell Macaulay, Willis McKinley,
David Smith, Les Stiles, Ken Eagles
& Jerry Richard. Guests: Donna
Barron, Fran Eagles, Roy Steeves,
Pam Higgs, Dale Tingley & Bruce
Gibson, Sarah & James Nelson
(young guitar & fiddle players),
Weston Sisters Freda & Betty,
Danny Surette with his stomping
board, The Pearl Tones with Donna
Barron, Glendine White, Elsie
Hickey & Joey Price, 7-year-old
singing, guitar-playing Oliver
Smith. Admission \$10. Door Prizes.
Canteen available.

Saturday & Sunday, Apr. 13-14

Fundy Sugar Woods Festival See
page 9 for details.

Monday, April 15

*Pickleball

Wednesday, April 17

*North of 55 Seniors Group

*Shepody Food Bank

*Hillsborough Kiwanis Bingo

Thursday, April 18

*Friends of the Hillsborough Arena
- Chase the Ace

*Country & Gospel Music

Friday, April 19

ACCofC Awards Gala

The second annual Albert County Chamber of Commerce (ACCofC) Business Excellence Awards Gala is taking place at Broadleaf Ranch April 6th. The evening kicks off at 6pm with networking and hors d'oeuvres featuring local Albert County 'Fundy Fresh' producers. Award presentations begin at 6:30, and guests will enjoy a delicious meal and entertainment throughout. The businesses in Albert County are at the root of a sustainable economy, and the gala provides a fantastic opportunity to come together and celebrate them, along with the culture, community pride and natural wonders of the county before the busy season begins. To reserve your tickets, find the Albert County Chamber of Commerce Business Excellence Awards Gala on Eventbrite. To join CBDC Westmorland- Albert and become an event sponsor, contact Kat, Gala Coordinator, at 540-0527 or k_hallett@live.ca.

*Chase the Ace-Riverside-Albert

*Weekly Card Games - Alma

Monday, April 22

*Pickleball

Harvey Hall AGM 7:30-8:30pm.
Forest Dale Home.

Wednesday, April 24

*Shepody Food Bank

*Hillsborough Kiwanis Bingo

Thursday, April 25

*Friends of the Hillsborough
Arena - Chase the Ace

*Country & Gospel Evening

Friday, April 26

Gentle Yoga See page 16

*Chase the Ace-Riverside-Albert

*Weekly Card Games - Alma

Monday, April 29

*Pickleball

Tuesday, April 30

Waterside Community Association Inc. Annual Meeting
7-8pm. Albert County Community Health Centre, Comm. Room Lower Level. The non-profit's mandate is the preservation of the site of the former Waterside Baptist Church & management of the Waterside Cemetery.

Wednesday, May 1

*North of 55 Seniors group

*Shepody Food Bank

**2018 Molly Kool Award
Recipient ~ Dawne McLean**

By Kat Hallett

Dawne McLean has been named the recipient of the 2018 Molly Kool Award. A retired schoolteacher, Dawne has spent decades enriching the community fabric of Albert County—both in her professional and personal endeavours—all while embodying the selfless, humble spirit of Molly Kool.

Stuart Liptay of the Albert County Historical Society writes, "Dawne has been a beacon of light through her music and educational endeavours for all of Albert County. She is on more committees than I know, and, much like Molly Kool, Dawne always downplays the significance of her accomplishments, quietly going about her good work. I can not think of a better person to win this award."

Dawne has an interesting, personal connection with Molly Kool. As a student at the University of New Brunswick, she spent summers working at Fundy National Park's Visitor Centre where she became good friends with Molly's sister, Jean Beaumont. Dawne even had the opportunity to meet Molly Kool during one of Molly's trips home.

A plaque with Dawne's name will be installed in the Molly Kool Centre in Alma with a matching plaque at Moncton's Resurgo Place. The Molly Kool Award was established to recognize women in southeastern New Brunswick who have made outstanding contributions to the community. It is presented by the Friends of Fundy/Fundy Guild Inc. and generously sponsored by Armour Transportation Systems.

Win \$1000 Via Rail Voucher

In Support of
Westmorland and Albert County
Volunteer Driving Programs



Tele-Drive Albert County Inc.



Draw Date April 23, 2019

\$10 each or 3 for \$25

Tickets Available from:

Volunteer Center, 869-6905, d.leblanc@volunteergreatermoncton.com

Rural Rides, 215-2100, r.r.rurairides@gmail.com

Tele-Drive, 875-1190, teledriveac@gmail.com

Gentle yoga: a free six-week course

Tele-Drive Albert County received funding from the New Horizons for Seniors program. The first planned activity is a six-week Gentle Yoga program to be offered **Fridays 10-11am from April 26 to May 31 at Forest Dale Home** in Riverside-Albert.

This is a free program with transportation included (if needed). Seniors and younger adults (18+) are welcome to attend. After each Gentle Yoga session, a healthy snack will be provided. It will be led by Beth Dobson from Body Wise Yoga, a Registered Massage Therapist and Certified Yoga Instructor with 15 years experience.

The program will include gentle yoga postures using props to make the movements appropriate for the participants. Props include chairs, walls, straps, pillows etc. Beth will include breathing exercises, meditation and relaxation techniques.

This program will be made accessible to people in wheelchairs or using walkers.



Potential benefits of yoga

~Reduction of hypertension and high blood pressure by giving people new tools for responding to stress and increasing their relaxation response. In many studies, yoga poses in combination with breath practices, meditation and dietary changes resulted in participants being able to reduce their medications.

~Reduction of anxiety and depression, while boosting mood. Yoga has been shown to increase the release of the brain chemical GABA which calms the nervous system, moving people out of the "fight or flight" stress response into the calm, clear "rest and digest" response.

~Sharpens the mind. Syncing the breath and movement, while incorporating relaxation techniques and meditation, creates more calm and clear thinking.

~Increases joint stability and balance which can help prevent falls, a leading cause of injury in seniors.

~Reduce the symptoms of arthritis.

~Weight-bearing postures of yoga can help to strengthen bones reducing the effects of osteoporosis.

~Breathing exercises and the linking of breath and movement improves lung function.

To register, contact Kim Beers by April 19 at 875-1190 or teledriveac@gmail.com.

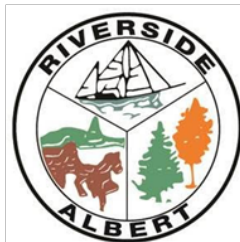
Tele-Drive Albert County is supported in part by the Bennett & Albert County Health Care (BACH) Foundation.

Ponderosa Pines CAMP GROUND

Ponderosa Pines Campground
1-800-822-8800

www.ponderosapines.ca

Lower Cape, New Brunswick, Canada



506-882-3022

villra@nbnet.nb.ca

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

Village of
Riverside-Albert
Fundy Historic Village

www.riverside-albert.ca

Hillsborough Public Library

April Events *By Rebekah Wheaton*

Toddler Time (Tuesdays & Wednesdays, 10-11:30 am). Up to ages 4. Join us for a fun time of play and socialization.

Arts & Crafts (April 5, 12 & 26, 3:30-4:30pm). Ages 5+. Show your creative side with fun crafts!

Community Coffee Hour (April 10 & 24th, 4-5pm). All ages welcome. Albert County new comers and locals alike are invited to come out and get to know your community! Coffee provided.

Build with us! (April 4 & 18, 2:15-4:30 pm). Ages 5+. Try out one of many different building materials! Mega Blocks, Duplo, Lego, K'nex, Tinker Toys, and Straws & Connectors.

Special Programs

Card Making (April 6, 2-3:30 pm) Ages 16+. Join us to make three Easter cards. Registration required. Just bring scissors and a ruler.

Resume Help (April 6, 2:30-4:30pm). All ages. Get one-on-one assistance with creating/ updating your resume! Registration encouraged.

DIY Beeswax Food Wrap Workshop. Date & time TBA. \$5 fee. Ages 19 & up. Registration required.

All activities are free. Activities vary weekly. Check out the schedule on Facebook or contact the library!

Hillsborough Public Library

2849 Main St, Hillsborough, NB 734-3722

Hillsborough.PublicLibrary@gnb.ca

Tuesday, Wednesday, Friday & Saturday 9am-12pm, 1pm-5pm;
Thursday 1pm-5pm, 6pm-8pm



2849 Main St Unit 1 Hillsborough NB E4H 2X7
www.villageofhillsborough.ca

Village of Hillsborough

Tel: (506) 734-3733

Fax: (506) 734-3711

Email:

hillsboroughnb@rogers.com

New Face at the Albert County Community Health Centre

By Joseph Gallant

We are excited to announce that we have hired a new Social Worker who started with us in March. Alicia has a wealth of experience and will be a great addition to the team. She has provided a brief biography.

Alicia O'Hara, RSW

"I have been working in the social work field for nine years. I attended St. Thomas University completing a Bachelor of Arts, as well as my Bachelor of Social Work. I worked for seven years at the Department of Social Development in several roles including child protection, adult protection, and long-term care for seniors. At the end of 2017, I accepted a part-time position at Addictions and Mental Health in Sussex and continue to work there, as well as part-time at Albert County Community Health Centre.

"Services I offer: mental health and addictions counselling/therapy; coordinating service delivery; referrals to community partners/resources; consultation; advocacy; and education. Appointments can be made, with or without a referral, by calling 882-3100."



Albert County Community Health Centre

Phone number: 882-3100 Hours of Operation

Mon.-Thurs.: 7:00am- 4:30pm

Friday: 8:00am-4:30pm

Lab and Specimen Drop-off: Riverside-Albert (8 Forestdale Rd): Mon.-Thurs. 7:00-11:30am;
Hillsborough (2807 Main St.): Tues. & Thurs. 8:30-11:30am

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

Recurring events

Pickleball: 6:30-8:30pm Mondays. Riverside-Albert Recreation Centre. Sport for all ages. \$2/night-First night is free!

Shepody Food Bank: 1-3pm Wednesdays. Albert County Community Health Centre. Bring Medicare #'s for every household member. Closed when schools are shut due to bad weather (in this case, it opens Thurs.1-3pm).

Hillsborough Kiwanis Bingo: Wednesdays. Doors open at 5:30pm, games begin at 6:30pm. Hillsborough Kiwanis Club.

North of 55 Seniors Group: 10-11:30am Every 2nd Wednesday: Hillsborough Baptist Church. Ladies & Gentlemen! If you are 55+, bring a friend and/or neighbour to enjoy snacks, games, stories, and prizes. For info, call Nettie Steeves 380-2901 or 734-2900.

Friends of the Hillsborough Arena-Chase the Ace. Every Thurs. Doors open 5:30pm, games start 6:30pm. Hillsborough Golf Course. Raffle tickets 3 for \$5. No need to be present to win but you must leave 2 phone numbers where you can be reached if your ticket is drawn. You can buy tickets outside the restaurant during the week or from committee members. Proceeds for upgrades & improvements to Hillsborough Arena. Lottery license: 105710456 003.

Country & Gospel Music Evening: 7-9pm Every Thursday. \$7 Hillsborough Kiwanis Club. Featuring the Rocky Cape Band with Jerry Richard, Darrell MacAulay, Willis McKinley, Charles O'Hara, Hazel Bulman, Tom Gould, David Smith & Ken Eagles+ guests. Open mic: join us with your singing voice and/or instrument.

Chase the Ace-Riverside-Albert: 6-7:30pm Fridays. Fundy Curling Club. CCRC & Fundy Curling Club raise money for curling club upgrades & lifelong learning center at Riverside Consolidated School. 3 tickets/\$5. Info: 882-2573, 882-2052, 882-2626.

Alma Weekly Card Games: 6:30-8:30pm Fridays. Alma Leisure Centre. All ages welcome. Playing Auction 45. Refreshments served.

Advertise in Connecting Albert County



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

Show the community you care, and reach a target audience by advertising in our monthly mini-magazine.

Every month, Connecting Albert County is read by residents of rural Albert County and beyond. The electronic issue of our mini-magazine is emailed to nearly 500 subscribers. Many other people read our issue online and share it on Facebook. Hundreds of free full-colour print copies are distributed each month free throughout rural Albert County.

Once a year, we produce a special issue and mail it to every household in rural Albert County—that's more than 2300 homes from Stoney Creek to Alma, Parkindale and Elgin. We also share stories on our Facebook page and our website, www.ConnectingAlbertCounty.org.

Advertising rates

	<u>Full-year</u>	<u>Six mos.</u>	<u>Fixed/dynamic</u>
Supporter:	\$100	n/a	Fixed
Business card:	\$300	\$250	Fixed
Quarter page:	\$1350	\$800	Can change monthly
Half page:	\$1600	\$1200	Can change monthly

Advertisers and supporters are acknowledged online, in each e-publication and on the back cover of each printed issue.

NEW: Ask about our discount for members of the Albert County Chamber of Commerce.

Contact us today at info@connectingalbertcounty.org.

Supporters of Connecting Albert County

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

Bennett and Albert County Health Care (BACH) Foundation

www.bachfoundation.com

Alaina Lockhart, MP Fundy Royal fundyroyal.ca

Albert County Pharmacy facebook.com/AlbertCountyPharmacy

Gary Steeves Insurance www.garysteevesinsurance.com

OMISTA Credit Union www.OMISTA.ca

Tele-Drive Albert County Inc. [Tele-Drive Albert County on Facebook](#)

Albert County Chamber of Commerce www.albertcountychamber.com

Crooked Creek Convenience www.facebook.com/ccconvenience

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

Hopewell Rocks www.thehopewellrocks.ca

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

Ponderosa Pines Campground www.ponderosapines.ca

Village of Hillsborough villageofhillsborough.ca

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

Farmer Brown's Greenhouse www.farmerbrowns.ca

Foods of the Fundy Valley foodsofthefundyvalley.ca

Albert County Museum albertcountymuseum.com

Broadleaf Guest Ranch www.broadleafranch.ca

Chipoudy Communities Revitalization Committee www.facebook.com/communityrevitalization

Forest Dale Home www.forestdalehome.ca

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

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

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

Village of Alma villageofalma.ca