



# Connecting Albert County

March 2019

## Spring is on its way!

In the February issue of *Connecting Albert County*, we celebrated the joys of winter. We can still do that. There's time for more snowshoeing, skating and sledding...but we can also look forward to spring.

In this issue, you'll find articles on winter activities, such as curling and identifying animal tracks in the snow. But, as it is time to start seeds, you'll find information on the upcoming Seedy Saturday and tips on gardening in the face of climate change. You will also learn about the Shepody Food Bank, get tips on avoiding fraud, discover more about the history of Albert County, and much more. We also provide an extensive events section. We hope you enjoy this issue. *JW*

## Albert County Tourism Association Training Programs

By *Kat Hallett*

Ahhh March....In Albert County, we can count on March as one last quiet month before things start to ramp up and get busy for the tourism season. If you are a business owner, why not take advantage of this time to learn new skills that will help you market your business better, and help you engage and retain quality employees?

The Albert County Tourism Association (ACTA) is hosting a short series of training programs on some super-interesting topics with the goal of benefiting you! The programs are open to anyone, but ACTA and Chamber of Commerce members will pay less than non-members. The March workshops are listed on the Connecting Albert County calendar (online and on page 13). Contact Kat Hallett at [k\\_hallett@live.ca](mailto:k_hallett@live.ca) or 506-540-5027 to sign-up or learn more. Act fast because spots are filling up!

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## Connecting Albert County

March 2019. Vol. 5. No. 3  
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.

### CAC Part-time coordinator/editor:

Janet Wallace

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To advertise, submit articles or letters, email [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org) or mail CAC, 8 Forestdale Rd., Riverside-Albert, NB E4H 3Y7

### Distribution sites:

Limited numbers of free copies are available throughout Albert County.

Digital copies can be found at [connectingalbertcounty.org/newsletter](http://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: March 15**

## New Faces at the Albert County

### Community Health Centre *By Joseph Gallant*

We are pleased that Michael Hewey has returned as the permanent Nurse Practitioner at the Albert County Community Health Centre. As a Nurse Practitioner, he can prescribe medication, diagnose illnesses, and order lab and other tests.

We are also thrilled to have a Social Worker starting with us in March: Alicia O'Hara will be with us two days each week. She will be providing mental health and addictions support, as well as support in navigating the many programs offered by the NB Department of Social Development for residents of New Brunswick.

**New to Nursing:** Jacquelyn DuPlessis, RN, started in February in a part-time position.



*Michael Hewey, the permanent Nurse Practitioner at the Albert County Community Health Centre*

She is a great addition to our team and could be performing your next dressing change or IV treatment, or measuring your blood pressure.

Our Registered Dietitian, Brittany Butland, RD, joined us in 2018 to continue providing nutrition counselling and advice for our patients.

Please join us in welcoming our new staff!

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

## **Climate Resiliency Workshop** *By Angela MacDougall*

Are you wondering how the changes in climate are currently affecting your local food sources? Here are some things that local growers revealed at last month's Climate Change Workshop hosted by Foods of the Fundy Valley and Atlantic Canadian Organic Regional Network (ACORN) at Farmer Brown's Greenhouse.

During an ACORN seminar at Mount Allison University, Jean Martin Fortier was asked "What are the top three things needed to grow food?". He replied that water was the most important, followed by good soil and compost. Fortier is the award-winning author of *The Market Gardener*, a farming educator and an advocate of small-scale farming.

His words come to mind as we sit as a group and discuss how the changing climate is affecting farming in Albert County.



*Red cabbage after a fall frost. Fortunately, cabbage can tolerate frost. Image by J. Wallace*

Water was the resonating common factor among the growers present and among stories told about other farmers in the region. Water issues presented themselves in a variety of ways.

- Wet springs are leaving farmers unable to enter their field, causing crops to be planted late.

- Wet falls and early freezes are making it impossible for farmers to get their crops out of the

ground and many crops are ending up frozen in the fields (these will rot over the winter).

- When water doesn't come for long periods of time, it causes drought; but then it comes all at once and causes erosion, flooding, and drowning of crops and seeds.

Also, late spring frosts are killing seedlings and damaging fruit blossoms.

Farmers also discussed the adaptation methods they are currently implementing and shared ideas of possible methods for the future, including the following:

- Ram pumps: gravity-fed water pumps which do not require electricity or fuel
- Terraced gardens
- Permaculture principles: berms and swales
- Implementing more irrigation
- Improving soil health to retain more water
- Use of cover crops

Petitcodiac Watershed Alliance members discussed methods for reducing erosion and implementing riparian zones along coastal and river areas.

With the prediction of longer dry periods followed by short periods of high precipitation, this will be a serious and on-going challenge.

If you are facing some of these issues in your backyard garden, community garden plot, small-scale farm or large commercial operation, you are not alone. If you would like to discuss more ideas for climate change adaptation for local growers you can email [foodsofthefundyvalley@gmail.com](mailto:foodsofthefundyvalley@gmail.com). If you are wondering how the Petitcodiac Watershed Alliance can help coastal or river erosion on your property, go to [www.petitcodiacwatershed.org](http://www.petitcodiacwatershed.org). If you are interested in the new ACORN program Cultivating Climate Resiliency, go to [www.acornorganic.org/climatechange](http://www.acornorganic.org/climatechange).

# BACH Supports FMH Capital Campaign *By Warren Williams*

In November 2018, The Friends of the Moncton Hospital Foundation (FMH) launched the Extraordinary Care Campaign in support of the construction of two new state-of-the-art areas of strength that will completely change the way health care is being delivered at the Moncton Hospital.

The creation of a new Maternity & Newborn Unit and the relocation and expansion of the Cardiac Care Unit will bring cardiac and maternal fetal patient care to a new level for our families, friends and neighbours.

The goal of this campaign is to raise \$8 million dollars over the next five years in support of the construction and equipping these two new units. The Bennett and Albert Health Care Foundation (BACH) has committed a donation of \$60,000 over the next five years in support of this great initiative as it will provide improved health care to all residents of Albert County.

With this latest commitment BACH has now donated a total \$240,000 to the Friends of Moncton Hospital over a number of years to various annual and capital campaigns.



*Left to right: David Savoie, Board Chair, FMH;  
Warren Williams, Board Chair, BACH;  
Danny Jonah, Secretary, BACH;  
Linda Saunders, President & CEO, FMH*

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## Pantry Challenge *By Angela MacDougall*

In January, my husband and I took part in a “pantry challenge.” We agreed to not buy groceries for 30 days and to live on what we’ve frozen, preserved or stored in the cellar. (We made one exception: we bought milk.)

After seeing farmers and homesteaders in our circle or on social media doing the challenge, we decided to give it a go. The goal is not just eating what you grow, but also being mindful of waste, trying to live more sustainably, being more self-reliant, supporting the local economy, and eating whole foods in-season.

The first week was a breeze. We are in an uncommon situation where we grow a lot of food and have taken over an old farmstead where the previous owners had planted a good amount of fruit. Our property has a blueberry patch, more than 150 old apple trees, high-bush cranberries and blackberries. We buy meat from local farmers by the half or quarter for the freezer. We freeze fruit for morning smoothies, soups in portion sizes and veggies.

We also make lots of preserves: mainly pickles, fruit sauces, and a big supply of tomato sauce and salsa. We have laying hens for eggs. We buy dried goods (like rice, quinoa and nuts) in bulk; grow our own dry beans and dent corn (for cornmeal); and store veggies in the cellar. There is a big sense of satisfac-

tion and achievement cooking from scratch and knowing exactly what’s in the food we eat.

At the end of the second week, we had run out of cheese, bananas, bread and tortilla chips. Since I don’t make bread we buy that too (someday I’ll learn how to make it).

A common evening snack is tortilla chips and home-made salsa. We improvised. We went without cheese, but I made bread-type things like cornbread and oat flour bagels. For snacks, we made popcorn from our heir-

loom corn and ate sliced apples warmed in the oven drizzled with maple syrup and topped with coconut and nuts. We made salads from shredded root crops. A favourite was shredded carrots and beets with raspberry vinaigrette, raisins, nuts and seeds.

By day 30, we had made a big dent in our freezer. The next day I went to the grocery store in excitement. I left, surprisingly, with only a few items in my bag. As I drove home, I realized I really hadn’t bought much. I found I really didn’t need the items that I did buy and could easily go without them. Although, I have to say the cheese was really good! My appreciation for it grew and it tasted ten times better than it normally did.

We concluded that this was a good exercise for us and we will definitely do it again next year. We substituted ingredients to use up what we had, got creative in our meal making (which was fun in the down-time of winter) and we saved money as well.

This type of challenge might not be a fit for every household, but I encourage you to challenge yourself in some aspect of it. Maybe try a seven-day challenge or make some meals from ingredients you find that you wouldn’t typically use. You might be surprised at the positive changes that could take place.

*To learn more, see #pantrychallenge on Instagram*



*Angela at the Black Sheep Maple sugar camp serving home-cooked, home-grown beans. Pic. by J. Wallace*

## Fundy Curling Club *by Alan Demaline*

February may be the shortest month of the year but that didn't keep us from packing in all kinds of fun events at the Fundy Curling Club in the month of love!

We kicked things off with our Annual Mixed Bonspiel, which is always our largest event of the curling season. This year was no exception as it attracted 12 teams, which is the highest number of participants in recent memory. Familiar faces and new ones competed over the two days to be crowned the Bonspiel Champions. After many hard-played games, great food throughout the weekend, and lots of community members coming in to watch some of the action, Chris McKinley, Kim McKinley, Wyman Elderkin and Loretta Elderkin took home the coveted title. Congratulations to the winners and thanks to all who contributed to making this such a wonderful event!

February 16th was our Valentines doubles event which puts a unique spin on the game. Using two players on each team instead of the usual four, this fast-paced game made its Olympic Games debut in the 2018 games in South Korea. Did you know Canada took home the first ever Olympic gold medal in this event at the games? Perhaps with a bit more practice we will see one of our Fundy mixed doubles teams in the 2022 games!

On February 23rd, we celebrated Curling Day in Canada with two great events on the same day. Clubs across the country participated in a day set aside to celebrate the sport of curling. One of our objectives is to get more youth involved in our club, so we hosted a free, one-day curling clinic for both the Riverside Consolidated and Hillsborough Elementary school children. All who participated had a wonderful time and hopefully many will return and turn curling into a lifelong activity. Stay tuned in the future for more programs and events to get the kids out on the ice. A huge thank you to the instructors from the Moncton curling club who volunteered their time and brought their Little Rocks equipment down to our club to help make this event possible.



*L-R: Chris McKinley, Kim McKinley, Loretta Elderkin & Wyman Elderkin. Image by Kevin Snair.*

Our second event for Curling Day in Canada was a night of stick curling. This unique form of curling involves all curlers delivering the curling stones with a push stick instead of sliding and delivering by hand. Each player in this event donated \$1 to Curl Canada with 100% of the monies going to the Curling Canada Foundation for scholarships for student athletes. Each dollar donated also got our club one ballot for the grand prize of a \$10,000 club renovation. Clubs across Canada participated in this great event. We will see if we are the lucky winners!

Looking forward to March, our annual open Bonspiel is being held on March 2nd. If you want to catch some of the great curling action, please drop into the club that day and check it out. Chase the Ace continues on Friday nights with the jackpot nearing \$7000. Thanks for your continued support of the Fundy Curling Club and see you on the ice!

### ***Looking for work or looking for workers?***

Connecting Albert County can help you find employees or find a job. Visit our job page to learn more. Several positions are already posted for current and summer jobs. Check it out at [www.connectingalbertcounty.org/jobs.html](http://www.connectingalbertcounty.org/jobs.html)

# Shepody Food Bank *Contributed by Lynne Greenblatt*

## Our Mission

Shepody Food Bank strives to increase access to healthy food in a manner that maintains dignity, builds health and community, and fosters respect for diversity and inclusion.

## Location and Hours of Operation

Shepody Food Bank is located on the ground floor of the Albert County Community Health Centre (formerly Albert County Health and Wellness Centre), 8 Forestdale Road, Riverside-Albert. We are open every Wednesday from 1pm to 3pm. In bad weather, we follow the local school closure schedule. When the schools are closed, we're also closed. In case of closure, we are open on the following day, Thursday, from 1pm to 3pm. Whenever possible, we announce closures on [www.facebook.com/TheShepodyFoodBank](http://www.facebook.com/TheShepodyFoodBank)

## Our Services

Shepody Food Bank provides emergency supplies of food to individuals and households in need who reside within our catchment area:

- Route 114 from Alma to the upper Albert Mines Rd., including the Albert Mines loop.
- Route 915, including the Mary's Point loop.
- Caledonia Mountain Road from Route 114, Riverside-Albert to Route 910.

Contents of our food boxes vary depending on availability, but we always include a protein source (meat or poultry), eggs, milk and fresh produce, along with staples, such as flour and sugar, canned goods (soups, vegetables, fruits), and baby food as needed. We provide six days' worth of food for each person residing in the household.

In addition to food, we also supply (depending on availability) items such as cleaning supplies, paper



products, diapers and personal hygiene products. We also accept and give out a limited supply of donated clothing, toys, etc.

If you are in need, or know of someone who is, please stop by or give us a call. We're here to help!

## Volunteers

Shepody Food Bank is governed by a volunteer Board of Directors, and has no paid employees. We depend on 20-30 dedicated volunteers, and are in constant need of more volunteers. In 2018, more than 20 volunteers collectively gave over 1000 hours of their time to load and unload the delivery truck, stock and re-stock the shelves, keep the facilities in order, pack grocery boxes, shop for supplies, and do countless other tasks necessary for us to continue to serve our clients with respect and dignity. Volunteers are required to sign a pledge of confidentiality to maintain the privacy of



### Shepody Food Bank

Albert County Community Health Centre  
8 Forestdale Rd. Riverside-Albert, NB E4H 3Y7  
506-882-2323 [shepodyfoodbank@gmail.com](mailto:shepodyfoodbank@gmail.com)

our clients. We maintain a casual and friendly atmosphere, where volunteers enjoy working with and helping friends and neighbours, and giving back to the community. If you would like to join this energetic and caring group, please call Irma at 882-2919 or email [shepodyfoodbank@gmail.com](mailto:shepodyfoodbank@gmail.com).

### About Us

In 2006, Shepody Food Bank incorporated as a charitable, non-profit organization for the purpose of providing emergency supplies of food to individuals and households in lower Albert County.

We are a voting member of the New Brunswick Association of Food Banks (NBAFB). In addition to the supplies and services provided by NBAFB, we are blessed by generous contributions from local individuals, churches, businesses and other organizations. Because of this, we are able to serve an average of 50 households and provide the equiv-

alent of about 2000 meals each month. In 2018, we served a total of 78 households and provided over 23,000 meals.

In addition, we contribute healthy food products such as cereal, fruit and vegetables for the free breakfast program and the hot-lunch program at Riverside Consolidated School in Riverside-Albert.

Shepody Food Bank would like to do more to break the cycle of poverty in our rural area, empower members of our community to be self-sufficient, and decrease dependence on the food bank and other social services. We welcome ideas and opportunities to partner with other like-minded organizations in the community on projects that would help achieve this goal.

Please contact us at [shepodyfoodbank@gmail.com](mailto:shepodyfoodbank@gmail.com) or at our Facebook page: [www.facebook.com /TheShepodyFoodBank](https://www.facebook.com/TheShepodyFoodBank).

## ALAINA LOCKHART

YOUR MEMBER OF PARLIAMENT  
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### Celebrating Women in Fundy Royal

On International Women's Day we celebrate the women who were trailblazers, women who are breaking stereotypes in industries such as STEM, business, and agriculture, and the young girls who will change the world.

Let us celebrate women like Captain Molly Kool who challenge gender barriers and refuse to accept that something is impossible because of your gender.

We are creating an economy that works for everyone, because when women succeed, we all benefit.

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 (506) 832-4200  [fundyroyal.ca](http://fundyroyal.ca)  
 [alaina.lockhart@parl.gc.ca](mailto:alaina.lockhart@parl.gc.ca)





# **Acadians in Albert County** *By Dan Ross*

The Albert County Museum is pleased to announce work has begun on their latest exhibit "The Acadians in Albert County," scheduled to open during the 2019 season. Here are some of the amazing details to be revealed in the exhibit:

## **Did you know the first written record of Albert County was in 1604?**

The first non-native people to visit this area were Champlain and Demonts, who sailed up the Bay of Fundy into Shepody Bay in 1604. According to legend, Jacques Cartier, while sailing up the coast of the Bay of Fundy exclaimed "Chapeau Dieu," or cap of God, when he saw the peak of Shepody Mountain break through the fog around its base.

## **Did you know the first settlers arrived in 1698?**

The first settlers in Albert County arrived in 1698 from the Annapolis area of Nova Scotia. They were French settlers organized by Pierre Thibodeau, a 67-year-old man who wanted to start a new settlement. He chose the area at the base of Shepody Mountain because of its large fertile marshes, waterways full of fish, and forests full of game.

## **Did you know one reason for the expulsion?**

The lands on which the Acadians lived had been handed back and forth by the French and English many times. In 1713, the Treaty of Utrecht gave control of Acadia to the King/Queen of England. The Governor of Massachusetts in Boston worried that the Acadians would rebel so he ordered them to swear an oath of allegiance. The Acadians refused because they, as Roman Catholics, could not swear an oath to the King of England, who was also the head of the Church of England.

## **Did you know a battle took place in Albert County?**

The Battle of Petitcodiac took place September 4th, 1755. The battle was fought between the British colonial troops and Acadian resistance fighters, led by French Officer Charles Deschamps

de Boishébert at the Acadian village of Village-des-Blanchard (present-day Hillsborough). Twenty-one British soldiers were killed, and the English were forced to retreat to their ship.

## **Did you know there might be hidden treasure in Shepody?**

Legend has it that the church bell was rung to alert the Acadians who were working on the marsh that the English were coming. Another story tells that the church bell was buried with all of the Acadians' valuable possessions inside of it. It may still be buried somewhere on the marsh!

## **Did you know an Acadian hero was from Stoney Creek?**

The Acadian hero, Joseph "Beausoleil" Broussard had a farm at Stoney Creek when he took up arms against the English. He engaged in privateering or pirating of British vessels on the Bay of Fundy. He rallied the remaining Acadians, who were still in the area after the expulsion, to attack the British. Eventually, Broussard and his men were captured and imprisoned on Georges Island which is visible from Halifax Harbour.

## **Did you know the Cajuns were founded by a person from Albert County?**

In 1764, two hundred Acadians, under the leadership of Joseph "Beausoleil" Broussard, chartered a ship at Halifax and arrived in Louisiana in February, 1765. They became the first Acadian families to settle on Spanish land grants in the prairie bayou region of Attakapas Territory in south-central Louisiana, now called Acadiana.

These are just some of the amazing stories to be told!

*Dan Ross is the Manager and Curator of the Albert County Museum and RB Bennett Commemorative Centre. The museum is located at 3940 Rte. 114, Hopewell Cape. It is open from the May long weekend until Labour Day. [www.albertcountymuseum.com](http://www.albertcountymuseum.com)*

## Are you Vulnerable to Fraud? *By Trisha Leaver*

It can happen to anyone. With just a few pieces of personal information, individuals, families, and businesses can be scammed out of millions of dollars. Most people don't think they could fall victim, but fraudsters use sophisticated tactics to target people of all ages. So, what's the best way to fight back? Awareness and prevention.

**March is Fraud Prevention Month:** an annual campaign that seeks to help you recognize, reject, and report fraud. Your financial security can quickly become compromised with a single click of a button. It's vital that you stay informed about current threats and guard your personal information with the utmost scrutiny.

There is no "typical" victim of fraud. You don't have to be wealthy to be a target. Fraud can mean a loss of thousands of dollars, but fraudsters do not discriminate. A significant number of fraud

victims are scammed for less than \$1000. Whatever the amount, it can be difficult or impossible to get your money back once you've given it to a fraudster. If you have money to invest, you're vulnerable to fraud.

### How Identity Thieves Get Your Personal Information

It happens when someone steals your personal information—your social insurance, driver's license, health card, credit card or debit card number or your PIN. Criminals get this information in several ways including stealing your cards, sorting through garbage, or finding ways to capture information from unsecure websites (Atlantic Canadian credit union online banking sites are completely secured against cyber-criminals). They may also pose as a financial institution or utility company employee, or as another individual and use devious ways to find out your PIN number. It can happen to anyone.

People use an ATM to get money for groceries, charge tickets to a credit card for a hockey game, mail their tax returns, call home on their cell phones or apply for a new credit card. We don't give these everyday transactions a second thought. But someone else does: someone who is interested in using these everyday transactions to steal your personal information and use it to commit fraud or theft.

Fraudsters may:

- steal wallets and purses containing your identification, credit and debit cards
  - steal your mail, including your debit and credit card statements, pre-approved credit offers, telephone calling cards and tax information
  - complete a change of address form to divert your mail to another location
  - rummage through your garbage or the garbage of businesses for personal data
  - find personal information in your home
  - use personal information you share on the Internet
- (cont. on next page)

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March is Fraud Prevention Month. Contact us to learn more about the added security of Lock'N'Block™.

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## How You May Be Approached

Many scams begin with spam emails that promote risky investments and often have little accompanying information. You may also get an unsolicited phone call about an investment opportunity. These usually involve high-pressure tactics, like repeat calls or limited-time offers. The business may sound real. The caller might give you an address, a toll-free number or a website that appears legitimate. However, the address may not be that of their company. Also, anyone can build a website these days.

## Preventing Fraud

From email scams to telephone fraud to identity theft, new ways to deceive are constantly emerging. The best way to combat these threats is to stay informed. When it comes to investment scams, if you have a financial plan you're more likely to choose investments that are right for you, not a "no risk, one-time opportunity" offered by a potential fraudster.

- Never give your money to strangers who contact you unexpectedly online or by phone
- Never invest in anything that you don't fully understand
- Take your time making investment decisions
- Never sign documents you have not read carefully
- Sign credit cards when they arrive. Use chip cards
- Protect your PIN and passwords from others
- Review your bank and credit card statements when they arrive

- Safely discard or shred all personal materials
- Perform an annual free credit check from a credit bureau such as Equifax or TransUnion
- Report any theft of personal information to your local police, your financial institution, the credit bureau and any service providers that you use
- Do not install screen sharing or other software on your computer deemed necessary by a caller

## How to Report Fraud

Don't let embarrassment or fear keep you from reporting financial fraud or abuse. Scam artists prey on your fear and count on that to prevent you from notifying authorities of a scam. Every day that you delay reporting fraud is one more day that the fraudster is free to spend your money and target your friends and family as their new victims.

If you think someone has approached you or someone you know with a scam, you should report it. Even if you recognized it as a scam, reporting it could save someone else from losing their life savings. If you think you may have been the victim of a scam involving insurance, investments, direct sellers (e.g., door-to-door sales), real estate agents, or mortgage brokers, you should report it to Financial and Consumer Services Commission of New Brunswick (FCNB). You may make a report to FCNB online at [www.fcnb.ca](http://www.fcnb.ca) or by phone (1-866-933-2222).

*Trisha Leaver, OMISTA's Senior Marketing Manager, has a passion for sharing the credit union difference and empowering New Brunswickers to choose a better way to bank [www.OMISTA.ca](http://www.OMISTA.ca)*




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## **Winter Wildlife in Fundy National Park** *By Kat Hallett*

While some critters hunker down and hibernate for the winter, there are plenty of animals that stay active and brave our cold and snowy New Brunswick winters. With snow blanketing the ground, winter is the perfect time to learn how to track wildlife. The snow lets us easily see what types of animals are present, even when we don't see the animals themselves.

"One of my favourite things about winter is being able to tell who's been where and what they've been up to!" says Neil Vinson, Resource Management Officer at Fundy National Park (FNP). By heading out soon after fresh, light snowfalls, the tracks we find are most likely to have clear detail.

In the Chignecto Recreation Area in FNP, you can often see little "mouse highways," where these little rodents have come above the snow to scamper to their next tunnel. Snowshoe hare are common in FNP, and their hopping motion and bigger hind feet make distinct tracks through the snow. Because they hop with such strength, their hind legs actually overtake their front legs, and their tracks often trick people into thinking they were travelling in the opposite direction. You might also be lucky enough to see a depression in the snow where a white-tailed deer hunkered down to spend the night.

In FNP, coyotes and bobcats are two common yet elusive animals that we don't often get to see, but we know they are present because we see their tracks. Both of these mammals have paws and are around the same size, so how are we supposed to tell them apart? The answer might be



more obvious than you'd expect. Like house cats, bobcats retract their claws while they walk, but coyotes don't have this ability. You will be able to see little depressions from claws in coyote tracks, but the bobcat's tracks won't have these. Another way to distinguish bobcat from coyote is the shape. The bobcat's track will be round, whereas the coyote's track will be oval. Put your new-found tracking skills to use the next time you are out snowshoeing or skiing in FNP!

*Kat Hallett is the Community Engagement Coordinator at the Friends of Fundy/Fundy Guild Inc. The Friends of Fundy work to increase public awareness & enjoyment of the natural and cultural heritage of Fundy National Park & surrounding communities. We work closely with our colleagues in the Albert County Chamber of Commerce & Albert County Tourism Association to promote community engagement and sustainable economic development in the region.*

Image of FNP contributed by Kat Hallett.



### **Sugar Woods Festival at Fundy National Park**

If you are a maple syrup lover, you don't want to miss this new Maple Sugar Experience in Fundy National Park. In partnership with the Friends of Fundy, Wabanaki Tree Spirit Tours will be offering guided hikes through some of the most beautiful sugar maple stands in Fundy National Park. These hikes provide an opportunity to discover the significant connection between maple syrup and New Brunswick's Mi'gmaq and Wolastoqiyik Nations. Taking place the first two weekends of April, you can expect a sweet, maple treat at the Chignecto Pavilion, and stop by local shops for a chance to sample local maple-inspired specials! Find the Fundy Guild Inc. on Facebook for details near the end of March.

# Community Calendar ~ March 2019

## Tuesday, February 26

**OMISTA Credit Union Pop-Up Branch** 9am-4pm. Hillsborough Visitor Information Centre

**Open House with Conservation Groups** 1-4pm. Riverside-Albert Recreation Centre. Open House Drop-In with local and regional conservation groups. Snow date: Feb28. For details, contact: Marc Leger, 382-5796, marc.leger@nbse.ca

**How Can Land Conservation and Trail Development Benefit Albert County Communities?** 6:30-8:30pm. Riverside-Albert Recreation Centre. Join us to discuss that question. Presentations from Nature Conservancy of Canada, Fundy Biosphere Reserve & Regional Service Commission's Trails Coordinator followed by discussion. Snow date: Feb28. For details, contact: Marc Leger, tel:382-5796. marc.leger@nbse.ca

## Wednesday, February 27

\*Shepody Food Bank

**Free Financial Seminar!** 2-5pm Riverside Consolidated School, Computer Lab. Free Interactive Financial Session: Old Age Security vs. Self Security; My Legacy; Protecting my money; Stressful or Peaceful Retirement? Presenters: Melanie Leger & Roger Mazerolle. Sponsored by CCRC and New Horizons for Seniors. All ages are welcome; it is never too early to plan for your "golden years". Info: 882-2573  
\*Hillsborough Kiwanis Bingo

~~Thursday, February 28~~  
**See recurring events p. 17**

**Also, see library events on p. 16**

\*Friends of the Hillsborough Arena-Chase the Ace

\*Country & Gospel Evening

**Music Night with Jim Blewett and Jesse Mea** 7-10pm. Curryville Community Outreach Center. A night of music with local favourite, Jim Blewett, and friend Jesse Mea. They will play instrumental gypsy swing, a combination of American and European swing, along with Beatles tunes. Guaranteed to be a fantastic time. You won't want to miss it! \$10 admission. Chili Bar for \$5; sweets, tea & coffee.

## Friday, March 1

\*Chase the Ace-Riverside-Albert

\*Alma - Weekly Card Games

## Saturday, March 2

**Heartlands Back** 7-10pm. Hillsborough Kiwanis. Drop by for foot stompin' country music.

## Monday, March 4

\*Pickleball

## Tuesday, March 5

**OMISTA Credit Union Pop-Up Branch** 9am-4pm. Hillsborough Visitor Information Centre

## Wednesday, March 6

\*Shepody Food Bank

\*Hillsborough Kiwanis Bingo

## Thursday, March 7

\*Friends of the Hillsborough Arena-Chase the Ace

\*Country & Gospel Music

## Friday, March 8

\*Chase the Ace-Riverside-Albert

\*Alma - Weekly Card Games

## Saturday, March 9

**Seedy Saturday** 11am-4pm. Hillsborough. See page 15.

## Monday, March 11

\*Pickleball

**Community Advisory Committee Meeting** 7-8:30pm. Hillsborough, precise location to be announced. The Community Advisory Committee for the Albert County Community Health Centre is calling for new community members to join the group. The general purpose of the committee is to provide advice to the Health Centre on local primary health care needs and priorities. For details, call Joseph Gallant, Community Developer at 882-3134.

## Wednesday, March 13

\*Shepody Food Bank

\*Hillsborough Kiwanis Bingo

## Thursday, March 14

**HR Workshop - Getting your Business Ready for Success**

8:30am-12pm. Forest Dale Home. Recruitment-Hiring-Retention-HR Best Practices. Join industry leader Michelle Alcorn from R&R Solution. Her team will give key points on how to tackle business challenges. Cost: \$50 for ACTA & Chamber members; \$75 for non-members. Register with Kat Hallett 540-0527 or [k\\_hallett@live.ca](mailto:k_hallett@live.ca)

\*Friends of the Hillsborough Arena-Chase the Ace

\*Country & Gospel Music

## Friday, March 15

\*Chase the Ace-Riverside-Albert

\*Alma - Weekly Card Games

## **Monday, March 18**

\*Pickleball

## **Tuesday, March 19**

### **Annual General Meeting-ACTA**

7-8pm. Riverside-Albert Rec. Centre. Members and potential members of the Albert County Tourism Association are invited.

## **Wednesday, March 20**

### **Mobile Eco-Depot Riverside-**

**Albert** 12-8pm. R-A Rec. Center. The Eco- Depot visits a different community each month. For no fee, residents can dispose of Appliances, Electronic waste, Glass bottles, Household hazardous waste & more. [www.eco360.ca/mobile-eco-depot-program](http://www.eco360.ca/mobile-eco-depot-program)

### **ACTA Workshop: Intro to Marketing Photography**

1-4pm Broadleaf Guest Ranch. Workshop geared towards business owners who use iPhones or simple cameras. A quick overview of camera functions; intro to marketing location-interior and exterior; intro to product photography & how to shoot with minimal cheap and DIY gear. A very hands on workshop with plenty of opportunity to apply what you learn! Led by Nigel Fearon. Cost:\$45 for ACTA & Chamber members; \$60 non- members. Register with Kat Hallett 540-0527 or [k\\_hallett@live.ca](mailto:k_hallett@live.ca)

\*Shepody Food Bank

\*Hillsborough Kiwanis Bingo

## **Thursday, March 21**

### **Mobile Eco-Depot Riverside-Albert**

12-8pm. See Mar.20

\*Friends of the Hillsborough Arena-Chase the Ace

\*Country & Gospel Music

## **Friday, March 22**

\*Chase the Ace-Riverside-Albert

\*Alma - Weekly Card Games

## **Sunday, March 24**

ACTA Workshop: **Intro to Marketing Your Business Online** 1-4pm Riverside-Albert Recreation Centre. This beginner level workshop covers the basics of listing your business online so customers can find you and you are well represented. We go through the top 4 places to list your business online; take you through each site step by step; help you access your business pages & update your info; and discuss tips & tricks to get positive reviews. Register with Kat Hallett 540-0527 or [k\\_hallett@live.ca](mailto:k_hallett@live.ca)

## **Monday, March 25**

\*Pickleball

### **BACH Foundation AGM**

7pm. Community Education Room, Lower Level, Albert County Community Health Centre. Annual General Meeting of the Bennett and Albert County Health Care Foundation Inc. Guest speaker: Kathleen Buchanan, Director, Primary Health Care-Moncton Area, Horizon Health Network. Voting members constitute any-

one who contributed \$20 or more during 2018 calendar year. The general public is welcome & encouraged to attend.

## **Wednesday, March 27**

\*Shepody Food Bank

\*Hillsborough Kiwanis Bingo

## **Thursday, March 28**

\*Friends of the Hillsborough Arena-Chase the Ace

\*Country & Gospel Music

## **Friday, March 29**

\*Chase the Ace-Riverside-Albert

\*Alma - Weekly Card Games

## **Saturday, March 30**

**Pamper You Event** 10am-4pm Hillsborough Kiwanis Hall. Come on out and learn how to spoil yourself! This event will be a great time of getting tips and tricks on how to take time out to recharge because most 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. Free swag bags for 50 people who preregister. Register with Janet Ducommun by Facebook, [ducommunj@yahoo.com](mailto:ducommunj@yahoo.com)

## **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](mailto:k_hallett@live.ca).

## 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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NB. E4H 4W5

## ***Foods of the Fundy Valley's 2nd Annual Seedy Saturday & Garden Expo!***

***Saturday, March 9th, 11am-4pm***

***Hillsborough Farmers Market*** (2807 Main St. Hillsborough)

This will be a fun and educational day, with lots to see and learn with workshops, exhibitors, activities and prizes. Don't forget to bring seeds for the Seed Swap! We have tons of catalogues and hand-outs to give away. It's a perfect chance to pick up seeds and start planning your garden for this coming season.

Here is a sneak peek at the growing line-up of the exhibitors and workshops. For updates, see the event on Facebook.

### **Exhibitors:**

Pumpkin Hill Farm  
Cochrane Family Farm  
Mapple Farm  
Jems Preserves  
Canadian Hemp Creations  
Farmer Browns Greenhouse  
Beewise Beekeeping  
Tansy Lane Herb Farm  
CornHill Nursery  
Fundy Farms: local harvest  
WEPAC  
Ever After Acres  
James Wood Pottery  
Hyp-Bags  
Petitcodiac Watershed Alliance  
Hillsborough Library  
S&K Kreations  
Cedar House  
Fundy Mud Pottery  
*Information provided by Angela MacDougall  
Picture of kale going to seed by Janet Wallace*

### **Workshops:**

**11:15 Container Gardening.** Farmer Browns Greenhouse  
**11:30-1:30 Soup Bar** \$5  
**12:00 Seed Saving:** local seeds and why they matter, Frank Cochrane, Cochrane Family Farm  
**12:45 Soil Health.** Bob Osborne, Cornhill Nursery  
**1:30 Gardens for Bees and Butterflies.** Carole Coleman, Tansy Lane Herb Farm  
**2:15 Growing Great Garlic.** Greg Wingate, Mapple Farms  
**3:00 Growing your own Medicine.** Tatum Andrews, Bear Root Forest  
**3:30 Erosion along Waterbanks.** Petitcodiac Watershed Alliance  
**3:45 Door Prize**



# Hillsborough Public Library ~ March 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.

**After-school Chess Club** (March 6th & 20th, 3:30-4:30pm). Ages 7+. Drop by the library after school to compete in a friendly chess tournament! All skill levels are welcome!

**Arts & Crafts** (March 8, 15 & 22, 3:30-4:30pm). Ages 5+. Show your creative side with fun crafts!

**Community Coffee Hour** (March 13th & 27th, 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!** (March 14th & 28th, 2:15-4:30 pm). Ages 5+. Drop by the library and try out one of our many different building materials to make your best creation! Choose from Mega Blocks, Duplo, Lego, K'nex, Tinker Toys, and Straws & Connectors.

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

## Hillsborough Public Library

734-3722 [Hillsborough.PublicLibrary@gnb.ca](mailto:Hillsborough.PublicLibrary@gnb.ca)

## Special Programs

**Games Day** (March 6th, 10:30-11:30am). Ages 5 & up. A variety of games and fun for all ages!

**Coding With Science East** (Mar. 5, 2-4pm Drop-in). Ages 6+. Learn coding with Science East!

**Crochet Basics** (Mar.16, 2-3:30pm). Ages 19 & up. Learn the basics of crocheting. Hooks and yarn provided. Registration required.

**Resume Help** (March 19 & 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.

## Hillsborough Public Library

2849 Main St, Hillsborough, NB

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



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## 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: Canceled temporarily. See Connecting Albert County calendar for updates.** Hillsborough Baptist Church. For info, call Nettie Steeves 380-2901.

**Friends of the Hillsborough Arena-Chase the Ace. ThurEvery 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.

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**The deadline for the 2019-20 ad year is March 5, 2019.**

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

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

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

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

**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)

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

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

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

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

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