

Connecting Albert County

September 2021



Hearth and Hive. Photo by Rebekah Friesen

COVID-19 Testing

For the latest information on the COVID-19 pandemic and answers to common questions, visit www.gnb.ca/coronavirus. You can register for a test online by clicking "Get Tested" on the webpage above or by calling Tele-Care (just dial 811).

COVID-19 tests are performed at the Albert County Community Health Centre, but the initial contact must be made through either the GNB webpage or 811. **If you use the website, select Riverside-Albert as your location** if you want the test to be done at the Albert County Community Health Centre. Your request will then be forwarded to the location of your choice. Staff will phone and schedule an appointment. You will receive a code to register for MyHealthNB, where you can access your test results online. This is the fastest way to access your COVID-19 test results.

For more information, you can visit the MyHealthNB website at myhealth.gnb.ca or call for tech support at 1-844-462-8387. If you require assistance, please call the Albert County Community Health Centre at 882-3100.

Contributed by the Albert County Community Health Centre.

HIGHLIGHTS:

Election Coverage: Profiles of Federal Candidates

Diversity in the Kitchen: Indian Food

Seasonal and Indian Recipes!

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Connecting Albert County

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Our Mission: Building connections and fostering pride of place and culture in rural Albert County by publishing in print & online.

Connecting Albert County Inc. is a registered non-profit organization.

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ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Rd., Riverside-Albert, NB E4H 3Y7

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

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Harvey Hall quilt raffle

The Harvey Hall quilt raffle was finalized August 1, 2021. The winning ticket (sold by Crooked Creek Convenience) was drawn during the Love Your Covered Bridge celebration by guest speaker Dan Tingley. The winner was Janet Smith from Albert Mines (shown in picture).

We wish to give a big thank-you to all who sold tickets, bought tickets and supported this fundraising effort. A total of \$1200 was raised for the Harvey Hall restoration fund.

Ethel Duffy



Who, what, where: A guide to services, organizations, health programs and community resources in rural Albert County

Connecting Albert County is embarking on a new and exciting project. We will create ***Who, what, where: A guide to services, organizations, health programs and community resources in rural Albert County***.

The directory, created with support from the NB Community Investment Fund, will describe the free community services available in rural Albert County including:

- Non-profit and charitable organizations including groups focused on community well-being, food security, physical activity, community transportation, public gardens, local economic development, environmental protection and more.
- Programs to help seniors and people living with low incomes, such as food banks, community transportation programs involving volunteer drivers, subsidized home care services, access to community computers, etc.
- Support groups for youth and adults (e.g., for mental health issues, addiction).
- Recreational infrastructure, including rinks, pools, parks, boat launches and trails.
- Community centres with examples of the types of activities offered (concerts, meals, meeting venue) with a description of the type of community support (financial, volunteers) they need.
- Health services.

If you would like to be included in our upcoming directory, please email info@ConnectingAlbertCounty.org.

Janet Wallace,
Coordinator/Editor,
Connecting Albert County



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The Beginnings of Hearth & Hive

By Rebekah Friesen

On our second date, my now partner, Jonathan Woodworth, suggested we go foraging for goose tongue greens, and I knew there was much to love about this man. Driving down the 114 to visit him again, I felt a wave of something I can only describe as coming home. The community pastures and dykelands around Riverside-Albert are similar to the landscape I grew up in on the prairies, farming marshland reclaimed from Lake Winnipeg by my Mennonite ancestors.

Jonathan and I soon found we were in a similar place in life, ready for change but not sure what that change would look like. Through our conversations, we discovered a mutual interest in creating space for people to engage with food and how it is grown. It was obvious to both of us that we would do this in Riverside-Albert, a beautiful place that feels on the cusp of a new wave of growth. We started dreaming about what it would look like if we combined Jonathan's love of learning and skills as a carpenter with my knowledge of gardening and baking.



More than 20 years ago, my family started an on-farm artisan bakery in the boondocks of Manitoba when their small-scale farm (by prairie standards) of cereal grains, 3000 laying hens, and 500 hogs became unviable in the new context of corporately-owned farms. Seeing them create something in the middle of nowhere has given Jonathan and me confidence when we think of starting our own business 45 minutes away from the nearest grocery store. The pandemic has also served to galvanize our belief in the path we are on -



Hearth & Hive's mix of gardening, wood-fired baking, beekeeping and glamping accommodations provide an opportunity to connect with simple life on our rural homestead.

In early August, 2021, we opened our farmstand at 51 Forestdale Road in Riverside-Albert. At present, it is stocked with veggies and honey.

Soon we will offer baking and value-added products from our gardens and foraging. This winter, we will offer bread and soup subscription boxes. We get excited when we think of plans for next year: pizza nights and hosting workshops with local facilitators, bringing people together over good food and learning. Come and visit us!

Connecting Albert County invites newcomers to share their stories and plans for life in Albert County. Images on pages 1 and 3 provided by Rebekah Freisen.

2022 CCRC Calendars

Chipoudy Communities Revitalization Committee is happy to announce that their 2022 calendars are now available for \$10 at the following locations:

- Albert County Pharmacy** - 5883 King St., R-A*
- Charlie's General Store** - 4563 Rte. 880, Havelock
- Crooked Creek Convenience** - 5975 King St., R-A
- East Coast Kids Child Care & Learning Centre-Riverside Consolidated School** 90 Water St., R-A
- Falcon Ridge Inn** - 24 Falcon Ridge Dr., Alma
- Fundy's Cape Enrage** - 650 Cape Enrage Rd., Waterside
- Fundy Rocks Motel & Chocolate River Cottages & Restaurant** - 3471 Rte. 114, Edgetts Landing
- Hopewell Rocks Motel & Country Inn** - 4135 Rte. 114, Hopewell Cape
- Oliver's German Bakery** - 2807 Main St., Hillsborough
- Ponderosa Pines Campground** - 4325 Rte. 114, Lower Cape
- Red Roof Restaurant** - 5894 King St., R-A
- Studio on the Marsh** - 255 Mary's Point Rd., Harvey
- West River Camping** - 7359 Rte. 114, West River
- Village of Hillsborough** - 2849 Main St., Unit 1, Hillsborough
- Village of Riverside-Albert** - 5823 King St., R-A

*R-A: Riverside-Albert

Chipoudy Communities Revitalization Committee wishes to express "a big thank-you to all sponsors and photographers!"

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Diversity in the Kitchen: India *By Lalitha Mahadevan*

Hi Albert County friends and residents!

I am so glad and grateful to introduce myself through this food article for *Connecting Albert County*. For the last two years, I have been here, in this beautiful part of the world! I grew up in South India in the city of Chennai in the state of Tamil Nadu. For many years, my husband Dev, who worked as an aircraft maintenance engineer, and I had the opportunity to live in different countries. After moving to Mississauga, Ontario, in 2000, my personal life gave me opportunities to become a computer teacher and to continue teaching the Veena (a South Indian musical instrument).

Now, let's come to food! Right from my teenage years, I had a lot of interest in cooking many different cuisines from different regions of India. I am going to share two of my favourite dishes with you. Enjoy cooking! Lalitha

From the kitchen of Lalitha Mahadevan **Shak Handvo (Baked Vegetable Cake)**

Handvo is a traditional Gujarati savoury cake made with rice, lentils and lots of vegetables, such as bottle gourds, fenugreek leaves and carrots. It is spiced with fresh ginger and green chilies, tempered with mustard seeds, sesame seeds, and dried red chilies. This wholesome dish can be enjoyed as a meal by itself or with a side of pickles or chutney.

"There are many different combinations of ingredients for Handvo. I am introducing the following recipe, which is very simple to prepare and produces a delicious vegetable cake! Shak Handvo can be served warm or at room temperature for breakfast, lunch, a snack or dinner. I love to pair mine with some pickles and ginger tea for breakfast. Shak Handvo can be made ahead and refrigerated for up to a week. I like to cut it into smaller pieces and then reheat each piece for 20-30 seconds in the microwave. Handvo makes for a perfect potluck, picnic or travel food." *Lalitha*

Ingredients

1/2 kg (1.1 lb) mixed vegetables, e.g., peas, onions, French (green) beans, cauliflower, carrots, white bottle gourd or your favourite vegetables
1/2 kg (1.1 lb) potatoes
salt to taste
1 cup milk
1 cup rice flour
4 tbsp chopped coriander (cilantro) leaves
Optional:
ginger (chopped finely)
a few curry leaves
mustard seeds
white sesame seeds
dried whole or flaked red chilies

Directions

Boil the mixed vegetables. Peel, boil and mash the potatoes into a smooth pulp. Add the boiled vegetables to the potato pulp. Then add salt, milk, rice flour and coriander leaves. Mix well.

If you are using the optional ingredients, heat the oil of your choice. Add mustard seeds. Once they start sputtering, add ginger and chopped curry leaves. Turn the heat off. Add sesame seeds and chilies. Add this mixture to the dough and mix well.

Preheat oven to 350F. Prepare a baking pan by greasing all the sides and the bottom. Spread the dough evenly and press it lightly with the heel of your palm.

If desired, sprinkle a little rice flour, bread crumbs or sesame seeds on top of the dough before baking. This will form a brown crust.

The total baking time is 30-45 minutes. Lalitha bakes it for 25 minutes at 350F and then broils it for 5 minutes (which gives it a crispy browned top). Let it cool for 20 minutes, then remove it from the baking pan.

From the kitchen of Lalitha Mahadevan

Easy Baingan Bhartha (Oven-roasted Eggplant Curry)

This easy Baingan Bhartha recipe uses your oven to achieve the smoky flavour of authentic Baingan Bhartha (Smoked eggplant curry). This smoky eggplant curry is popular in Indian and Pakistani (particularly Punjabi) cuisine.

"Since eggplant is a 'warming' food, it pairs really well with cooling side dishes. I almost always serve Baingan Bhartha with yogurt on the side. Since Baingan Bhartha is a 'dry' curry with minimal gravy, it's typically served with naan, roti or other bread." *Lalitha*

Ingredients

- 2 small eggplants*
- 3 tbsp ghee*(unsalted butter)
- 2-3 tbsp canola or grapeseed oil
- 1 tsp cumin seeds
- 2 small onions, finely chopped
- 4 garlic cloves, crushed
- 1/2-inch piece of ginger, crushed
- 2 small tomatoes, finely chopped
- 1/2 tsp salt, or more to taste
- 1 tsp regular or smoked paprika powder*
- 1/2 tsp (or to taste) red chili powder*
- 1/4 tsp turmeric powder*

Optional

- 1 small green chili pepper (e.g., Thai or Serrano), chopped finely
- a few curry leaves (chopped finely)
- 1 to 2 tbsp chopped coriander (cilantro) leaves
- 1 tsp fresh lemon juice

1/2 to 1 tsp (or to taste) garam masala
*Smallish globe-type eggplants about 1 kg or 2.2 lbs in total. Try to choose eggplants that seem light for their size (they have fewer seeds and therefore are less bitter).

*Ghee is similar to clarified butter, where all milk solids are removed, but cooked just a bit longer. Ghee has a slightly more nutty flavour than clarified butter. Ghee is a traditional Indian food. Mix ghee with oil to get the fluidity of the oil and taste of ghee.

*Spices – Too many spices can clutter the remarkable smoky flavour, so Lalitha likes to keep them to a minimum.

Directions

Set oven rack so eggplants will be close to the heat. Using a sharp knife, cut a line from top to bottom of each eggplant on four sides. Use a fork to poke several holes in the eggplants.

Preheat broiler to 550F. Line baking sheet with foil. Roast the eggplants for 30 minutes, turning after 15 minutes. The skin will blacken; the eggplant may burst. Once the eggplant cools (you can place it in a bowl of water to speed this up), peel off the blackened skin. Don't worry if bits of skin remain. Remove stems and coarsely mash the flesh by hand or use the pulse function of a food processor. Set aside.

Heat ghee and oil in a skillet over medium heat. Add cumin seeds. They will start to sputter. Add peppers, curry leaves and onion and sauté for 5-8 minutes until slightly golden. Add garlic and ginger. Sauté 20 seconds. Add tomatoes and cook until they're soft and the oil starts to leave the sides, about 5 minutes. Add water if needed to prevent spices from burning. Add salt, paprika, chili, turmeric and garam masala.

Add mashed eggplant and cook, stirring often, until it is well cooked and becomes mushy like a purée, about 8-10 minutes. Taste and add oil, salt or paprika (for colour) as needed. It has finished cooking when the oil separates from the curried eggplant. After sautéing, if you don't see the oil separate, add another 1-2 tablespoons of oil.

Turn off the heat. Stir in the chopped cilantro. Sprinkle lemon juice over it and serve.

September Harvests *By Angela MacDougall*

September in the garden is a month of bounty. It is also a very busy month for growers - from backyard gardeners to market farmers. It is time to start collecting the abundance before the frost creeps in at month's end and time to put away food for the cold months ahead. September will be the end for sensitive crops like cucumbers, tomatoes and peppers. We will be making pickles, salsas and sauces in order to fully conserve what we have worked so hard to grow.

We love trying all kinds of different salsa recipes. We usually get together with our neighbours a couple of times a year and make nachos. This is more of a create-your-nachos type of thing.

Everyone brings toppings, we make our own individual plates in foil pie plates, top with cheese and then broil on the BBQ or in the oven. This carrot salsa has been a popular choice amongst eaters.

Connecting Albert County's Guide to Healthy Meals project is supported with a Community Food Action Grant from the Province of New Brunswick.

Do you have a favourite recipe to share?

We particularly welcome healthy recipes made with locally available ingredients. Please send your recipe to info@ConnectingAlbertCounty.org.

From the kitchen of Angela MacDougall

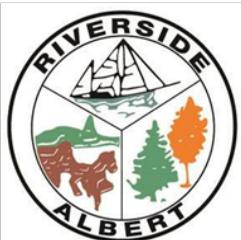
Carrot Salsa

Ingredients

6 cups tomatoes
3 cups carrots
1 1/2 cups cider vinegar
1/2 cup honey
1/2 cup diced onion
1/2 cup chopped jalapeño pepper
1 teaspoon salt
1/2 teaspoon black pepper
1/4 cup chopped cilantro

Directions

Coarsely chop cored tomatoes, grate peeled carrots and finely chop onions and jalapeño peppers. Leave seeds in if you want more heat. Combine all the vegetables in a large saucepan.
Add vinegar and salt. Cook until it thickens, about 1 hour.
Add honey, freshly ground black pepper and chopped cilantro. Cook for another 5 minutes.
Fill jars, wipe rims, apply lids, and screw on bands. Process in water canner for 15 minutes. (If you are new to canning, check out canning books or advice from a reliable website.)



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Connecting Albert County's Guide to Healthy Eating

From the kitchen of Michelle Alcorn **Garlic Coconut Soup**

In September, the curing process of garlic will be done and the bulbs will be ready to put away for the winter. Interest in garlic has risen significantly in the last few years as more people are growing their own food and realizing that garlic grows great in our climate. Check out this interesting, unique and delicious recipe for garlic soup!

Ingredients

1 cup chopped fresh garlic
chives to garnish
1 cup white wine
2 cups chicken broth (stock)
1 400-ml can coconut milk
1 cup cubed potato
salt and pepper to taste
extra virgin olive oil

Directions

Sauté garlic in oil in pot for 5 minutes on medium heat, add white wine, cook for 5 more minutes.

Add chicken broth, potatoes, salt and pepper. Cook 10 minutes and then add the coconut milk. Simmer 5 more minutes until potatoes are fully cooked.

Blend the mixture until smooth. Top with chives and drizzle with extra virgin olive oil.

Enjoy.



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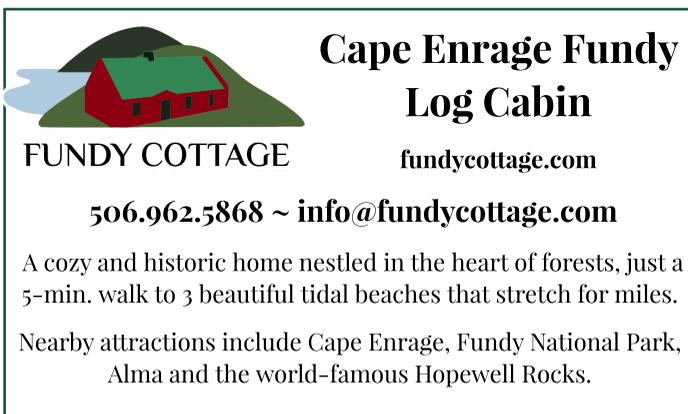


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From the kitchen of Jim Kitts

Fast Liver *(serves 1)*

"This recipe provides an immediate way to get the nutritional benefits of liver when you don't have the time, the groceries, the will or the place to fuss out a regular meal. Maybe you are alone, between cheques, on the move or whatever. In other words, you are burning your candle at both ends and need a short-term rescue," writes Jim.

"As an aside, if you ask around a bit, you can find sources of our local grass-fed beef liver, which often has the best nutritional quality. How's that for your meat budget? If you don't take the whole liver, ask for a dinner-plate-sized lobe. Any liver will do (although I don't enjoy pork liver myself). With a long sharp knife, slice the liver lobe into bacon-sized strips as thin as you can. Freeze serving-sized jumbles in a bag." *Jim Kitts*

Ingredients

Liver
Salt and
pepper
Cornmeal
Oil
Butter
(optional)

Directions

Starting from thawed liver on a dish, pour away the blood-like myoglobin and water. Turn it out onto a couple of paper towels; pat the top dry. Pepper lightly. Thinly sprinkle cornmeal on the top using a teaspoon.

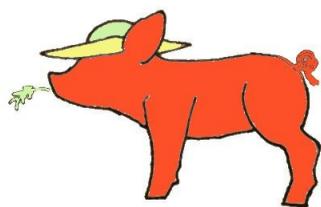
Lay the cornmeal-side down in a preheated, well-oiled frying pan. In about half a minute, move the liver slightly with a fork so nothing sticks to the pan, cook at medium heat for a couple minutes. Lightly salt and pepper the top side as it cooks.

Coat the top with cornmeal and consider the next step. If you are watching your cholesterol, liver is a high source in itself, so simply flip the liver over, wait a moment and then turn the heat off. Let the heat of the pan finish the cooking process. Otherwise, pat a little butter onto each slice of liver, flip it over, and finish cooking.

What are your favourite ways to cook liver? *Send your recipes to info@ConnectingAlbertCounty.org.*

Liver is a nutrient-dense food containing high levels of iron, vitamin A and B, folate and more. Although many people don't appreciate liver, others love it. To reduce the intensity of its flavour, you can soak it in vinegar for 30 minutes to a few hours before cooking. Pat dry before cooking.

I coat it with a bit of flour and lots of paprika (Hungarian semi-sharp paprika is particularly good in this). I sauté onions and mushrooms in olive oil until they are partially cooked, and then add the liver. It takes only a few minutes to cook. Just before I take it off the heat, I add a hearty splash of vinegar (red wine or balsamic). *Janet Wallace*



The Old Church Farmers' Market

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



Hon. Mike Holland Minister MLA-Albert

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Federal Election Coverage 2021

We invited all the candidates we could reach by our deadline to tell us what they would do for the residents of rural Alberta County if elected. Answers are limited to 175 words and published in the order we received them. We also invited candidates to advertise.

Whitney Dykeman, Liberal Party of Canada

If I am elected to work for the people of Fundy Royal, my priorities will include:

Ensuring the people of Fundy Royal have access to reliable, high-speed internet – COVID-19 has shown us that working from home, students studying remotely, and having small businesses reach customers around the world, is possible with reliable high-speed internet. Now more than ever families need to stay in touch making high-speed internet a necessity, not a luxury.

Funding early learning and child-care – ending the “she-cession” by working with the Provincial Government to implement a strategy that will reduce fees for parents to \$10 per day childcare by 2026. This will help drive economic growth making it possible for women to return to work ending the “she-cession.”

Creating jobs and growing the middle class - helping Fundy Royal preserve our lands and oceans by creating a green recovery strategy that will produce good middle-class jobs. Continuing to support businesses in our most affected industries, such as investing \$1 billion for the tourism industry, and establishing a \$15 federal minimum wage.



This is our moment to
change the future
of Fundy Royal
for the better



Whitney Dykeman
FUNDY ROYAL

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Tides of Change for Fundy Royal

Please join us for a virtual evening with the new Liberal candidate for Fundy Royal: Whitney Dykeman along with special guest: Dominic LeBlanc!

The event is Wednesday, September 1st, 2021, at 6:30pm, we welcome you to join us for an evening of politics, policy, and conversation.

For tickets for this event please refer to <https://secure.liberal.ca/event/fundyroyal-leblanc-elx2021>.

[@whitneydykeman](https://twitter.com/whitneydykeman)

[whitneydykeman.liberal.ca](https://www.whitneydykeman.liberal.ca)

Authorized by the official agent for Whitney Dykeman

www.ConnectingAlbertCounty.org ~ 11

Rob Moore, Conservative Party of Canada

I continue to support making life more affordable for Albert County families. Conservative government initiatives like the Universal Child Care Benefit, Seniors Pension Splitting, Children's Sports and Arts Credit, Family Tax Cut and reduced GST were delivered to help Canadians make ends meet.

As your Member of Parliament, I have worked hard to secure federal funding for many Albert County projects including:

- *\$25,000,000 in Federal Funding for the Fundy Trail Parkway completion.
- *Renovation of the Albert County Exhibition Centre.
- *Improvements to the Alma Senior Citizens Club, Albert County Museum and Local Water Services.
- *Hillsborough's drinking water and wastewater infrastructure.
- *Riverside-Albert Agricultural Society funding, water and wastewater upgrades.

A new Conservative Government will Secure Our Economy with a focus on our Rural Ridings by connecting all of Canada to high-speed internet by 2025, federal infrastructure funds for projects in rural areas, ensuring support for rural tourism to Canadians and visitors from around the world.

On September 20th I ask for your support to re-elect me as your Fundy Royal Member of Parliament. Thank You.



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Re-Elect Rob Moore for Fundy Royal

As Member of Parliament, Rob Moore delivered strong results for Albert County including:

- ✓ Funding for the Albert County Exhibition Centre Complete with a New Roof
- ✓ Funding for a New Wharf in Alma
- ✓ Funding to Complete the Fundy Trail
- ✓ Funding for the RB Bennett Museum
- ✓ Funding for Road Upgrades
- ✓ Funding for Major Upgrades to Drinking Water and Wastewater Infrastructure for Hillsborough
- ✓ Funding for New Attractions in Fundy National Park

"I want Fundy Royal to Thrive for Your Family and Mine."

A circular inset photo showing Rob Moore with his wife and four children, all smiling and outdoors in a park-like setting with trees.

Photo used by the official agent for Rob Moore

www.FundyRoyalCPC.ca | 506.435.1960

Josh Floyd, NDP

As Member of Parliament, I would fight to put the issues rural areas face to the forefront. Firstly, alongside the NDP I would work with Canada Post to implement a model of Postal Banking, and work to foster investment in regional economic development agencies. The Covid-19 pandemic has increased phone and internet usage however, many rural areas have connection issues, and slow internet. It would be one of my top priorities to deliver high speed internet and reliable cell phone services while keeping rates affordable for families and businesses.

Another top priority of mine, and the NDP, is to keep our graduates in our rural communities by putting a new tax credit for graduates to work in designated rural communities making it easier for employers to retain employees. Additionally, it is my belief nobody should have to choose between putting food on the table or getting medications. Under the NDP I would work to implement a national Pharmacare program to help the families of Albert County have more money in their pocket.



Wayne Wheeler from the People's Party of Canada is a candidate in Fundy Royal but no contact information was available for him by the time Connecting Albert County went to print/post. At that time, there were no candidates listed for Fundy Royal for the Green Party or the National Citizens Alliance. If we receive submissions after our publication deadline, we will post those at ConnectingAlbertCounty.org/news/Federal-Election-Coverage-2021.

For more information on the election, visit www.elections.ca.

Welcoming the New Community Developer



Horizon's Albert County Community Health Centre wishes to introduce and welcome Amy O'Keefe, SW, as the new Community Developer for Albert County, Petitcodiac and Salisbury areas.

Amy graduated from St. Thomas University's School of Social Work in 2009, after which she spent time working in Newfoundland with the province's Child, Youth & Family Services, followed by a short stint with Social Development in Moncton. After that, she worked in the non-profit sector for several years with a focus on supporting people with disabilities. She has developed a passion for inclusion and accessibility from this work. When she's not advocating, she can be found enjoying local music, or spending time by the ocean with her dog, Biscuit!

Amy will be working from the Albert County Community Health Centre on Thursdays. She is looking forward to getting to know our communities and encourages you to pop in to say hello or contact her to arrange a meeting (call 506-229-2244 or email Amy at Amy.O'Keefe@HorizonNB.ca).

Love Your Covered Bridge Day at Sawmill Creek Bridge

By Dawne McLean

The “Love Your Covered Bridge Day” event hosted by the Albert County Historical Society on Sunday, August 1st, was a well-attended celebration and show of appreciation for the 113-year-old Sawmill Creek Bridge in Hopewell Hill. This followed the NB Department of Transportation and Infrastructure’s major preservation project of replacing the roof on the covered bridge.

The terrific support received from the community and local organizations, as well as from the Association Heritage NB and the Covered Bridge Conservation Association of NB, was greatly appreciated. Fundy Royal MP, Hon. Rob Moore was pleased to attend and offer a few words, as did the invited representatives of organizations and municipalities. Albert MLA, Hon. Mike Holland received



lively music of fiddle and guitar played by the talented young musicians, Sara and James Nelson.

Dawne McLean shared the construction timeline of the bridge contractor, Albert E. Smye, by reading newspaper articles published in the *Albert Journal* in 1907-1908. A highlight of the afternoon was an engaging talk about covered bridges by well known engineer Dr. Dan Tingley, who was born and raised in Albert County. All eyes were focussed on the interior bridge timbers while Dr. Tingley explained the structure of covered bridges and how the truss system works. With years of wood research and engineering skills, he has developed techniques for building and restoring wooden bridges all over the world. Dr. Tingley was pleased to speak at the bridge event “back home,” sharing his passion for wooden structures, as well as some entertaining stories of riding his motorcycle through the Sawmill Creek Bridge!



a hearty thanks for providing a new bridge sign, which will be installed by the roadside entrance. The Riverside-Albert and Alma Volunteer Fire Departments generously brought their mobile canteen to the event to provide greatly appreciated refreshments. Also, S&C’s ice cream was available from their stand located on site.

Sitting “inside” the covered bridge provided a unique experience for everyone to appreciate the impressive timber structure while they enjoyed the

“Love Your Covered Bridge Day” provided a perfect opportunity for the community to come together and celebrate the rich heritage of the place that we are blessed to call home. To describe the day at the bridge, I believe this century-old phrase says it best: “A good time was had by all”!

Dawne McLean is the president of the Albert County Historical Society.

OPINION~Our Forests: No Harm Done, Loss and Love *By Moranda van Geest*

New Brunswick is beautiful. Stunningly beautiful. We are so lucky to live in such natural beauty.

We all know the forest is abundant with wildlife because that's where they find food. Forests are abundant with wildflowers and plants that provide ground cover. People can forage in the woods for edible plants and berries. Roaming in the forest is a great way for you, your children and grandchildren to learn about nature and what it offers to all living creatures.

Regions differ in the types of forest. Much of New Brunswick was once blanketed with a mix of hardwood and softwood trees. This is called the Acadian forest. If you have walked in it, you will never forget its unsurpassed beauty, the diversity of species attracted by the many types of trees, and the blazing mixtures of fall colours. A true gift of Mother Earth.

Who would think that the total eradication of thousands of acres of forest by clearcutting would be considered a benefit? Likewise, why replant with only a single species of trees or feel the need to spray poison to kill the new plants that dare grow among the newly planted trees? Herbicides kill not only the undergrowth but also many other species that call the forest their home.

The new forest is uninhabitable for most forest-dwelling animals. Some of the creatures that lost their habitat try to find food in adjacent uncut woodlots (which are often owned by private individuals).

The sudden influx of homeless creatures can quickly destroy adjacent woodlots. Porcupines will eat the last of the pine trees. If a woodlot that had been surrounded by forest is suddenly standing stark naked and exposed to the elements, a good storm will soon blow it down.

Trees hold water and keep the forest floor cool. Research has shown that clearcutting results in a significant drop in the water table during the summer and



an increased water temperature compared to an uncut forest. No person in their right mind would willingly destroy their own home. We humans are part of the home called Earth. By destroying it, we also destroy ourselves.

The poisons sprayed from planes are said to be harmless. Who is the beneficiary of this practice? A few corporations? And what are these so-called benefits? When will these benefits become obvious? How are these benefits measured? Where can the public obtain this information? It seems the harm done to our environment and the cost of this mistaken notion of continued riches will be far higher in the future. A direct hazard to humans

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might not be obvious. The indirect harm at a later stage will be enormous.

Rachel Carson in *Silent Spring* says it well, "As crude a weapon as the caveman's club, the chemical barrage has been hurled against the fabric of life."

Knowing that we, as tax-paying citizens, are directly responsible for this carnage on the land, makes this even more tragic. Taxpayer money is used by governments to buy the poison, spray the forest for the companies that harvest the wood.

Elected government officials are at the service of the people who elected them. Why are they going against the wishes of the people? Stop spraying, stop clearcutting!

When we complain, we are told we are against the economy. Some are afraid to speak up. Others are muzzled. Newspapers in New Brunswick are owned by one of the forest industry giants. Hence the news of this devastation is limited. It is actually hailed as an accomplishment in forest management.

We all have to stand up together against the destruction and poisoning of the land that impacts all

living creatures on our planet. We have invented a cure for a problem that doesn't even exist.

Fifty years ago the question was: when will the public become sufficiently aware of the facts to demand action?

Now the question is: when will the government become aware that the public demands action?

This is an edited version of the speech Moranda gave to the Standing Committee on Climate Change and Environmental Stewardship on June 25, 2021. Image: Acadian Forest in New Ireland with biologist by Janet Wallace.



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Jeff Jonah—Councillor

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Feeling Better Starts Here

Save Smart, Shop Local.

Effective September 7,

Albert County Pharmacy will be changing its business hours to:

9am to 5:30pm Monday to Friday.

Find our monthly flyer at [Facebook.com/AlbertCountyPharmacy](https://www.facebook.com/AlbertCountyPharmacy)

Thank you for all your support!

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

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Community Calendar

Every Saturday until

Thanksgiving

The Old Church Farmers' Market.

9am-2pm at The Old Village Church (2807 Main St., Hillsborough). Stock up for a week's supply of veggies, meats, breads, cheese, eggs, preserves, baked goods and more. Find locally made gifts.

Wednesday, September 1

Mobile EnviroDepot. Noon-8pm. Kiwanis Club, 47 Legion St., Hillsborough. (See box at right.)

Thursday, September 2

Mobile EnviroDepot. Noon-8pm. Kiwanis Club, 47 Legion St., Hillsborough. (See box at right.)

Saturday, September 4

Rik Reese Kitchen Party. 7-10pm. Live music. Broadleaf Ranch Restaurant. 5526 Route 114. 506-882-2349

Friday, Sept.17- Sunday, Sept.19

Albert County Exhibition.

Riverside-Albert fairgrounds, 5895 King St., Riverside-Albert.

Friday at the Ex, Sept. 17

3pm - **Exhibition opens**

7pm - **Light Horse Show** (Poles, Barrels)

7-9pm - **Bingo** Fundraiser for Riverside-Albert playground

Saturday at the Ex, Sept. 18

8am - **Breakfast**

9am - **Light Horse Show** (Keyhole, Crazy Eight, Skudaho)

10am-7pm - **Inflatable Bouncers**

1:30pm-7pm - **Turkey Dinner** (Adults \$15, Ages 12 & under \$10)

2pm - **Light Horse Show** (Relay, Ribbon, 4 Corner, Dash)

2-4pm - **Sara and James Nelson**

5pm - **Let's Play**, Hay Bale Roll, Wheelbarrow Race, Truck Rodeo

7pm - **Official Opening**

7:30pm - **Justin Bannister and Friends**

7:30pm - **Light Horse Show** (Poles, Barrels)

Sunday at the Ex, Sept. 19

10am-5pm - **Inflatable Bouncers**

11am - **Light Horse Show** (Dollar, Egg and Spoon, Bat)

11am - **Farmers' Market**

12:30-3:30pm - **Turkey or Beef Dinner**

1pm - **Children's Variety Show** (Doll Carriage, Farmer and Farmerette)

2pm - **Horse Pull**

6pm - **Closing time**

Monday, September 20

Federal Election.

Saturday, September 25

World Ghost Hunting Day.

9:30am-5:30pm. Albert County Museum. For details, call 506-734-2003 or email info@albertcountymuseum.com

Wednesday, October 6

Mobile EnviroDepot. Noon-8pm. Riverside-Albert Recreation (Rec.) Centre.

Thursday, October 7

Mobile EnviroDepot. Noon-8pm. Riverside-Albert Rec. Centre.

The Federal Election day is :

Monday, September 20

Advance voting takes place on :

Friday, September 10

Saturday, September 11

Sunday, September 12

Monday, September 13

Mobile Enviro Depot

Residents of Westmorland and Albert Counties are welcome at any Mobile Eco-Depot event, not just the one in their community. The depot alternates between Alma, Riverside-Albert and Hillsborough.

For no fee, residents will be able to visit any Mobile Eco-Depot to dispose of the following (up to a ½ tonne truck and utility trailer load):

- Appliances (limit of 1/type): Fridge, stove, freezer, dryer, BBQ, etc.
- Electronic waste: TVs, computer monitors, hard drives, DVD players, gaming consoles, etc.
- Furniture
- Small household machinery (must be emptied of gas and oil)
- Construction, demolition and renovation waste
- Household Hazardous Waste: Batteries, aerosols, paint, light bulbs, fertilizers, chemicals, CFL bulbs, propane tanks, cooking oil.
- Car/truck tires
- Brush, branches, yard waste, ashes
- Glass, cardboard, paper, metal

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

Residents are asked to sort and separate their loads by material type. eco360.ca/mobile-eco-depot-program

Let the community know about the events you're hosting.

Add events directly to our calendar at ConnectingAlbertCounty.org/calendar

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Foods of the Fundy Valley facebook.com/FoodsOfTheFundyValley

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

Hon. Mike Holland, Minister, MLA-Albert mike.holland@gnb.ca

The Old Church Farmers' Market Facebook.com/The-Old-Church-Farmers-Market-110454250674986

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

Village of Alma villageofalma.ca