

QEII Jubilee Medal Recipients

The **Queen Elizabeth II Platinum Jubilee Medal** is a commemorative medal created to mark the 70th anniversary of Queen Elizabeth II's accession to the throne in 1952. The Platinum Jubilee Medal is a tangible and public way to acknowledge the work and dedication of those who are actively contributing to their province and country. The Medal is being awarded to 3,000 deserving New Brunswickers, ensuring an equitable representation of all regions and all fields of endeavor.

In Canada, six provinces instituted their own Platinum Jubilee Medals: Prince Edward Island, Nova Scotia, New Brunswick, Manitoba, Alberta and Saskatchewan. It is the first time in Canadian history that a royal occasion has been commemorated with provincial medals.

The **Queen Elizabeth II Platinum Jubilee Medal** for New Brunswick was created in 2022 by an Order-in-Council approved by The Honourable Brenda L. Murphy, Lieutenant Governor of New Brunswick, representative of The Queen in the province.

Queen Elizabeth II was the longest reigning monarch in British history and the second-longest reigning monarch in world history, so the Queen Elizabeth II Platinum Jubilee Medal holds a distinct honour.

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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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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.

Subscribe to our free monthly e-magazine (and see past issues) at <u>ConnectingAlbert</u> <u>County.org/e-magazine</u>

> Twitter @CountyAlbert Instagram County.Albert

Like us at <u>www.facebook.com/</u> <u>ConnectingAlbertCounty</u> Several residents of the Albert Riding were recipients of the NB Queen Elizabeth II Platinum Jubilee Medal presented by Hon. Mike Holland, MLA Albert. Each person who received the award has been part of the community in many ways. The award honours the extraordinary contribution they have made to their community, the Province of New Brunswick and the country. The honours, like Her Majesty, show dedication and service to the benefit of others, which are truly remarkable and appreciated by the Honourable Brenda L. Murphy, O.N.B - Lieutenant Governor and Premier Blaine M. Higgs.

The residents include the following people:

- 1. Mrs. Wanda Steeves Elgin
- 2. Mrs. Wanda Jonah Hillsborough
- 3. Mr. Wayne Steeves Lower Coverdale
- 4. Mr. Troy Collins Hillsborough
- 5. Mrs. Shirley Morrissey Salisbury
- 6. Mrs. Reta Carson Lower Coverdale
- 7. Mrs. Kelly Taylor Moncton
- 8. Mr. Kent Steeves Elgin
- 9. Mrs. Linda Hayward (posthumously) Hillsborough
- 10. Mr. Harry Doyle Lower Coverdale
- 11. Mrs. Karen Jackman Hillsborough
- 12. Mr. Jonathan Howe Lower Coverdale
- 13. Mrs. Dawne McLean Shepody
- 14. Mr. David Rossiter Alma
- 15. Mr. Everett Osmond Hopewell Hill
- 16. Mr. Doug Hamer Salisbury
- 17. Mr. David Bannister Colpitts Settlement
- 18. Mrs. Lynda Carey Riverview
- 19. Mrs. Phyllis Sutherland Hopewell Cape (No picture available)
- 20. Mr. Scott Beck Riverview (No picture available)





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Queen Elizabeth II

Platinum Jubilee Medal Recipients



Wanda Steeves Elgin

Wanda Jonah Hillsborough



Wayne Steeves Lower Coverdale



Troy Collins Hillsborough



Shirley Morrissey

Reta Carson Lower Coverdale

Salisbury

Queen Elizabeth II

Platinum Jubilee Medal Recipients







Kelly Taylor Moncton

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Queen Elizabeth II

Platinum Jubilee Medal Recipients



Dawne McLean Shepody

David Rossiter Alma

Everett Osmond Hopewell Hill



Doug Hamer Salisbury





David Bannister Colpitts Settlement

Lynda Carey Riverview

<u>Community Member &</u> <u>Business of the Month Nominations</u>

Do you know a person or business in the communities within Albert County who go above and beyond what is expected of them? Who supports the community whenever the opportunity arises and who is always willing to help people or groups in need? Why not nominate that person or business for some small recognition in print in the new columns in the Connecting Albert County "Community Member of the Month" and "Community Business of the Month." All nominations are being received via email to info@connectingalbertcounty.org. Please include the name and address of the person you are nominating, as well as your own name and address. Also include a description of what makes this person or business special and a pillar in the community. If possible, please include a photo as well. We look forward to hearing from you.

<u>Community Member or Business of the Month</u> <u>~ Nomination</u>

(Email all nominations to info@connectingalbertcounty.org)

Name of Nominee:

Address of Nominee:

Name of Nominator:

Address of Nominator:

Please give a description of what you believe qualifies this person to be recognized as the Community Member of the Month for Albert County. (500-750 words) (*If possible, please include a photo of the person as well.*)



What's Happening at Albert County Community Health Center?

by Jodi Nelson

Did you know you can get your x-rays done here as well as ECG, Halter monitor, iron infusion, therapeutic phlebotomy, IV treatments, staples/stitches removed, dressing changes, have your ears/eyes flushed, etc. Now is the perfect time to book an appointment with our diabetic nurse, dietician, physiotherapist or social worker.

Covid booster clinics are Thursdays for ages 18 years and older and we offer Pfizer Bivalent.

Call Riverside-Albert to book appointments for our Hillsborough Office, open Tues., Wed. & Thursdays from 8:15-11:15am for bloodwork, blood pressure checks and B12 injections. If you need a family doctor, you can register for one by calling 811. If you have any questions, call us at 506-882-3100, and stay tuned for Footloose 2.0.

Donation made to BACH

by Robert Rochon

In a show of gratitude for the unfailing support shown to the Albert County Community Health Centre by the Bennett and Albert County Health Care Foundation, nursing staff held an open house and raffle basket fundraiser on June 3, 2022 at the Center.

Employees donated the proceeds of ticket sales on a gift basket amounting to \$967.30 to the Bennett Foundation to be used in continuing to promote health care services in our communities.

Shown here from left to right are Joseph Gallant, Manager of the ACCH; Bob Rochon, Vice-Chair of the BACH Foundation; Anne Atkinson, RN ACCH, and Mary Woodworth, RN ACCH.



Hon. Mike Holland

Minister

MLA - Albert

1037 Rte 114 Lower Coverdale, NB E1J 1A1 Constituency Office: (506) 856-4961 mike.holland@gnb.ca



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Community Social Worker, Here to Help

by Alicia O'Hara

What exactly does a Community Social Worker do?

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

As a Social Worker at the Albert County Community Health Center, my role is to help you develop a plan to address your needs that honors your personal expertise and values, and focuses on your strengths. There are many different situations in which you might want to meet with a social

Albert County



Funeral Directors 506-734-2780 4130 Route 114, Hopewell Cape www.albertcountyfh.com worker. See below for examples of some (but not all) of the situations in which you might find yourself reaching out for services.

What type of social work services can I expect?

Adjustment to illness or disability:

Adjusting to a new diagnosis can be difficult. I can provide support during this adjustment phase or help you navigate the health and social systems by linking you to other community services such as home care, disability support programs, CPP Disability, etc.

Palliative care:

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

Caregiver burnout:

As a caregiver, you may experience grief, increased responsibility and changes in your role in the home and in other relationships. We can work together to identify your strengths and plan for self-care to prevent burnout. I can also provide information about coping strategies and links to appropriate community partners.

Mental health and addictions:

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

Domestic violence and abuse:

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

Social isolation:

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

Resource issues:

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

Coordinating and navigating:

You may have multiple services being provided through your family doctor, specialists, extra mural, home care, etc. Sometimes this can

feel overwhelming. I am happy to assist you in navigating the health care system, coordinating communication between your health care team and any other services you have in place, organizing family meetings/case conferences, etc.

These are just a few of the many instances in which meeting with a social worker can be helpful. If the type of support you require isn't listed here, no worries! Just call the Albert County Community Health *Center to book an appointment for Social Work* Services to discuss.

How to access Social Work Services at the **Albert County Community Health Center**

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

Do I Have to be a Patient of Horizon's Albert **County Community Health Center?**

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

Yes, I want to help	I would like to contribute a monthly amount of \$ I would like to contribute a one-time gift of \$	to be ded	UCTED ON: 🗖 1ª or 🗖 15 th of the month	
have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre	Name: Address: City/Town: E-mail: I have enclosed a cheque made payable to the Bennett and Albert County Health Care Foundation I prefer to use my: IVISA I MasterCard Card Number:	8 F Tel	Province: Postal Code: Postal Code: Bennett and Albert County Health Care Foundation 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7 Tel 506-882-3100 Fax: 506-882-3101 Donate online at www.bachfoundation.com	
BENNETT & Albert County	Expiry Date (month/year): Signature: Charitable Registration: 869019133 RR0001			

Fundy Curling Club Season in Review

The 2023 curling season at the Fundy Curling Club (FCC) has come to a close and what an absolutely fantastic season it has been. With spring in the air, it is now time to get you caught up on what has been happening at Albert County's one and only curling club and what to look forward to in the future.

January got off to a great start with our 'Get Acquainted Bonspiel'. With lots of new members at the club this season, the event brought new and long term members together for a day of fun filled games and laughs both on and off the ice. Thanks to our local Girl Guides, their leaders and parents for supplying the delicious lunch for the event. At the end of the day, between proceeds from the lunch as well as tips, the FCC was able to contribute \$460 to our local group of Girl Guides.

by Alan Demaline

Our Little Rocks curlers took to the ice on the first Sunday in January and have been slip-sliding away ever since. This enthusiastic group of 17 kids aged 6-12 learned the fundamentals of the game, including rock delivery, sweeping, teamwork and good sportsmanship in a game that can last a lifetime. These eager young curlers are easy to spot around Fundy Albert decked out in their Fundy Curling Club hoodies and maybe, just maybe, yelling at you to Hurry Hard as you cross the street. At the Little Rocks season ending party we were all treated to a great lunch from Chef Steven and a fabulous cake from Wonderful Wacky Waffles. Participation medals and certificates of achievement were presented to all the kids in front of a packed house of community and FCC members who turned out to cheer on our very own Fundy Little Rockers.









Our mixed bonspiel was held the weekend of February 3rd, 4th and 5th, which turned out to be one of the coldest weekends in recent memory. Undeterred by plunging temperatures, 12 teams competed in heated competition in our biggest event of the season to try to come out on top. Great shots, near misses and hard fought games made for exciting on-ice action all weekend. Combine this with fantastic food and cheers to games well played, this was an event to remember. To top it all off, a donation of food in the amount of \$1400 was presented to the Shepody Food Bank on behalf of the curling club during the bonspiel!

February 18th saw a great combination of curling and live music by Fundy Ceilidh at the FCC as part of the February Frolic in Fundy Albert. Who knew you could slide down the ice while grooving to the sounds of this fantastic local band? Thanks to Friends of Fundy for their support in putting on this event.

March came in like a lion in the form of our open bonspiel held on Saturday March 4th. With players from as far away as St. George and Doaktown competing against our hotshot local curlers, it was a one day shootout with nine teams competing for top spot. The FCC was packed with players and spectators all day enjoying this exciting event. Now that April is here and the ice is melting at the club, it is time to look ahead to what comes next at the FCC. Chase the Ace will continue every Friday evening with ticket sales from 5:30 to 7:00 pm and the draw at 7:30 pm. Supper is available most Fridays, so take a break from cooking and enjoy a home cooked meal at the club while catching up with old friends or making new ones. Can't make it to the club on Friday but want a ticket for the draw? No problem, thanks to Lindsay and her awesome staff, you can pick up your Chase the Ace tickets at Crooked Creek Convenience Monday to Thursday!

Building on the success of this past curling season as well as all the incredible community support for the Fundy Curling Club, we are already making plans for next year's curling action. The number of adults curling increased significantly this year so perhaps next season it will be your time to get in on the action and give curling a try. Our Little Rocks curling for kids aged 6-12 has been so successful that next year we hope to add curling for youth aged 13 to 18 to the program. Thanks to everyone for your support and here is to great things to come at the Fundy Curling Club!





Urban/Rural Rides had the opportunity to attend the Symposium on Public and Community Transportation held in Fredericton. The Economic and Social Inclusion Corporation hosted the event to give regional service commissions, municipalities, and transportation service providers an opportunity to begin strategizing for the current and long-term needs for New Brunswickers. The overarching theme coming out of the symposium was collaboration. Let's work together and make good things happen for New Brunswickers!

Urban/Rural Rides is an important part of a complex transportation landscape in the province focussing on the most vulnerable and most isolated. The volunteer drive service provides door-to-door transportation at an affordable price that meets people at their point of need. The primary focus is transportation to medical appointments and, in particular, for seniors.

Let's Talk Transportation! *by Kelly Taylor*

Volunteer drive services are limited to the amount of help they can provide based on the number of volunteers they have and their availability. Therefore, more volunteers are always needed. But also, additional forms of community transportation may be needed to meet all the needs in the area beyond personal car ownership, which is becoming less and less affordable.

If you want to be a part of the solution and help people get where they need to go, reach out to Urban/Rural Rides to find out how you can become a volunteer. A few hours a week or a month can make a big difference in someone's life by helping them access medical services. Call 506-962-3073 or email

<u>urbanruralrides@gmail.com</u> or visit online at <u>urbanruralrides.ca.</u>



Advice For Our Aging Population

from the New Brunswick Senior Citizens Federation

Doctors recommend these 10 easy health tips for seniors to help them live longer and thrive:

1. **Quit smoking.** Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.

2. Keep active. Do something to keep fit each day, something you enjoy that maintains strength, balance, and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

3. Eat well. Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary



changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.

4. Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water; water is calorie-free!

5. Prevent falls. We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

6. Stay up-to-date on immunizations and other health screenings. By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.

7. Prevent skin cancer. As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much sun and ultraviolet rays can cause skin cancer.

8. Get regular dental, vision and hearing check ups. Your teeth and gums will last a lifetime if you care for them properly, which means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.

9. Manage stress. Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.

10. Fan the flame. When it comes to sexual intimacy and aging, age is no reason to limit your sexual enjoyment.Learn about physical changes that come with aging and get suggestions to help you adjust to them, if necessary.





Visit our Community Calendar and add your upcoming event today!!! https://www.connectingalbertcounty.org/calendar.html

<u>Mondays</u>

Pickleball. 7-9:00pm. Riverside-Albert Recreation Centre, 9 Bicentennial Rd. Bring court shoes and refreshments (non-alcoholic). Equipment and instruction available. Suggested donation: \$2. For information, call Jim (506-588-3441) or email: <u>chipoudycrc@gmail.com</u>.

Stitch & Tea Evening. 7-8:30pm. Caledonia High School, 35 School Lane, Hillsborough. Bring a portable project, enjoy some tea and have a chat. Optional: Donation to the school Breakfast Club.

<u>Wednesdays</u>



Pickleball. 7:00-9:00pm. Riversiúe Albert Recreation Centre, 9 Bicentennial Rd. Bring court shoes and refreshments (non-alcoholic). Equipment and instruction available. Suggested donation: \$2. For information, call Jim (506-588-3441) or email: <u>chipoudycrc@gmail.com</u>.

Hillsborough Kiwanis Bingo. 6:30-9:30pm. Doors open at 5 pm. 47 Legion St. Canteen available.



Fridays (excluding April 7)

Chase the Ace – Fundy Curling Club.

5:30-7:30pm. 16 Mill St., Riverside-Albert. Tickets on sale Monday to Thursday (8am-9pm) at Crooked Creek Convenience and on Fridays at the Club from 5:30-7pm prior to the 7:30 draw. Attend in person or watch it live on Facebook @communityrevitalization.

<u>Saturdays</u>

Karaoke Shenanigans. 7-11pm. Ships Landing Bar at the Royal Canadian Legion, 31 Legion St., Hillsborough. Entertainment, 50/50 draw and bar. Cover charge \$5/person.

<u>Saturdays (starting April 22 to June 10)</u>

Dance East Dance Classes. Alma Activity Centre, 8 School St. Ages 4-6 (12:30-1:30pm) and ages 7-10 (1:30-2:30). Dancers will learn a fusion of hip hop, lyrical and jazz. Eight-week session is \$150 per dancer.

Registration:<u>danceastandfriends@gmail.com</u>. Limited financial assistance is available upon request to the Alma Recreation Council:

almarecreationcentre@gmail.com.



Saturday, April 1 and Sunday, April 2

Pancake Breakfast-White's Maple. 8am-noon. 4044 Rte. 910, Shenstone. Full homemade breakfast. Price \$14 each, children 10 years and under \$7 each. Group bookings available. Cash, debit and credit cards accepted. Wheelchair accessible.

Maple products for sale and tours available. Contact <u>whitesmaple@gmail.com</u>.







Taps to Tables – Albert County's Maple Tour.

The tour takes place during Riverview's Maple Festival featuring sugar bush tours, maple breakfasts, maple beverages, dining, and more.

Saturday, April 1

Lumberjack Pancake Breakfast-Broadleaf

Ranch. 8-11:30am. 5526 Rte. 114, Hopewell Hill. All proceeds go to Riverside-Albert Volunteer Firefighters Fund. Price: Donation.

Pancake Breakfast-Farmer Brown's

Greenhouse. 9am-noon. 112 Levy Rd. East, Dawson Settlement. Farm to table breakfast, trails, farm animals. Adults \$15, children \$9 (plus tax). Children 2 years and under are free.

Saturday, April 8

Breakfast-Hillsborough Kiwanis. 8-10am. 47 Legion St. Full breakfast and beverages. Adults \$15 each, children 12 and over \$7 each, children under 12 are free.

Saturday, April 8 and Sunday, April 9

Pancake Breakfast-White's Maple. 8am-noon. 4044 Rte. 910, Shenstone. Full homemade breakfast. Price \$14 each, children 10 years and under \$7 each. Group bookings available. Cash, debit and credit cards accepted. Wheelchair accessible.

Maple products for sale and tours available. Contact whitesmaple@gmail.com.

Wednesday, April 12 and Thursday, April 13

Eco360 Mobile Depot-Fundy Albert

(Hillsborough). Noon-8pm. Kiwanis, 47 Legion St. No fee. Residents can dispose of waste up to ¹/₂ ton truck + utility trailer per day. Material should be bagged, boxed, bundled and ready for easy unloading. For information on acceptable items, refer to www.eco360.ca.

Saturday, April 15

NB Genealogical Society-SE Branch. 2pm. Zoom meeting. Writing for Genealogy Workshop. Learn how to create an outline for your article. "Hook, Lines and Sinker: The Five Lives of My Gramp-Who Will You Choose?" facilitated by Peggy Vasseur (SED-NBGS Officer). To join this meeting, contact nbgsseb@gmail.com.

Monday, May 1

Waterside Community Association Annual General Meeting. 7-8pm. Community Room in the Albert County Community Health Centre, 8 Forestdale Rd., Riverside-Albert. The association's mandate is site preservation of the former Waterside Baptist Church and management of the Waterside Cemetery. Donors who contributed \$25 or more in 2022 will be eligible to vote.



Bibliothèque publique de Hillsborough

Thu 10am -12pm; 1-5pm 10am -12pm; 1-5pm Fri Sat 10am -12pm; 1-5pm

Mar 12h-16h; 17h-19h Mer 10h-12h; 13h-17h Jeu 10h-12h; 13h-17h Ven 10h-12h; 13h-17h Sam 10h-12h; 13h-17h





Wondering how to reach your target audience in Albert County?

Show the community you care and reach locals and visitors by advertising in our monthly mini-magazine, *Connecting Albert County*.

For nine years, Connecting Albert County has provided our community with information on people, places and events in rural Albert County. Every month our publications have a readership of more than 1000 and our website receives thousands of hits.

Hundreds of free print copies of the mini-magazine are distributed each month throughout rural Albert County. Our full-colour digital publication has 550 subscribers and a much greater readership - this includes residents and frequent visitors to the area.

Connecting Albert County is the place to advertise in rural Albert County!

Ad size *	1 year	6 mos.	1 mo.	Flexibility
Non-profit supporter on back cover	\$100	\$70	\$25	Same each month
Business supporter on back cover	\$150	\$95	\$35	Same each month
Business card + link on back cover	\$400	\$250	\$85	Same each month
1/4-page + link on back cover	\$1350	\$800	\$195	Can change monthly
1/2-page + link on back cover	\$1600	\$1200	\$345	Can change monthly
Full page + link on back cover	\$1950	\$1500	\$475	Can change monthly

* Business card: 3.5 x 2 in.; ¼- page: 3.65 x 5 in.; ½- page: 7.25 x 5 in.; Full page: 7.25 x 10 in.

* Advertisers are listed online in the digital publication and on the back cover of each printed issue for the months they advertise. Year-round advertisers are also listed on many pages of our website. Each listing includes a link to the advertiser's website or Facebook page.

Please reserve your space for the 2023-24 advertising year.

We hope you will consider advertising in Connecting Albert County. Email Amanda Rossiter at <u>info@connectingalbertcounty.org</u> or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

Supporters of Connecting Albert County

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

For details about advertising, please see ConnectingAlbertCounty.org/Advertising.

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