# **CONNECTING ALBERT COUNTY** Celebrating rural Albert County Deborah Carr

# THE SHOE TREE

By Deborah Carr

It stands alone in the field, just beyond a pasture gate...a solitary question ■ mark on the landscape. All manner of shoes, boots, sneakers hang from its grey limbs. A crooked signboard, nailed to its lifeless trunk bears the only clue to its purpose. Walk for Hope.

Admit it. We've all stopped to look, to peer, to wonder at this strange tree in the midst of the Shepody marsh. It gains particular ethereal beauty in the low light of morning and early evening and has been photographed countless times by locals and tourists alike. Sometimes bus tours pause so visitors can pour out of the doors and snap memories to take home. And everyone wonders...

I cannot remember when I first noticed the tree, or thought to ask others about it, but I do remember that every inquiry solicited the same shrug of the shoulders. No one knew how it came to be. And yet there was some-

thing intriguing and special about the mystery, about not knowing.

What is its story? Who started it? To find out, read the rest of the story at www.connecting albertcounty.org/culture-heritage/the-shoe-tree ...

Or continue to enjoy the mystery



# **AUGUST 2016**

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#### **Connecting Albert County**

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Connecting Albert County reflects the passion and hard work of many people in rural Albert County, including Joanne Butland, Deborah Carr, Joseph Gallant, Barb Gebuhr, Mindy Holmstrom, Susan Quinn & Janet Wallace (Coordinator & Editor).

We appreciate the support of the Bennett and Albert County Health Care (BACH) Foundation, Albert County Health and Wellness Centre, Forest Dale Home, Village of Hillsborough, and the supporters listed on the back cover.

To donate, submit articles or provide feedback, email us at **info @connectingalbertcounty.org** or send mail to CAC, 5836 King Street, Riverside-Albert, NB E4H 4B9

www.ConnectingAlbertCounty.org

#### **Distribution sites:**

Limited numbers of free copies are available at the following sites:

**Hillsborough:** Scotia Bank, Hillsborough Freshmart, Hillsborough Village Office

Riverside-Albert: Albert County Pharmacy, Crooked Creek Convenience, Forest Dale Home, Albert County Health & Wellness Centre, Riverside-Albert Village Office

**Alma:** Harbour View Market and Restaurant, Fundy General Store, Alma Village Office

Copies are also available at <a href="https://www.connectingalbertcounty.org/">www.connectingalbertcounty.org/</a> newsletter.

## **ALBERT COUNTY HEALTH CARE**

The Albert County Health & Wellness Centre (ACHWC) is based in Riverside-Albert but its services are available throughout rural Albert County. The family doctors and nurse practitioner at the clinic continue to accept new patients. To make an appointment or learn about the services, call 882-3100.

Riverside-Albert: Services include:

- visits with doctors, nurse practitioner, and/or nurses, x-rays,
- physiotherapy,
- blood and specimen collection,
- Healthy Lifestyle, Smoking Cessation and Cardiac Rehabilitation programs
- Well Woman Clinics
- •education for living with diabetes
- nutrition counselling
- •24-hour blood pressure monitor
- •Holter (heart rate) monitor

**Hillsborough**: Lab services are available at the Hillsborough Medical Clinic, in collaboration with Dr. Josée Daigle-Sippley, Tuesdays & Thursdays 8:30-11:30am.

The ACHWC Community Advisory Committee will work with the Health Centre and community partners to move forward with offering additional outreach services to the residents of Hillsborough and surrounding area.

#### CONNECTING ALBERT COUNTY ~ JOIN OUR TEAM

ant to know what is going on in rural Albert County? Check out Connecting Albert County. We celebrate the beauty of rural Albert County: the people, projects and places we love. We discuss the challenges we face as a rural community and explore how people work together to create a more vibrant Albert County.

At <u>ConnectingAlbertCounty.org</u> you can find a community calendar, job listings, news and stories about our culture, heritage, environment, local food producers and businesses. Our monthly newsletter is available in electronic and print versions. Limited numbers of free copies are available throughout the county (see list in the left column). To subscribe and receive copies by email or to download copies of past newsletters, visit our website at <a href="https://www.connectingalbertcounty.org/newsletter">www.connectingalbertcounty.org/newsletter</a>.

We are thankful for the generosity of the Bennett & Albert County Health Care Foundation and our other community supporters (see pp. 8).

# Connecting Albert County is looking for volunteers to join our team.

There are many ways to get involved:

Join our guiding committee (like a board of directors). We meet every 4-8 weeks and communicate by email. the committee guides the team's work.

Write articles for the newsletter and/or website. You can write at your own schedule – an article once a year is fine; a monthly article is even better!

Collect event information. Check out local bulletin boards and groups, and add events to our calendar.

Be a community reporter. Find out what is going on in your community – interesting stories, news or events. We can post the events, your submissions or find another writer to cover it.

*Proofread.* Help us improve our newsletter by catching the mistakes before it goes to print/pdf.

Bring something new to Connecting Albert County. If you have another idea of how you can help, let us know at info@connectingalbertcounty.org.

We look forward to hearing from you,

Janet Wallace

# ABOITEAUX IN ALBERT COUNTY: LANDSCAPE LUMPS

By Susan Quinn

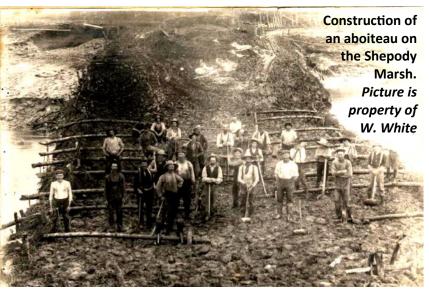
A boiteaux refers to the dyke-and-sluice-gate system, the remains of which you can see on the marshland along the coast in Albert County. Today, you see rich marsh land with ridges (the remains of the dykes) spaced out at regular intervals. The building of the aboiteaux goes back to the Acadians, who built this water management system in the late 1600s to early 1700s.

The powerful tides in the Bay of Fundy gave rise to the development of the dykes and aboiteaux. Now, there is a dam to regulate the tides. Before the dam was built, the tides would flood back. As the tides ebbed and flowed, sediments, rich in organic matter and minerals, were deposited and created marshes. If the tides could be used, and the water desalinated, the area would have rich soil for farming.

The dykes were built higher than the tide level. A sluice box was a hollowed-out log, placed at the bottom of the dyke. At the end of the log were gates or clapper valves. This allowed fresh water to run out of the marsh at low tide. As the tide

boiteaux refers to the dyke-and-sluice-gate system, rose, the gate would close, preventing the salt water the remains of which you can see on the marshland from coming in to the marsh. In this way, the surface salt gets washed away from the soil.

Read more about the ingenious construction of Albert County's Aboiteaux at www.connectingalbertcounty.org/ culture--heritage/aboiteaux-albert-county-marsh-bumps



#### **NEW PLAYGROUNDS AT FUNDY PARK**

There are two new playgrounds at the Chignecto campground in Fundy National Park. These modern and updated playgrounds are components of Parks Canada's efforts to enhance and improve the visitor experience at the park. They replace old and outdated installations and will help make the campground an appealing camping destination for young families. Investments in visitor infrastructure – such as trails, visitor centres and campgrounds – ensure the quality and reliability of visitor facilities and continue to allow Canadians to connect with nature.





#### WEEKLY EVENTS

#### Mondays

#### Free Grocery Trips.

Door-to-door service for residents from Alma to Hillsborough to Hillsborough Fresh Mart. To get a lift, call 875-1190 or email teledriveac@gmail.com.

#### Wellness Walking Walkers.

Join the group at 6:15 at the Old Bank in Riverside-Albert. Duration is up to 90 minutes, or less depending on one's wishes.

#### **Wednesdays**

#### **Shepody Food Bank.**

Open every Wednesday from 1-3pm at the Albert County Health and Wellness Centre in Riverside-Albert. Clients must bring Medicare numbers for every member of their household.

#### Wellness Walking Walkers.

Join the group at 6:15 at the Covered Bridge in Hopewell Hill. Duration is up to 90 minutes, or less depending on how one feels.

#### **Thursdays**

#### Forest Dale Home - Seniors Club.

The club provides a support program to seniors living in the community who would otherwise be unable to participate in community activities. Seniors will participate in activities, be provided with a nutritional snack and have the option of a full course meal at noon for a minimal fee. To apply for this free Respite Care program, contact Amanda Rossiter, Activity Coordinator, at 882-3017 or email Amanda at dayprogram@forestdalehome.ca

Chase The Ace - Friends of the Hillsborough Arena. Fundy Blades Skating Club and Friends of the

Hillsborough Arena hosts 'Chase the Ace' at the Hillsborough Golf Course. From 6pm to 7pm, purchase raffle tickets (3 for \$5.) Draw 7:15pm. You need to be present to win. Proceeds towards upgrades and improvements to the Hillsborough Arena.

#### **Fridays**

**Card parties**. 6:30 pm at the Alma Leisure Centre. Everyone welcome, all ages.

#### Chase the Ace.

6pm-7:30pm. Last ticket sale 7:15 pm. Joint effort of CCRC and Fundy Curling Club to raise money for the ailing ice plant and Lifelong Learning Centre at Riverside Consolidated School. At Fundy Curling Club, Riverside-Albert. 3 tickets for \$5. Light supper available. Call 882-2573, 882-2960, 882-2626.

#### **Saturdays**

#### **Farmers & Crafters Museum**

Market. Foods of the Fundy Valley hosts a farmers and crafters market from 9am -1pm, featuring locally sourced products at the Albert County Museum, Hopewell Cape. Special events are planned throughout the summer.

Note: the farmers' markets in Riverside-Albert and Alma have been cancelled for 2016.

#### Breakfast at the Museum.

Different menu from week to week featuring locally sourced ingredients; 9am-noon at Albert County Museum, Hopewell Cape. Cost: \$7.

#### **Sundays**

#### **Broadleaf Sunday Brunch.**

Aug. 14 and 28 from 10am-2pm. Theme brunches at Broadleaf Guest Ranch.

#### **COMMUNITY CALENDAR**

Friday, July 29-Monday, August 1. **2016 NB ATV Jamboree** 

From July 29th - Aug.1, the Albert County Trail Blazers (club 32) hosts the Jamboree in Hillsborough. Details on FaceBook ACTB ATC Club 32.

Saturday, August 6

**Sounds of Summer Concert Series** 

7:30pm 'Before the Mast' performs at Fundy National Park Amphitheatre. Free with park entry.

Sunday, July 31

#### **Fundy Mawew**

10am-4pm. Visit Fundy National Park for a celebration of New Brunswick's Mi'kmaq Culture.

Monday, August 1

**NB Day Annual Lobster Supper** 

5-8pm. At the Albert County Museum. Market Price (tickets will be available at the door). There is also a chicken option.

Saturday, August 6

#### **Needle Felting Workshop**

10am-1pm. Make your own felted gnome. Cost: \$35. Molly Kool Centre, Alma. Register with katybelshaw@rogers.com

Wednesday, August 10

#### Royalty Tea at the Museum

2pm. Celebrate the Queen's 90th at the Albert County Museum in Hopewell Cape with the Royalty Tea. Advanced tickets only \$15/ person (no tickets at the door)

Saturday, August 13

**Sounds of Summer Concert Series** 

7:30pm. Brent Mason performs at the Fundy National Park Amphitheatre. Free with park entry.

# RISING TIDE FESTIVAL AT FUNDY NATIONAL PARK AUGUST 19-21

Most events are free with park admission. Events marked with an asterisk require tickets or free registration from the Visitors' Centre, campground kiosks and/or by calling 506-887-6000. For details about the festival, including detailed descriptions of the musical acts and workshops, check out <a href="https://www.connectingalbertcounty.org/culture--heritage/-rising-tide-festival">www.connectingalbertcounty.org/culture--heritage/-rising-tide-festival</a>

#### Friday, August 19

# Copper bowl creation workshop\*

2pm. Artist Aidan Stanley helps you form a copper bowl. Cost: \$20.

#### **Molly Kool Kitchen Party\***

8pm. Molly Kool Centre. Like a family -friendly kitchen party from the late 1930s. Fiddling, shanties, local gossip and refreshments.

#### Live music

9pm. Octopus Garden Café, Alma

#### Saturday, August 20

Photography Workshop.\* 10am. Mark Hemmings teaches you how to take better photos on a smart phone.

#### Copper earrings workshop\*

2pm. Learn to make copper earrings with Aidan Stanley. Cost: \$20

#### Music at Fundy Outdoor Theatre.

12:30pm Ian Sherwood

1:40pm Christina Martin

2:50pm Raphaël Butler

4:00pm Earthbound Trio

5:10pm Matt Minglewood

#### Singer Song Writer Circle\*

7pm. Molly Kool Centre. The singersongwriters' circle will bring together Brent Mason who will lead the circle, Christina Martin, Matt Minglewood, and Ian Sherwood.

#### Live music

9pm. Octopus Garden Café, Alma

#### Sunday, August 21

#### **Sunrise Ceremony**

6am. Park Headquarters Lookout (across the Visitor Centre overlooking the Bay). Led by Hubert Francis, drummer extraordinaire and storyteller, a Mi'kmaq from the Elsipogtog First Nation.

#### Copper bowl creation workshop\*

9:30am. Aidan Stanley helps you form a copper bowl. Cost: \$20.

#### Music at Fundy Outdoor Theatre.

12:30pm Sticky Bandits

1:40pm Tomato Tomato

2:50pm Jessica Rhaye Trio

4:00pm Les Hay Babies

#### Live music

9pm. Octopus Garden Café, Alma

# Visit the Connecting Albert County calendar or submit an event at

<u>ConnectingAlbertCounty.org/</u> <u>calendar.html</u>

# COMMUNITY CALENDAR (CONT. FROM PAGE 4)

Sunday, August 14

Thom Swift plays Harvey Hall

7:30pm. \$15 at the door. Canteen available. 29 Mary's Point Road, Harvey

Thursday, August 25

#### **Opening Windows to Our Past**

7:30pm. The Albert County Museum visits the past through Diaries from Albert County. Hopewell Cape.

Saturday August 27

#### **Sounds of Summer Concert Series**

7:30pm. 'Devarrow' performs at the Fundy National Park Amphitheatre. Free with park entry.

Sunday August 27

#### Olympic Symphonium plays Harvey

Hall 7:30pm. \$15 at the door.

Canteen. 29 Mary's Point Rd, Harvey

**Tuesday August 30** 

#### **Back-to-School Fun Fair**

4-7pm. An evening of fun with bouncy castles, face painting, barbecue, games, and a cake walk! This event is sponsored by the local churches. For details, call Marion at 734-1112. At the ball field at the top of Main Street, Hillsborough.

Rain Date: August 31st

#### DID YOU KNOW?

Grindstone Island can be seen if you look out into the Bay from Hopewell Hill, Mary's Point, Harvey, New Horton and surrounding areas. The island once housed several buildings, including a working lighthouse, the light keeper's residence and a wharf. The island also had a quarry which produced fine quality stone. The fog horn was powered by two engines that operated on kerosene oil.

The lighthouse tower, 93 feet above high water, was established in 1854. The light assembly was removed and taken to Saint John in 1985.

## **BACH FOUNDATION GOLF TOURNAMENT**

n June 25th, 2016 sixteen score of 10 under par, 62.

Golfers who participated in the tournament had a chance at two hole -in-one prizes; one for a new Jeep, sponsored by Moncton Chrysler Jeep Dodge and the other, a new CF Moto all terrain vehicle sponsored by Broadview Power Sports.

The charity golf tournament raised a total of \$7,750 which will go toward providing equipment and furnishings for expanded health care services in Hillsborough at the former Hillsborough Baptist Church. The Bennett and Albert County Foundation, in partnership with the Albert County Health and Wellness Centre, has put a considerable emphasis on

The BACH would like to extend its teams of golfers took to the appreciation to the volunteers and Hillsborough Golf Course in the 2nd many sponsors who made the 2nd Annual Bennett and Albert County Annual Charity Golf Tournament pos-Health Care Foundation (BACH) Char-sible. Special thanks to our Gold ity Golf Tournament. The weather Sponsor, Gary Steeves Insurance, was fabulous, the conditions were and Silver Sponsors, Ed's Welding, excellent and participants thoroughly Scotiabank, Atlantic Underground enjoyed themselves. In the end, the Services & Tidewater Physiotherapy team of Tim McNaught, Brandon Inc. The BACH would also like to McNaught, Kyle MacDonald and Jeff thank the many hole and prize spon-Steeves took top honours with a sors who helped make this event a success. They include:

> Allen McWilliams Albert County Funeral Home Albert County Wellness Centre Staff Ashley & Rick Bennett Peterbilt Atlantic **Bob & Kim Rochon Bob Rochon Detailing Broadleaf Guest Ranch Brunswick Limestone Buttercup Cakes & Cookies** Cabela's Chipoudy Communities Revitalization Committee Collins Lobster

Danny & Nancy Jonah Derri Smith State Farm Insurance Downey Home Hardware Hillsborough Golf Course **Fundy National Park** Golf Town Guardian Drugs Riverside-Albert **Harley Tingley** Hillsborough Medical Clinic— Dr. Josée Daigle-Sippley **Hopewell Rocks Motel & Country** Inn Investors Group - Claude Gallant Kelli Stevens - Sunlife Financial **Lounsbury Chevrolet** Ponderosa Pines Campground Riverview Truck Repair Studio on the Marsh Tanya & John Majensky **Terry Morrissey Terry Richardson** Toys for Big Boys Uniselect Village of Hillsborough

Wendy Johnston Pottery

Cooperators Insurance



## PARTNERSHIPS AND GARDENS BLOSSOM IN RIVERSIDE-ALBERT

Community partnership is evident at Forest Dale Home in the community of Riverside-Albert with the non-profit organization Foods of the Fundy Valley.

Monthly, the Community Food Smart "bulk-purchasing produce club" meets at Forest Dale Home to pack bags of fresh fruits and vegetables. The club works to improve food security to the citizens of the Alma, Riverside-Albert, Curryville, Lower Cape, New Horton and Harvey communities, who do not have access to a grocery store. The packing is done by volunteers from the

various communities served, as well as some of the residents living at Forest Dale Home. Many hands make light work! This service provides fresh food to people of all socio-economic levels. Forest Dale is happy to partner, providing a room and the opportunity to share the home with the local community; it is a great social time for everyone.

This spring, Foods of the Fundy Valley and the Shepody Food Bank led the building of the Riverside Community Garden. This project is largely supported by generous grants Shepody Food Bank received

from Food Banks Canada, Community Food Action Grant and the Compass Group. Forest Dale Home, one of the main partners, provided the land and water for the garden, along with much other support. The garden plots are used by local citizens, residents' families, staff and the Shepody Food Bank. Foods of the Fundy Valley with volunteers from the United Way Day of Caring helped establish perennial flower beds, a large rhubarb patch, raised strawberry gardens with easy access for those in wheelchairs and a cucumber trellis which provides shelter from the sun for the seniors. Four groups partnered to provide service.

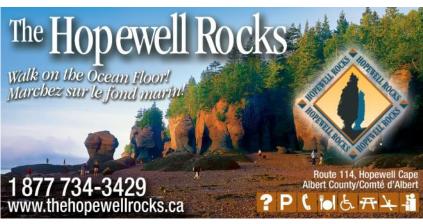
The Foods of the Fundy Valley regularly hosts educational sessions for its members and the general public at Forest Dale Home. Residents enjoy attending the sessions and sharing their knowledge from past experiences. This partnership ensures their experience is retained and shared with the younger generations.

#### SHEPODY RIVER DAYS - 5TH ANNUAL KAYAK RACES

At Shepody River Days in Riverside-Albert in July, competition was strong at the kayak races. In the end, the Broadleaf Broncos won the 5th annual Shepody River Days kayak races. Six teams competed in a bid to raise money for their chosen causes in an exciting day of racing on the Shepody River. Crooked Creek Adventures and the Village of Riverside-Albert would like to thank the racers, their sponsors and the many community volunteers that made this fun possible. We hope to see you all next year!

By Joanne Butland





# **ALMA THANKS VOLUNTEERS**

The Alma Village would like to send a huge "Thank You" to all the volunteers who helped to make this year's Alma Celebration Days such a memorable success.

All the events were attended and enjoyed. Highlights included Karaoke; it appears we may have some undiscovered talent in our town. The dinner theatre, Life in Snake Falls, was amazing. There was lots of chatter on FaceBook - about the most beautiful fireworks thanks to our local Fire Department. The Kids Parade and Duck Race were enjoyed by all. We hope to see everyone join us again next year.

Kirstin Shortt, Mayor of the Village of Alma

# **Supporters of Connecting Albert County**

Connecting Albert County would like to thank the following supporters. Learn how you can support our work at www.connectingalbertcounty.org/supporters.html

# Platinum Support

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

**BACH Vision**: To have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre with the BENNETT & ALBERT COUNTY support of our community and the satisfaction of our donors.

HEALTH CARE FOUNDATION

The funds are used "to enhance the health and wellness of the people served by the Albert County Health and Wellness Centre." The Bennett and Albert County Health Care (BACH) Foundation raises funds to help the Albert County Health and Wellness Centre. BACH has financed the Telehealth and TeleHomeCare programs, as well as purchasing new equipment, including X-ray and digital imaging equipment. The foundation also supports many great community initiatives including Tele-Drive Albert County, Literacy Express, the Imagination Library, spin bikes in classrooms, and Connecting Albert County. <a href="https://www.bachfoundation.com">www.bachfoundation.com</a>

# **Gold Support**

Albert County Pharmacy: locally-owned Guardian pharmacy offering prescription services for over 30 years. Post office, gift ideas, treats, household and personal needs. www.albertcountypharmacy.ca (see pp. 3)

**The Hopewell Rocks:** Enjoy full access to this unique provincial icon for two consecutive days; providing you the flexibility to view both high and low tide. www.thehopewellrocks.ca

**Tele-Drive Albert County Inc.**: The registered charitable organization provides affordable transportation to rural Albert County with door-to-door pick-up service. If you are interested in donating, volunteering or getting a ride, find Tele-Drive on Facebook. call 875-1190 or email teledriveac@gmail.com.

# Silver Support

Albert County Hardware & Cooke's Quik Mart: Hillsborough's Community Hardware Store, established in 2012 and committed to providing outstanding customer service to neighbours and friends. www.facebook.com/AlbertCountyAceHardware

Broadleaf Guest Ranch: Country Style Cabins, Full Service Campground, Ranch Restaurant and Outdoor Adventures including Horseback Riding, Canoeing and Biking. <a href="https://www.broadleafranch.com">www.broadleafranch.com</a>

**Chocolate River Publishing:** Telling our New Brunswick story to our children and the world. www.chocolateriver.ca

**Crooked Creek Convenience:** The place to find gluten-free, celiacsafe foods, fresh coffee, snacks, groceries, along with free books and welcoming smiles. <a href="mailto:crookedcreekconvenience.wordpress.com">crookedcreekconvenience.wordpress.com</a>

Fundy Highlands Motel & Chalets: Cozy rustic chalets and motel efficiency studios. Minutes from Alma, in Fundy National Park, with beautiful views of the bay. www.fundyhighlandchalets.com

Hillsborough Freshmart: Full-variety grocery store with meat, produce and bakery. Store-made sausage, pizza, chicken & popcorn. Open 7 days/week 8am till 9pm Find Hillsborough Freshmart on Facebook

## Bronze Support

**Chipoudy Communities Revitalization Committee (CCRC)** www.facebook.com/

Cinnamon Soul Café & Bakery www.facebook.com/ CinnamonSoulCafe

communityrevitalization

The Maple Monarchists maplemonarchists.weebly.com

Point Park Petro Canada www.facebook.com/ Pointparkpetro

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

**Peter & Sybil Wentzell**