

# THE VALUE OF VOLUNTEERS B

By Janet Wallace

Volunteers are the backbone of our rural community. More than that, they are the heart and soul of rural Albert County. Just think for a moment of how life would be without volunteers. I know our community calendar would be empty. So many of the fun and worthwhile events in rural Albert County – dinners, fairs, celebrations, concerts, breakfasts, farmers markets, craft shows and much more – couldn't happen without the hard work and energy of volunteers.

At schools, volunteers help prepare meals with students, teach children how to garden, cook healthy food with the students, and help students learn to read. In the nursing home, volunteers provide muchneeded social contact for residents and help with activities. Volunteers stack and distribute food at the food bank. The history of Albert County is maintained and shared by volunteers. Most of the organizations that help improve Albert County are run by volunteer board of directors, including Tele-Drive.

In mid-October, I was fortunate enough to attend the 3rd Annual Volunteer Appreciation Lunch for Tele-Drive. The coordinator, Kim Beers, invited me so I could meet the drivers. While eating a great meal prepared by the board of directors, I asked the drivers why they volunteered to take people they didn't know to places such as the doctor's office, hospital, grocery store, hairdresser and food bank.

"It makes you feel so good," said Lynn Beals. The point was echoed by everyone else at the table.

"And, you meet very nice people you might not meet in your own circles," added Phyllis Sanford.

"Meeting some of the seniors gives you a lift," said Lynn. "Some of them are so much fun."

"Tele-Drive provides a valuable contribution to the community," explained Kirsten Shortt, a driver and the current president of Tele-Drive.

The key message was that volunteering is worthwhile; volunteering feels good and can be fun.

#### Inside:

The Value of Volunteers ~1

Hillsborough Library News~ 2

Guiding is Alive & Well in Albert County ~ 3

Community Calendar ~ 4-5

Weekly Events ~ 6

Public Notices ~ 6

View from a Volunteer ~ 7

Albert County's Own Lactation Consultant ~ 8

Chase the Ace ~ 9

Supporters ~ 10

# Want to know what is going on in rural Albert County?

You might be surprised to discover how much is going on from Stoney Creek to Alma, NB. Check out the articles & calendar and subscribe to our monthly e-newsletter at www.ConnectingAlbertCounty.org

#### **Connecting Albert County**

November 2016. Volume 2. No. 10 ISSN 2369-1174/1182 (digital)

Connecting Albert County reflects the passion and hard work of many people in rural Albert County, including Joanne Butland, Deborah Carr, Joseph Gallant, Mindy Holmstrom, Susan Quinn, Jennifer Shelby & 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

#### HILLSBOROUGH LIBRARY NEWS

eet Victoria Stroud. She is settling in to her new position as librarian with the Hillsborough Library and she wants to meet you!

Victoria is originally from Moncton and lives there now. She got her education from Mount Allison and Crandall University, and has worked at a variety of

positions including Moncton Montessori.

Her goal is to increase use of the library by all age groups and has already started to offer new programs, like the Teen Book Club, Lego night and Story Time, among others. She hopes people will see the library as a vibrant place, where children and students can play and learn.

You can find these programs by going into the library, or you can check out the Hillsborough Public Library Facebook page.

Victoria also wants to hear from you! Drop in and see what is happening. Bring your ideas too. If there is a program you would like to see offered or if there is some topic you could present, chat with Victoria.

By Susan Quinn



Victoria Stroud, Librarian

Pic by J.Wallace

#### Hillsborough Library

2849 Main Street, Unit 2 (Village Office Building), Hillsborough 734-3722, Facebook Page: Hillsborough Public Library Hillsborough.publiclibrary@gnb.ca

#### **Hours of Operation**

Tuesday: 10am-12pm; 1pm to 5pm Wednesday: 10am-12pm; 1pm to 5pm Thursday: 1pm-5pm; 6pm to 8pm Friday: 10am-12pm; 1pm to 5pm Saturday: 10am-12pm; 1pm to 5pm Sunday & Monday: Closed The library has a computer that visitors can use for free, printing services for \$0.25 per page and laminating services (for a fee).

Victoria is happy to help people use the Library Catalogue to search for and request books from other libraries.

Information about child, young adult and adult programming will be posted online at Connecting Albert County, on the NB Public Libraries website, Facebook, and available in a monthly events calendar at the library.

## GIRL GUIDING ~ ALIVE &WELL IN ALBERT COUNTY

#### By Joanne Butland and Cheryl Anderson

Girl Guides are known for selling cookies, but did you ever wonder what else do they do? In Albert County they do a lot thanks to the dedication and hard work of both the leaders and guiders. From Sparks through Pathfinders (aged 5-15), the groups meet weekly from mid-September to the first of June.

In July, four girls travelled to Sylvan Lake, Alberta, for an international Girl Guide camp entitled "Guiding Mosaic" where they joined with 2852 participants from 14 different countries and all across Canada. They even got to go to the Calgary Stampede for a day.

Recreation Center bingo. There is an ongoing bottle drive held at one of the leaders' homes where people drop off or call, to have their bottles collected. Recently you may have seen some guiders providing supper for the Chase the Ace Crowd at the Fundy Curling club.

The girls have set their sights

The girls have set their sights towards next summer. For the Brownies, there will be an interprovincial Brownie Camp somewhere in New Brunswick for girls from all over Prince Edward Island and New Brunswick. The Girl Guides are working for the opportunity to attend the international Camp in Smithers, BC, where some 2800 girls will attend. In the past, girls from the Alma-Albert area have been chosen to attend camps in Costa Rica, Scotland, Switzerland and Australia. These amazing opportunities help the girls broaden their horizons and see other places, as well as meet people and make friends from all over of the world.

If you are interested in knowing more about the guiding movement or how to join visit Girl Guides of Canada New Brunswick Council to find a Guiding opportunity near you.



This past winter the guides made crafts, visited the SPCA, did community service, visited Forest Dale residents, hiked, went bowling, had sleepovers, and made exciting plans. Guiding gives the girls opportunities to travel, meet new people, and develop skills and friendships that will last a lifetime.

In the spring, three of the youngest members (Sparks) attended a "Sparks Go Country"-themed camp at Snider Mountain by Sussex for a weekend of pony rides, rock wall climbing, pond dipping, attending a hoe-down, plus a lot more.

In July, one girl from Albert County was the only one chosen from Atlantic Canada to join seven other girls from across Canada to travel to London, England, to attend an international camp.

All this travelling and adventure takes a lot of fundraising. The leaders, parents and girls of the Shepody units are constantly at work. Selling cookies helps but they have ongoing fundraisers; for example, they help the local Lioness group the last Thursday of every month by serving a canteen of goodies at the Albert

#### **Focus Forward**

Starting in February 2017, this 15-week program is directed at improving workplace skills for entry level work and helping to connect those who may feel a sense of disempowerment in the community.

Contact: Catherine Rhyno B.Ed, Focus Forward Facilitator, Cell phone: 609-2574,

email: decorate@bellaliant.net

#### **COMMUNITY CALENDAR**

#### Friday, October 28

#### **Comedy Night at the Kiwanis**

8pm. Canadian Comedy Legend Mike MacDonald gives an evening of laughs at Hillsborough Kiwanis. \$25 tickets at Cookes Quik-mart, Hillsborough Irving, Fords Pharmacy & Hillsborough Kiwanis Centre.

#### Saturday, October 29

#### **Curryville Hunters' Breakfast**

8-10am. It's time for our annual Hunters' Breakfast. Get your Albert County plaid on and come enjoy our breakfast of local eggs and sausages, pancakes, toast and coffee. Curryville Outreach Centre, 786 Albert Mines Rd. Adults \$8, families \$20.

Halloween at the Hillsborough Public Library (10am-5pm) Have some spooktacular fun with your kids for Halloween at the library. Games, healthy snacks, a craft and more!

Happy Halloween Fun Run (10 am) 5KM/8KM Walk or Run. Dress up in your best Halloween costume and have fun! Enjoy the beautiful fall weather & support local community initiatives. Call Rhonda 882-2604. Donations accepted on behalf of Albert Career Development Centre.

#### **Haunted Hike-Fundy National Park**

7pm. Meet at the Visitor Centre. Don't be afraid! Join groups along the Upper Salmon River Trail to encounter spooky characters with stories to share. Guided groups depart every 15 minutes. Dress warmly and bring a flashlight. Donations to the food bank will be accepted.

#### **Halloween Classic Rock Dance**

10pm-2am. Loaded Dice! At the Hillsborough Golf Club, 443 Golf Club Road. Free admission for all.

# Monday, Oct. 31 -Friday, Nov. 4

#### Flu Campaign

9am-5pm. Albert County Health & Wellness Centre. Riverside-Albert. No appointment required.

#### Friday, November 4

Story Time at the Hillsborough Public Library (10:30-11:15am)
Come join us for story time. We will read great books, sing songs & have a great time. For children of all ages.

#### **Christmas & Crafts at Caledonia**

5-9pm (and Sat.) Support the prom with crafts and gifts by local vendors at Caledonia Regional High School.

#### **Zombie Apocalypse Paint Ball**

7-10pm. Join Atlantica Outdoor Recreational Centre with the NB Railway Museum for the Zombie Apocalypse shoot. Tickets at 2847 Main St. Hillsborough \$25 for railroad track car ride & 200 paintballs.

#### Saturday, November 5

# Christmas & Crafts at Caledonia 8:30am-2pm. See description on

Nov. 4. Canteen on site.

#### Minor Hockey - Dinner & Draw

The Hillsborough & District Minor Hockey Association's 3rd Annual Dinner and Draw fundraiser at the Hillsborough Kiwanis Center. Doors open at 6pm. Dinner at 7pm. Buffet Meal by Tim Worden. Tickets \$40. Contact Amy Colpitts, 387-2800, or any HDMHA Board member.

#### **Zombie Apocalypse Paint Ball**

7-10pm. See description on Friday.

#### Monday, November 7

Hillsborough Village Council meeting 6:30pm in the Council Chamber at the Hillsborough Village Office, 2849 Main St, Hillsborough.

#### Wednesday, November 9

#### **Remembrance Day Ceremony**

10:30-11:30am. At the Alma Activity Centre. Lunch will be provided following the ceremony.

#### Thursday, November 10

#### **Remembrance Day Ceremony**

11am-noon. At the Recreation Centre in Riverside-Albert. Lunch will be provided following the service.

#### Cocoa & Chat Teen Book Club

6-7pm. For teens who want to discuss their favourite books. Every 2nd Thursday of the month at the Hillsborough Public Library.

#### Friday, November 11

#### **Remembrance Day Ceremony**

11am-noon. At Caledonia Regional High School, Hillsborough. Lunch to follow.

#### **Remembrance Day Legion Banquet**

5pm at the Hillsborough Kiwanis Centre. The banquet is a roast beef dinner and tickets are \$15pp available through any Legion member or Wanda Jonah at 734-2894

#### Saturday, November 12

Free Guitar Tune-up and Repair Workshop (10am-4pm) Do you have questions about your guitar, need a neck adjustment or intonation set, or need to learn how to change strings? Limited spots available. Contact Victoria at the Hillsborough Public library 734-3722, Victoria.stroud@gnb.ca.

#### Jamboree at the Kiwanis Centre

7pm Join Carol Hawks and friends at the Hillsborough Kiwanis Centre. \$7 at the door.

#### Monday, November 14

**Riverside-Albert Village Council Meeting.** 7-9pm. Regular monthly meeting, open to the public.
Lower level, RA Recreation Centre.

# Alma Village Council Meeting 7-9pm in the Village Office. Everyone welcome.

# Thursday, November 17 Fundy Guild Annual General Meeting 7:30pm at the Alma Leisure Centre. Everyone welcome.

#### **Forest Dale Home Annual Craft Sale**

1-4pm in the Brookside Room. Support local: shop local! Tables are free of charge. Call Mindy at 882-3001 to reserve your table.

### Friday, November 18

Story Time at the Hillsborough Public Library (See Nov. 4)

#### Saturday, November 19

#### **Gospel Music Concert**

7pm. Hillsborough Kiwanis Centre. Music by For the Cross, Moncton, Ereddie & Julie Price, Doaktown, Hazel Bulman, Moncton. Admission: \$7; Proceeds to help Lana Cooke & Lois Snider purchase treats for children at the Kiwanis Centre after the Christmas Parade. Organized by DownHome Gospel Group

#### Sunday, November 20

#### **Christmas Memories Concert**

2-4pm. Join us at the Albert County Museum for an afternoon concert of festive music, singing, dancing, drama and refreshments. Advance Tickets only \$12.50/person.

#### Thursday, November 24

#### **Finding Dory Movie Night**

6pm. A family-friendly movie will be shown at Forest Dale Home. \$2 ad-

mission. Canteen available. Children are to be accompanied by an adult.

#### **LEGO® Night at the Library**

6-7:30pm. At the Hillsborough Public library the last Thursday. The library supplies the blocks and the kids will supply their creativity.

#### Friday, November 25

Waldo Day at the Hillsborough Library! (1-5 pm) No school - No problem! Come join us in the afternoon for some Where's Waldo fun! We have the books, a craft and more.

#### Saturday, November 26

Holiday Recipe Swap Drop off your favorite holiday recipe to the Hillsborough Library on or before Nov. 25 and then join us Nov. 26 (10amnoon, 1-5pm) to select a recipe.

#### **Paint Night - Fundraiser** (7-9pm)

The Shepody Food Bank and the Riverside Consolidated School Breakfast Club are hosting a paint night at the Fundy Curling Club. Sign up by calling 875-7297 or email shawna.butland@gmail.com

#### Tuesday, November 29

Workshop: How to write a grant proposal. 9am to noon at Forest-dale Home in Riverside Albert.
Connecting Albert County hosts the LearnSphere Canada workshop.
After identifying a need in a particular community or an opportunity for a new program, it's essential to find the funds to make those aspirations a reality. A grant-winning proposal is similar to a sales pitch, from capturing the reviewer's attention and demonstrating an understanding of the need, to persuasively presenting a solution.

This hands-on workshop will focus on:

- Conducting a needs analysis.

- Crafting a compelling opening and presenting a solution.
- Developing goals & measurements suited to the funder's interests. Facilitated by Laurie Bourque who has been providing training across New Brunswick since 2003 with his company, Kensington Associates. Cost: \$40 per person (tax included) Register with Mindy Holmstrom at forestdale@nb.aibn.com

#### Friday, Dec 2

Library Story Time (see Nov. 4)

#### Saturday, December 3

#### Annual Christmas Market at RCS 9am-4pm.Chipoudy Communities Revitalization Committee presents the Annual Christmas Market in the

the Annual Christmas Market in the Riverside Consolidated School. 40+ vendors selling art, crafts, delicious treats and loads of gift ideas— something for everyone in every price range. No admission but donation of nonperishables for the Food Bank are welcome. Breakfast and Soup Bar Buffet for lunch. Ground floor is wheelchair accessible at the back of the school. 90 Water St. Riverside-Albert. Details at 882-2573.

#### **Christmas Parade in Hillsborough**

Parade leaves the school parking lot at 6:30pm, down Main St., ending at Steeves St. If you or your organization would like to put a float in the parade, register with Lois Snider at 734-2117 or village office at 734-3733. Floats must be in the school parking lot by 5:45 pm.

#### Monday, December 5

Hillsborough Village Council Meeting. 6:30pm, Council Chamber, 2849 Main St, Hillsborough.

#### Thursday, December 8

Cocoa & Chat Teen Book Club See Nov. 10.

#### **WEEKLY EVENTS**

#### **Mondays**

Free Grocery Trips. Door-to-door service for residents from Alma to Hillsborough to Hillsborough Fresh Mart. If interested in this free service, call 875-1190 or email teledriveac@gmail.com.

#### Tuesdays

**Zumba, Riverside Albert** - Drop-ins welcome. 7:30-8:30pm. Riverside Consolidated School. For details, contact Evelyn Sachs at 882-2831.

#### After School Program.

2-6pm. At Hillsborough Baptist Church, for children in grades K-5. Snacks, arts and crafts, gym play time, a bible lesson and supper. Children are invited to stay through to the Church's Children's program that ends at 7:30pm Registration form at www.newlifemoncton.com. For details, contact New Life Mission (859-4277), the church (734-2379), or Pamela@newlifemoncton.com.

#### Wednesdays

**Shepody Food Bank**. 1-3pm. Albert Cty Health & Wellness Centre, Riverside-Albert. Bring Medicare numbers for all household members.

Little Tigers Sports Camp. Hosted by Riverside-Albert Recreation Council from 5:30 -6:30pm at the RA Rec. Centre Gym. All children grade K-2; cost: \$60. Contact: Mindy Holmstrom 866-9788

#### **Thursdays**

Free Community Playgroup 9:30-11:30am. At Hillsborough Baptist Church open to anyone caring for children 0-6 years. No advance registration needed. Bring indoor shoes & healthy snack. See Hillsborough Playgroup on Facebook.

#### Forest Dale Home - Seniors Club.

A free support program for seniors living in the community who would otherwise be unable to participate in community activities. Contact Amanda Rossiter at 882-3017 or dayprogram@forestdalehome.ca

#### **Thursdays** (cont.)

Chase The Ace - Friends of the Hillsborough Arena. At the Hillsborough Golf Course. From 6pm to 7pm, purchase raffle tickets (3 for \$5.) Draw 7:15pm. You must be present to win. Proceeds towards upgrades and improvements to the Hillsborough Arena.

**Zumba, Riverside Albert** - Drop-ins welcome. 7:30-8:30pm. Check CAC calendar for location. For details, contact Evelyn Sachs at 882-2831.

#### **Fridays**

**Card Parties.** At the Alma Leisure Centre (8 School St.) starting at 6:30. All ages welcome.

#### Chase the Ace (not held Nov.

11). 6pm-7:30pm. Last ticket sale 7:15. Joint effort of CCRC and Fundy Curling Club to raise money for the ice plant & Lifelong Learning Centre at Riverside Consolidated School. At Fundy Curling Club, RA. 3 tickets/\$5. Light supper available. 882-2573, 882-2052, 882-2626.

#### **COMMUNITY CALENDAR**

(cont. from page 5)

Monday, December 12
Riverside-Albert Village Council
Meeting. 7-9pm. Lower level, RA
Recreation Centre.

<u>Thursday, December 15</u> **LEGO at the Library** (see Nov. 24)

Friday, Dec 16
Library Story Time (see Nov. 4)

#### **PUBLIC NOTICES:**

- ~ Complete your **High School Diploma** for free; must be 18 years of age. Take daily classes at the Albert County Health and Wellness Centre in Riverside-Albert. For more information, call 882-1010.
- ~ As of Saturday, Oct. 29, the **recycling depot** on Steeves Street in Hillsborough will only be open one day a week Saturday from 8am to 1:30 pm.
- ~ Foods of the Fundy Valley has its **Community Food Smart** produce bags going out Nov 23rd and Dec 21st. Get your order in by Nov. 16th and Dec. 14th. For those new to the program, this is a bulk-buying produce group where people sign up to buy one or two bags of produce on each month of their choice (cost is 15\$ for average value of 30\$ of produce per bag). Each month members receive 5lbs potatoes, 2lbs carrots, 2lbs onions, bananas, oranges, apples and more. To sign up, contact one of the following: Harbourview Market in Alma; Crooked Creek Convenience, Forest Dale Home, and Albert County Health Center in Riverside Albert; or Carole Coleman with the Curryville Community Outreach Center on Albert Mines Rd Carole can be best reached at 734-3016.

## VIEW FROM A VOLUNTEER By Susan Quinn

Barb Sinclair kindly agreed to chat with Susan Quinn about being a Tele-Drive volunteer.

"I just feel like I'm doing something useful and it's fun," says Barb Sinclair, one of the volunteer drivers with Tele-

Drive.

#### How long have you been a volunteer?

Oh, since the beginning. Perhaps three years.

#### How many trips do you make per month?

Not many. It's certainly not a difficult thing to commit to. I do one or two drives a month, I guess.

#### Who are you driving?

There's a real variety. All ages, and all types of needs.

#### What kinds of trips have you made?

Different drives, for sure. There is one lady who I drive to Hillsborough because she gets her hair cut, does her banking and gets groceries. The last drive I did, I took a student who was working here in Alma to the airport. I've taken people to medical appointments.

#### You don't have to be a senior to get a ride with Tele-Drive?

No, no. It's for anyone who needs a ride.

And if it's a medical appointment? You have to stay in order to drive them back?

Yes, but it's never been a problem.

#### The person who gets a ride: do they pay you?

Tele-Drive will pay me the mileage cost, but that's all.

#### So, you aren't driving to make money?

(Barb laughs). No, not at all!

#### Why do you do this? What do you get out of it?

There are people in our community who need drives. Some people don't have anyone who can drive them around. Others have family, but the family members may have to work during the day and can't drive them. One person is legally blind. I do it because I can help out. It's not a big commitment.

#### Is this is a way for seniors to stay in their own communities a bit longer?

Yes, and I think that's great. If they can get this help by getting drives, then being able to stay in their own homes is what they want. They have comfort in their own surroundings.

#### Are you saying you'll continue volunteering with Tele-Drive?

Yes. It's not a big commitment, I'm helping out and it's fun.



#### ALBERT COUNTY **PHARMACY**

# Guardian

Feeling Better Starts Here

# Save Smart, Shop Local

- Fill your prescriptions at Albert County Pharmacy and get Guardian Rewards.
- Receiving high-priced prescriptions from another pharmacy? Ask us how to keep your business local and get better value. Ask our pharmacist how you can pick up your prescriptions on Saturdays.

#### Meet Chelsea Steeves - Pharmacist

Chelsea is a member of Dalhousie College of Pharmacy's graduating class of 2016. She has a particular interest in mental health, medication management for seniors, and in facilitating access to health services in rural areas of the province.

Chelsea hails from Moncton but her family has lived in Hillsborough for generations. When she isn't busy in the dispensary, she can often be found enjoying the outdoors with activities such as hiking the trails of Fundy National Park, running and skiing.

In addition to dispensing your prescription, you can talk to Chelsea about services such as medication reviews, prescribing for minor ailments including urinary tract infections, cold sores and acne, and administration of injec-

tions. She is happy to answer any medication-related questions you may have and is committed to helping people improve their quality of life.





# ALBERT COUNTY'S OWN LACTATION CONSULTANT by Jennifer Shelby

Are you a new or expectant parent in Albert County struggling with breastfeeding and all the bewildering responsibilities of a new baby? You're not alone! The Albert County Health and Wellness Centre have an International Board Certified Lactation Consultant (IBCLC) on staff that is only a phone call away.



"A lactation consultant is part of the health team that helps moms and babies meet whichever goal they want to reach as far as breastfeeding goes," explains local lactation consultant Marsha Jonah, RN and IBCLC. "Breast milk is living, it protects babies against all kinds of diseases. It has immunity in it. It has living cells in it. Even though it's natural, it doesn't come naturally to everyone. It's a challenge." "It starts prenatally. I can meet with people one on one." Jonah says the size of the local population doesn't support holding breastfeeding classes, but if moms prefer to mix in with the crowd rather than one-on-one, she can connect them to classes in Moncton.

"It's about helping moms do whatever they want to do. If they choose not to breastfeed, as long as they've made an informed decision, we're there for them too." Jonah goes on to say that fathers with concerns and questions should feel free to come and speak with her as well.

After giving birth, most new moms will visit their health-care provider within one to two weeks. "In that time I hope they know that they can call if they need me," she says.

Jonah points out that some normal conditions, like a slight drop in a newborn baby's weight, can be very stressful on a new mom. Likewise, a baby who can't nurse is frightening, but the problem may be something as simple as a stuffy nose. "It's never a waste of time to be reassured that everything is okay or, that a problem will be dealt with. To some parents, a new baby and all the changes that come with it can be a worry. Some carry so much guilt for everything. We don't need that extra guilt."

Some mothers may feel anxious

because



their mothers and grandmothers who didn't breastfeed don't understand what is normal for a breastfeeding baby.

"Moms need to know that it is normal for a baby to be hungry. Breast milk is softer and it digests so much quicker and better [than formula]. Baby will be hungry every two to three hours. Then you have your growth spurts where baby seems to want to eat all the time. Parents just need to know what to expect."

Parents do not need to be regular patients of the Wellness Centre to enlist Jonah's services as a lactation consultant. "Anyone in the catchment area, from Lower Coverdale to Alma, is welcome. If someone is visiting and needs some help, they are welcome to come in. We don't want anyone falling through the cracks."

Jonah worked in the Moncton Hospital for thirty years or so, and in Labour and Delivery from 2000-2008. From there, it was a natural transition for Jonah to become a lactation consultant in Albert County. The Bennett and Albert County Health Care (BACH) Foundation helped cover the costs for Jonah's initial certification in 2011, as well as the costs for re-certification.

"The BACH Foundation supports a lot of education, she says. To meet the requirements, Jonah travelled to The Moncton Hospital to work in the neonatal unit for a year.

When asked if being a lactation consultant is rewarding, Jonah nods and gives a wide smile. "It is, especially if mom has reached her goal."

If you would like to enlist the services of Marsha Jonah, RN and IBCLC, call the Albert County Health and Wellness Centre at 882-3100.

(cont. from p. 1) Tele-Drive recognizes the support of their volunteers by having an annual lunch and providing gifts supplied by local businesses. It made me realize we should all recognize, appreciate and thank the many volunteers who make our community a wonderful place to live.

Tele-Drive is still looking for volunteer drivers, particularly from the Hillsborough area. Volunteers need a basic driver's license and insurance. The volunteers will be called at least 48 hours before a ride is needed and asked if they would like to do it. If so, they pick up the client at the person's house, take the person to their destination. Volunteers may wait with the person, or do errands on their own before taking the person back home. Drivers are reimbursed for \$0.35/km but some decline to accept the funds.

Businesses that contributed gifts to Tele-Drive:

- · Albert County Drug Store,
- Albert County Muffler,
- Alma Boathouse Restaurant,
- Alter Girl Collections,
- Apple Blossom,
- Baymount Outdoor Adventures,
- Brian Townsend Photography,
- Broadleaf Guest Ranch,
- Buttercup Cake & Cookies,
- Cinnamon Soul Café,
- Collins Lobster Shop,
- Creative Imagery (Kevin Snair),
- Curves Riverview,
- Darren Phillips Auto Repair,
- Frank Steeves Repair Shop,
- Gray's Landing,
- Harborview Market,
- Hillsborough FreshMart,
- Hillsborough-Fords Pharmacy,
- Homestead Restaurant,
- Hopewell Rocks,
- Janet Wallace Writing & Photography,
- Octopus Garden Café ,
- Old Time Meat Market,
- Point Park Tire & Auto,
- Rainbow Seeds,
- Snider's Garage,
- Terry's Bakeshop,
- Tidewater Physio,
- Victoriana Homestead,
- Waterside Winery,
- Wendy Johnston Pottery

# CHASE THE ACE IS WORKING FOR YOU! By Barb Gebuhr

A lbert County Communities are already benefitting from revenues generated by popular game of chance. The 'Chiller Barrel' has been ordered, and the Anglophone East School District facilities crew is planning the washroom installation – the money you have raised for your communities is being put to great use! The Fundy Curling Club is moving forward with the repairs and renovations to the club, most especially the ice surface. We can hardly wait to see what a Chiller barrel looks like! More importantly, how it will revitalize the curling experience.

At Riverside Consolidated School, the facilities team are going over plans for an additional washroom and entry on the ground floor (aka the basement). Once this has been constructed, it will be possible to separate the K-5 school from a self-contained Lifelong Learning Center at ground level.

Both Fundy Curling Club and CCRC are beyond thankful for the continued support every Friday night at Chase the Ace in Riverside-Albert. The funds raised help work toward revitalizing the area between Hopewell Cape and Alma. One of our projects is to provide a lifelong learning center in Riverside Consolidated School. We believe the Lifelong Learning Center will play an important role in keeping the school open through a second century and making this an area where people will settle to work, play, attend school, invest, and thrive. The improvements to the Fundy Curling Club provide a great place to curl as well as other social events such as receptions, jamborees, concerts, and of course, Chase the Ace!

People asked "what will happen once someone does pick the Ace of Spades from the deck?" Gloria Kane found out September 23 when her ticket gathered 20% of that evening's sales (\$3318) and also picked the Ace of Spades, for a jackpot of \$52220.11! Three weeks later, Norma Dawn Stuart won a jackpot of \$1372.50, and her ticket earned \$252.

We are confident that the licensing department will quickly approve our second year license, and a new game will begin Nov. 18. Please keep in mind that every community or service club that runs a "Chase the Ace" is bound by the rules outlined in their particular lottery license and no two are the same.

Barb Gebuhr is the secretary of the Chipoudy Communities Revitalization Committee

## **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.



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 vears. Post office, gift ideas, treats, household and personal needs. <a href="www.albertcountypharmacy.ca">www.albertcountypharmacy.ca</a> (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>

**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

Peter & Sybil Wentzell

#### <u>Bronze Support</u>

**Chipoudy Communities Revitalization Committee (CCRC)** 

www.facebook.com/ communityrevitalization

Cinnamon Soul Café &

Bakery www.facebook.com/ CinnamonSoulCafe

The Maple Monarchists

maplemonarchists.weebly.com

Point Park Petro

Canada www.facebook.com/ Pointparkpetro

Village of Riverside-

**Albert:** www.riverside-albert.ca