



To read the following stories, visit

www.ConnectingAlbertCounty.org

Janet Wallace

Shorebirds of Fundy

By Deborah Carr

Moving as if to the sweep of a conductor's baton, they flow off the beach like a tide of liquid mercury, then swoop into the air, a dark ribbon smudge against the August sky. As if on prearranged cue, they bank as one and the flock metamorphoses, revealing the flashing white of ten thousand underbellies caught in the glory of the setting sun. A dance of precision and grace.

Mesmerized, I float motionless in my kayak. Like a mirage, the flock turns toward me, skimming the glassy surface of the bay. As their sheer numbers wash over me, I feel the brush of wings on my upturned cheek....but perhaps it is only the breath of their passing.

Then, just as suddenly, they are gone...and I am adrift alone.

These, then, are the shorebirds of Fundy.

Each year, as the summer sun wanes, perhaps as many as three million of these aerobatic aviators stop at the Bay of Fundy while on migration from Arctic breeding grounds to the southern tip of South America. In Albert County, the main viewing areas are at Mary's Point and the Hopewell Rocks.

Continued at www.connectingalbertcounty.org/wellness--recreation/shorebirds-of-fundy

Molly Kool ~ A Worthy Role Model

By Jenn Shelby

When I was a child, I was fascinated by the sea. The bracing breezes carrying wafts of briny air set my heart racing and filled my mind with adventurous tales of daring deeds, buried treasure and possibilities.

The sea breezes still have the same effect, but having shifted from the role of a child to the role of parent, these days have me scanning the horizon for strong female role models rather than errant pirate ships....

Learn about Molly Kool as role model at www.connectingalbertcounty.org/culture--heritage/molly-kool-a-worthy-role-model

[Born in Alma, Molly Kool became the first licensed female Master Mariner (sea captain) in 1939.]

Related Stories:

Molly Kool Award:

www.connectingalbertcounty.org/culture--heritage/molly-kool-award

Molly Kool Centre:

www.connectingalbertcounty.org/current-news/mool-kool-centre-volunteers-needed



Fundy Fresh ~ A Taste of Fundy

Foods of the Fundy Valley, in conjunction with the Taste of Fundy, is inviting businesses to become part of their most recent local food campaign. The purpose of this campaign is to provide business owners with the means to advertise to consumers that their products are locally produced, and/or made from locally sourced ingredients.

As local food movements are steadily growing across Canada, we in the Fundy region are fortunate to have an abundance of fresh seafood, beef, poultry, dairy, seasonal berries, fruit, vegetables, maple products, wild edibles and other food products. We also have an impressive pool of talented local chefs, butchers and bakers.... Our goal is to transform the Fundy Valley and the Fundy Coast regions into culinary tourist destinations.

We intend to get the word out to the “foodies” of the world that we have a distinctive, fresh, local cuisine that rivals any other culinary destination...

If you are a farmer, fisherman, butcher, baker, bee-keeper, chef, restaurant owner... anyone who produces a local food product, we invite you to display the signature Fundy Fresh logo and participate in our Food Tour. Road signs bearing the distinctive logo will be displayed prominently at strategic locations, complementing your advertising efforts.

To learn more about Fundy Fresh, read the full story at www.connectingalbertcounty.org/local-food/fundy-fresh-a-taste-of-fundy

Looking for work? Looking for workers?

Connecting Albert County connects job seekers with employers, and helps people find skilled and unskilled help, from bookkeeping to bulldozing, rototilling to house-painting.

Connecting Albert County is hosting the Chipoudy Communities Revitalization Committee (CCRC) **Workers & Services Bank**. Visit www.connectingalbertcounty.org/ccrc-workers--services-bank. Click on the type of help you need, and you'll find a list of available workers and their contact information. If you have any questions, comments or concerns, please contact Barb Gebuhr at 882-2573. To have your name listed, please email connectingalbertcounty@gmail.com.

Looking for work? See **job listings** at www.connectingalbertcounty.org/job-opportunities

Looking for workers? Visit the directory of workers and skills at www.connectingalbertcounty.org/ccrc-workers--services-bank or send us a job description and we'll post it at www.connectingalbertcounty.org/job-opportunities.

Miss an event?

Learn what happened at www.ConnectingAlbertCounty.org

Albert County Garden Tour: www.connectingalbertcounty.org/wellness--recreation/garden-tour-a-success

Shepody Days: www.connectingalbertcounty.org/living-in-albert-county/shepody-days-a-real-community-collaboration

Alma Celebration Days: www.connectingalbertcounty.org/culture--heritage/alma-celebration-days

Quilt Show: www.connectingalbertcounty.org/culture--heritage/quilt-show-and-sale-at-the-albert-county-museum

Atlantic Nationals: www.connectingalbertcounty.org/wellness--recreation/atlantic-nationals-in-hillsborough

Shepody Days Kayak Races: www.connectingalbertcounty.org/wellness--recreation/2015-shepody-days-kayak-races

Various events: www.connectingalbertcounty.org/current-news/-albert-county-is-buzzing-with-activity

Canadian Mental Health Association of NB is back in Albert County

The Canadian Mental Health Association of New Brunswick (CMHA of NB) is now back in rural Albert County. CMHA of NB has amalgamated to become one loud and strong voice for New Brunswickers on their journey to wellness.

CMHA of NB provides many services. They can:

- ◆ provide presentations on topics of wellness and illness at no cost in your place of business or in general in your community.
- ◆ facilitate self-help groups on various topics such as self-esteem and depression
- ◆ facilitate workshops, such as 'Kids Have Stress Too'
- ◆ be a resource and an advocate for you or your loved one.

To contact your CMHA of NB representative, call Denise Miller (852-3270) or email denise.miller@gnb.ca or to see when she will be at the Albert County Health and Wellness Centre or check www.ConnectingAlbertCounty.org/calendar

Conflict Prevention and Resolution Workshop on August 26th

Conflict can arise in any group situation. Being on a local committee, part of a church group or in an organization are some of the situations where people could get into conflict with each other.

In this workshop, participants will learn how to try to prevent conflicts from cropping up, understand why conflicts develop, and work out ways to deal effectively with conflict.

Held at the Forest Dale Nursing Home (5836 King St, Riverside-Albert) from 9am to 4pm and led by Wendy Keats, LearnSphere.

Cost is \$60 per participant; lunch is provided. Register (by Aug. 19) online at learnsphere.ca/nonprofit/?page_id=30 or by contacting Forest Dale Nursing Home at 882-3001 or by email at forestdale@nb.aibn.com

Albert County Attractions

Albert County is rich in natural and cultural attractions. Visit www.connectingalbertcounty.org/attractions.html to learn about these. Feel free to suggest other attractions or provide details for the ones listed. You can about where to go and what to do by browsing through our website. You'll the following.

Mountain biking in Albert County

By Susan Quinn

"It's the best-kept secret. Mountain biking in Albert County rocks." I overheard this while getting a part at a bike store in Moncton. Two guys, who looked to be in their late 20's, were chatting behind me.



Since I live in Riverside-Albert, I'm sort of familiar with the trails around the village. But I decided to do some scouting around to see what the area had to offer. What I found were trails to suit all skill levels.

Read the full story at

www.connectingalbertcounty.org/wellness--recreation/mountain-biking-heaven-in-albert-county

A Walk in Time - historical walk

Join us on Sunday August 23, 2015 at 1:30 for a walk in time down Maple Street in Riverside Albert. This street used to be alive with industry and residents back in the late 1800s. Led by resident and local historian Beulah Morrissey, this one-block walk will educate and entertain you. In 90 minutes, Beulah will share stories about the life along this street. You will also see pictures from those days and at the end you will be able to refresh with a free drink of punch.

Park in the parking lot beside the old pub at 5707 King Street. The walk will start in McClelan park across the road.

There is no fee or registration needed. Just bring your interest in history and comfortable shoes (and an umbrella, if needed!). Voluntary donations to Albert County Tele-Drive will be gratefully received.

For details, call Beulah at 882-2275 or Susan at 882-1121.

Upcoming Events (see weekly events on next page)

Event information was submitted by community groups. To post an event on [our calendar](#) or submit information for our next e-bulletin, please visit www.ConnectingAlbertCounty.org

Sat, Aug 15, **Sounds of Summer Concert Series**
7:30-8:30pm. Tyler Hach Band rock/singer songwriter.
Outdoor Theatre at Fundy National Park.

Sun-Mon, Aug 16-17, **Maritime Orienteering Festival and Canadian Championships**
A two-day event in the White Rock Recreation area in Hillsborough (on Golf Club Road) and the Hopewell Rocks, attracting more than 250 people from North America, Europe and Australia. Orienteering is a sport that involves finding your way around the countryside using a map and compass to navigate. It's like a car rally on foot. Some events are open to the public.
See www.connectingalbertcounty.org/wellness--recreation/2015-maritime-orienteering-festival-and-canadian-championships-coming-to-albert-county

Sun-Thurs, Aug.16-20. **Riverside-Albert Daily Vacation Bible School 2015**
The Fundy Youth Team is excited to bring to you POWER LAB Daily Vacation Bible School. Each evening from Sunday to Thursday, we will have DVBS at the Riverside-Albert Rec Centre from 6-8pm for kids going into kindergarten to grade 5. We will be doing cool science experiments, awesome games, eating tasty treats, and learning crazy lessons about Jesus! Don't miss out on the fun!
For info, call Lauren Tingley 874-3174 or fundyyouth2015@gmail.com.

Fri-Sun, Aug 21-23, **Rising Tide Festival**
Celebrate the 6th Rising Tide Festival at Fundy National Park. Each year we bring together musicians, artists and community in this extraordinary setting. Join us for the weekend to enjoy one of the best East Coast summer festivals. See www.pc.gc.ca/eng/pn-np/nb/fundy/activ/special/festival.aspx

Aug. 22. **Beekeeping workshop**
1:30-4:30pm. Discovering the world inside the beehive. Opening and managing your hive throughout the year. Instructors: Mary and Fletcher Colpitts. Hosted by Foods of the Fundy Valley at Liptay Farm (4396 Route 114, Hopewell Cape). Cost:\$30 with light refreshments provided. To register, email ffvworkshops@gmail.com or call 734-1908 (Raindate: Aug.29)

Sat, Aug 22. **Gospel Music Evening**
7:00-9:30pm. Gospel Music at Hillsborough Kiwanis Center featuring: Heather Morton (the whistler) from Rexton, Pat & Dale Tingley, Darlene Douthwright, Bev Stevens & Linda Black, Roy Steeves, Charlie O'Hara, Jim McLaughlin, Garth Lutes, Norval Steeves, Darrell MacAulay, Admission \$7, Proceeds for The Breakfast Program at Caledonia Regional High & Hillsborough Elementary. Organized by DownHome Gospel Music Group

Sun, Aug. 23. **A Walk in Time - historical walk**
1:30-3pm. Join us for a walk in time down Maple Street in Riverside Albert. Details on page 3.

Wed, Aug 26. **Conflict Prevention & Resolution**
9am-4pm. See details on page 3. Register by Aug. 19.

Fri, Aug 28, **Mystery Box Talks**
7:30-9:30 pm. Treasures from the Vault of the Albert County Museum. What's in the box? We don't know!

Tue, Sep 1, **Back to School Fun Fair**
4-7pm. Join us at the ball field on Main Street in Hillsborough for an evening of fun! There will be bouncy castles, face painting, games, and a barbeque. This event is sponsored by the local churches. For details, call Marion at 734-1112. Rain Date: Sept.2

Sat, Sept 5. **Sounds of Summer Concert Series**
4:30pm. Don Coleman Band rock/country/bluegrass music in the Outdoor Theatre at Fundy National Park

Wed, Sep 9, **Mental Wellness Drop-in**
10am-2pm. Drop in to learn more about mental wellness from the Canadian Mental Health Association of NB at Albert County Health and Wellness Centre.

Sat, Sep 12, **Fundy Open Golf Tournament**
65th Annual Fundy Open Golf Tournament. Fundy National Park. Everyone welcome. Registration fee \$90

Thu-Sun, Sep 17-20, **Albert County Exhibition**
The 102nd offering of this family friendly event, which showcases Albert County culture and heritage. Join us in Riverside-Albert for what is sure to be an incredible event. For details, email albfair@hotmail.com.

Thu, Sep 17, **Albert County Exhibition Queen Pageant**
Activities begin at 1:30pm at the Riverside-Albert Recreation Centre with Crowning Ceremony at fair grounds at 8:15pm. Queen Pageant is limited to 12 contestants. To enter, call Dawne McLean at 734-3105 or email dawnemcl@nb.sympatico.ca

Sun, Sep 20, **Antique Road Show**
2pm-4pm. Have your antiques appraised by our local experts at the Albert County Museum. This fundraising event always proves to be most interesting and even entertaining. \$5 per item or 3 for \$10

Fri, Sep 25, **Mystery Box Talks**
7:30-9:30 pm. Treasures from the Vault of the Albert County Museum. What's in the box? We don't know!

Wed, Sep 30, **Mental Wellness Drop-in**
10am-2pm. Drop-in—Canadian Mental Health Association of NB at Albert County Health and Wellness Centre.

Subscribe to our monthly e-bulletin to receive a copy of this newsletter by email.

Subscribe at www.ConnectingAlbertCounty.org

Weekly events

Mondays. GET in motion Group Walking
6:15pm. Join us at Sawmill Creek Bridge, Hopewell Hill (off Route 114) for a group walk. You decide... how far, how long! All welcome! Contact Cynthia Stevens 882-3100/ cynthia.stevens@horizonnb.ca.

Wednesdays. Yoga Class
5:30-6:45pm. Taught by certified Yoga and Pilates instructor, and Registered Massage Therapist, Sasha Rooney. The session is for 10 wks. 10 weeks for \$100 or 5 classes for \$65 (to be used within the session purchased) and \$15 for drop-in. Please bring your own mat. For details, contact 872-0403.

Wednesdays. GET in motion Group Walking.
6pm. Join us at the Olde Bank in Riverside-Albert for a group walk. You decide... how far, how long! All welcome! Contact: Cynthia Stevens 882-3100/ cynthia.stevens@horizonnb.ca.

Thursdays. Ladies Night Paddle.
6:30-8:30pm. Join Crooked Creek Adventures every Thursday at the creek (5790 King St., Riverside-Albert) for a guided 2-hour ladies paddle. Staff will be on-site to give instruction to any first timers! www.crookedcreekadventures.com

Thursdays, Music Night
7pm. The Rocky Cape Band with Charlie O'Hara, Willis McKinley, Dale Terris, Tom Gould, Darrell McAulay, Dave Smith and Jerry Richard hosts a country & gospel music night at the Lower Cape Community Center, 4480 Rte 114 including an open mic where anyone wishing to sing or play an instrument is welcome. Canteen available.

Saturdays. Albert County Museum Farmer's Market & Breakfast
9am-1pm. The Museum Market is held at the Albert County Museum in Hopewell Cape. Vendors are set up among the museum's exhibits of farm equipment and tools from our past. Local foods and crafts grown, harvested and made here in Albert County.

Delicious breakfast made with local ingredients, served in the Community Hall from 9am-noon. Home-cooked pizza made with all local ingredients and baked in the outdoor cob oven from 11am-1pm. Personal sized pizza \$7 by Foods of the Fundy Valley.

Saturdays. Community Breakfast and Market
9am-1pm. At the ACE Fairgrounds in Riverside-Albert, enjoy a delicious breakfast cooked by Albert County non-profit groups, and then visit the vendors and pick up fresh vegetables, baked goods, eggs, honey, maple syrup, crafts and lots more!

Sundays, Alma Market
9am-2pm. The Alma Market is held at the Vista Ridge Barn, in partnership with Foods of the Fundy Valley. Local foods and crafts, including eggs, meat, Fundy Fresh seasonal produce.

Stop in for breakfast and savour Chris' delicious Belgian Waffles, made in the authentic, traditional way, with yeast. Served with locally made sausages from AnC meats, and local maple syrup!

Visit the [Connecting Albert County community calendar](http://www.connectingalbertcounty.org/calendar.html) or submit an event at www.connectingalbertcounty.org/calendar.html

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

We thank the Albert County Health & Wellness Centre, Forest Dale Home and our regional community partners, United Way Greater Moncton SENB and Joanna Brown (Westmorland-Albert Community Inclusion Network) for their support.



Want to support Connecting Albert County?

Help us share the news, announce events and celebrate the wonders of Albert County. Our website has received more than 1000 hits a day and we have hundreds of e-bulletin subscribers.

Connecting Albert County welcomes support from businesses and individuals. Supporters will be listed in upcoming issues of the electronic and print bulletins and posted on our website.

See www.connectingalbertcounty.org/supporters.html or contact us at connectingalbertcounty@gmail.com

Supporters of Connecting Albert County

We thank the following for their generous support.

Gold Support

Collin's Lobster Shop. www.facebook.com/collinslobster

Crooked Creek Adventures. www.CrookedCreekAdventures.com

Ponderosa Pines. www.PonderosaPines.ca

Bronze Support

5702King New Brunswick Art and Craft. www.5702king.ca

Fundy Highlands Motel & Chalets. www.fundyhighlands.com

Jeff MacDougall, SouthEastern Mutual Insurance. www.semutual.nb.ca/staff/jeff-macdougall

Jennifer McKenzie, NDP candidate for Fundy Royal. jennifermckenzie.ndp.ca

Omista Credit Union. www.omista.com