

Connecting Albert County

September 2017



Picture by Deborah Carr

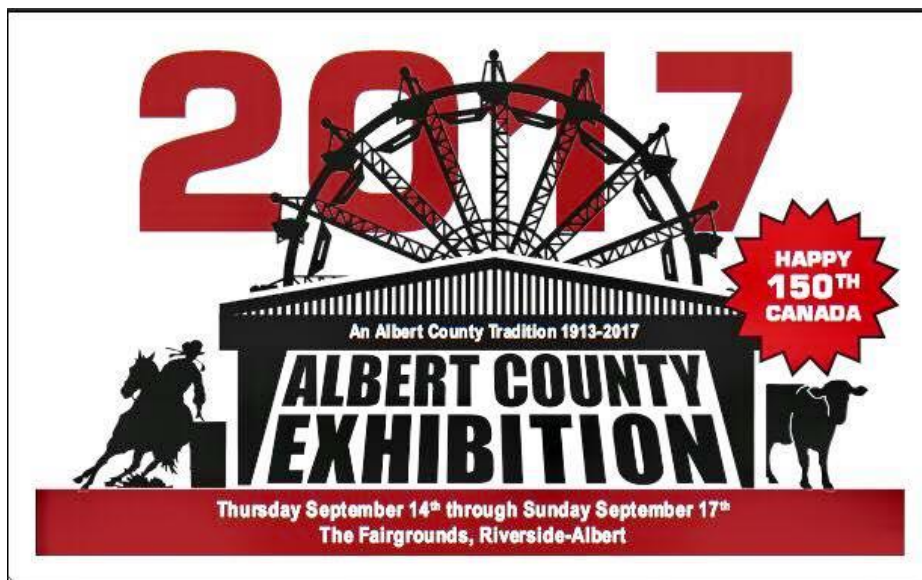
Albert County Exhibition

The Albert County Exhibition is coming up!

The 2017 exhibition will be held from September 14th to 17th on the Albert County Exhibition Grounds in the heart of Riverside-Albert. This is the 104th exhibition! Come out to celebrate our agricultural heritage. Meet old friends and see young people engaged in the community.

The Ex offers a chance to see Heart 'n' Hooves trick riders, teams of draft horses, ox pulls and 4-H projects. Or you can come for the music, meals and great company.

A summary of the schedule can be found on page 10. The full program can be found at www.albertcountyexhibition.com.



Keep in Touch

Sign up (for free) to receive this publication by email ten times a year. In your email inbox, you will receive a link to the pdf. See past issues and subscribe at www.connectingalbertcounty.org/newsletter.

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Connecting Albert County

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Our Mission: To connect rural Albert County through online and print communication.

Connecting Albert County

reflects the passion and hard work of many people in Albert County including Lisa Brown, Joanne Butland, Deborah Carr, Joseph Gallant, Mindy Holmstrom, Kate Merlin, Susan Quinn, Catherine Rhyno, Victoria Stroud & Janet Wallace (Coordinator/Editor).

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

Distribution sites:

Limited numbers of free copies are available at the following:

Hillsborough: Scotia Bank, Hillsborough Freshmart, Village Office

Hopewell Cape: Albert County Museum

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

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

Copies are also available at www.connectingalbertcounty.org/newsletter

The opinions in our newsletter and website do not necessarily reflect the views and opinions of the individuals who make up Connecting Albert County.

Albert County Lives: Writing our Stories

Have you stared at a blank sheet of paper, thinking you'd like to write some of your memories and stories, but are simply unsure where or how to begin? Or maybe you have been writing or journaling for awhile, but feel you need some encouragement.

Join local author Deborah Carr for eight weeks of Creative Writing instruction and practice at Forest Dale Home. This is the second time Forest Dale Home has offered this opportunity. Read about the spring 2017 series at www.connectingalbertcounty.org/culture--heritage/writing-about-life.

You'll learn practical methods to help you explore and write about your life experiences, but you'll also practice fun and surprising techniques to break out of old habits, deepen and widen your writing, generate new uses for tired words, and transform the blah to the brilliant. This series is designed to educate, inspire and motivate.

"I'm really enjoying it and the way it brings back memories from my childhood that I can leave for my grandchildren. It makes me think about things in a different way than I usually do." Garda Clark, previous participant.



We meet weekly for a 3-hour session that includes a variety of creative writing exercises, instruction, socializing, and a light nutritious lunch provided by dietitians and staff at Forest Dale Home.

You'll make new friends, have fun, enjoy a meal, and—best of all—learn that each one of us has a creative soul and a fascinating story to tell.

Whether you're a beginner or you've been writing for awhile, we all need inspiration on occasion. Participation is limited, so register early.

When: Tuesdays, 10am-1pm (Sept 26-Nov 14)

Forest Dale Home, Riverside-Albert. Transportation provided by Teledrive and/or Forest Dale Home if required.

Cost: Free. The series is sponsored by Forest Dale Home and supported by the New Horizons for Seniors program.

What are you waiting for? To register, call Mindy at 882-3015 or send an email to her at office@forestdalehome.ca.

[A gift of colour from Gary Steeves Insurance](#)

Connecting Albert County would like to thank Gary Steeves Insurance for their generous contribution of printing colour copies of our newsletter.

What can a dietitian do for you?

Between what we hear on TV and read in the news or the internet, healthy eating can become very confusing—but it doesn't have to be. Registered dietitians can help you navigate through nutrition information and provide sound, safe and personalized nutrition advice.

Who are dietitians?

Registered dietitians are health professionals who have a university degree from an accredited university program and hundreds of hours of supervised training. They are regulated nutrition health professionals, meaning they are accountable to a regulatory body and have to keep their skills up-to-date. They use the best available scientific evidence to provide guidance and recommendations to clients or communities according to their unique values and circumstances.

Picture (left) of Jill Thibodeau at the Albert County Health and Wellness Centre.



JW

What can a dietitian do for you?

Help manage chronic disease: If you have chronic illness such as diabetes, heart disease, high blood pressure, cancer or kidney disease, a dietitian can help you manage these diseases by tailoring a healthy eating plan that is right for you.

Provide guidance for navigating food allergies, sensitivities and intolerances: Managing food allergies, sensitivities and intolerances can be very challenging. A dietitian can help you ensure your diet remains nutritionally adequate even if you have to restrict certain foods.

Nutrition guidance for expectant and breastfeeding women: Expecting and breastfeeding moms may have particular nutritional needs during this exciting time. A dietitian can help guide you through healthy food choices.

Continued on page 4

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“Dietitian” from p. 3

Feeding your baby or toddler:

A dietitian may also be able to help with ensuring your baby or toddler is getting all the nutrition he or she needs. Whether you are raising vegetarian child or have a picky eater, dietitians can guide you with sound advice and practical ideas for providing optimum nutrition for the growth and well-being of your little ones.

Menu planning for busy families, physically active lifestyles and budget-conscious individuals:

Whatever your nutritional needs are, a dietitian can help you make sound decisions around healthy eating tailored to your needs.

A dietitian can also help you make food fun and interesting by providing meal, snack and recipe ideas for all tastes, appetites and occasions!

Dietitian services are available at Horizon’s Albert County Health and Wellness Centre and at the Hillsborough Horizon Health Office. You can call the health centre at 882-3100 for more information.

By Dietitian Jill Thibodeau, MSc, RD, CDE.

The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services provided by the Albert County Health and Wellness Centre including equipment and staff education.

www.bachfoundation.com

Tip for Healthy School Lunches

School lunches can be a headache for many of us at this time of the year. But remember, by sending a lunch from home with your child daily, you can ensure your child is getting healthy, well-balanced meals and snacks every day.

When making your child’s lunch, be sure to include foods from all four food groups!

Get your kids involved with grocery shopping and making their school lunches!

You can access Canada’s food guide at: www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html

An example of a lunch that includes all four food groups: Tuna or egg salad on whole grain wrap, raw veggies, banana, yogurt with water to drink. Include snacks such as nut-free trail mix, homemade mini oat-meal muffins, and whole wheat crackers with cheese string (or animal crackers).

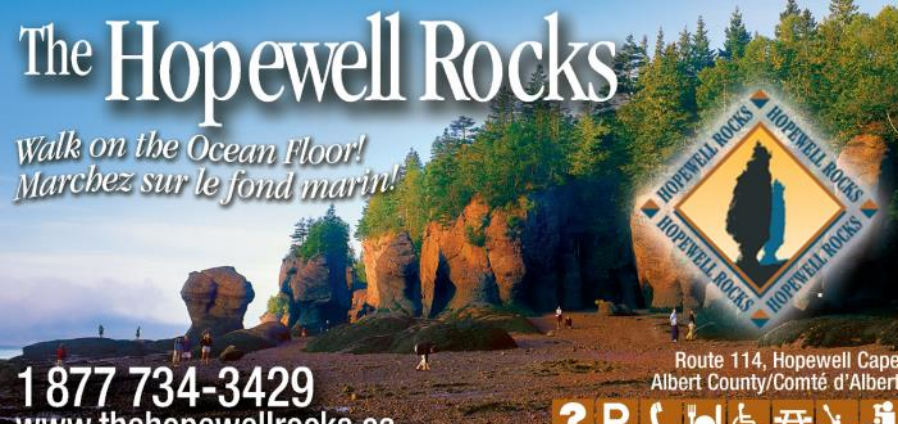
You can get more information and ideas for school lunches by visiting: www.eatrightontario.ca/en/Articles/School-Health/Articles/Packing-Healthy-School-Lunches-and-Snacks-FAQs.aspx



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Herbicide Spraying in New Brunswick

by Deborah Carr

Every year roughly 13-15,000 hectares of New Brunswick's Crown lands are sprayed with herbicides. Spraying takes place in clear-cut plantations that have been replanted with the softwood seedlings desired by the forestry industry. The purpose is to kill hardwood saplings—maples, birch, beech pin-cherry and poplar—and other grasses and weeds that compete with new plantings. Reducing the competition for light and water allows the plantation trees to grow faster.

Spraying usually takes place in August and September, and it lasts about 40 days. Glyphosate is the most commonly used herbicide—favoured by commercial agriculture—and is the key ingredient in Roundup, the most commonly used weed killer in the world. It can be toxic to fish, frogs, and other aquatic animals. Glyphosate products are most commonly sprayed by air, but in some cases can also be

applied using trucks on the ground. Wind drift is a concern for aerial spraying; it is difficult to control how far the application may spread on currents, or what water sources it may enter.

Glyphosate kills all broad-leaf plants it comes in contact with, including rare orchids, wildflowers, berries and other valuable plants that are food for many types of insects and wildlife. Diversity is essential for maintaining a healthy forest ecosystem.

New Brunswick uses more glyphosate than any other province except Ontario, and 30% of all forests sprayed with herbicide in Canada are in our province. The practice is destroying our valuable Acadian

Forest, a unique ecosystem listed as one of six endangered forests in North America.

According to a 2015 report by Auditor General Kim MacPherson, New Brunswick has lost about \$7-\$10 million dollars annually on its Crown forest resource between 2009 and 2014, largely due to this silviculture program. She noted there is no evidence of any return or value to New Brunswickers as a result of this spending.

New Brunswick is the only province with a publicly-funded chemical spray program in its public forest. Nova Scotia no

New Brunswick taxpayers fund this program at a cost of roughly \$1,000 per hectare.



Clearcut. Image by Deborah Carr.

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longer funds herbicide spraying and has stopped its use on crown lands; PEI is pursuing Forest Stewardship Council certification for its public forest, which discourages herbicide spraying. Quebec banned herbicide spraying in 2001, citing potential health issues, habitat destruction and the job creation benefits of mechanical thinning.

Health Concerns

In 2015, the International Centre for Research on Cancer, a branch of the World Health Organization, classified glyphosate as probably carcinogenic. This year, California added glyphosate to its list of potentially cancer-causing chemicals.

Camp/cottage owners in spray areas have reported being advised to stay away from their property on the day of application. Areas that are to be, or have been, sprayed are typically posted with signage warning not to eat the berries, however, there are no such warnings for the animals and birds. A concerned citizen in the Miramichi area recently photographed a moose browsing on a plantation that had just been sprayed earlier in the day.

While Health Canada considers glyphosate safe if used in accordance with label instructions, a growing body of scientific research is raising serious concerns.

An article in the National Observer notes, "Studies done in France, the US, Brazil and Argentina have also linked the herbicide (glyphosate) to cancer, birth defects in frogs, and damage to human embryo and rat testicles." A former research sci-



entist with Agriculture Canada is quoted in the article as saying, "This fantasy that it does not affect animals—it's completely contradicted."

Recent studies showed that 99.6% of the German population has glyphosate in their system. Swedish scientists have found that exposure to glyphosate is a risk factor for the development of non-Hodgkin lymphoma. Glyphosate, which is toxic to many beneficial organisms including earthworms, also harms a wide range of microbes responsible for mineral uptake in soil. Glyphosate is retained and can be transported in soils, and in regions with long winters, this can have cumulative effects on the health and biology of the soil.

How spraying impacts deer

After a long, often hard, winter, deer search out the tender new shoots of young saplings, their main summer food source. NB's annual herbicide spray program removes enough of these saplings to feed approximately 26,000 deer per year. Some biologists believe this reduction in

food and habitat has affected New Brunswick's deer population, which is crashing; deer harvest dropped from 31,205 in 1985 to 4,378 in 2015. In Quebec, where the herbicide is banned, deer harvest tripled from 1985 to 2015. While the deer population is very visible, there has been little research on the impacts on other wildlife.

Citizen Concerns

Citizens are very concerned, particularly those in rural areas where the spraying takes place. In the previous ten years, four petitions have been submitted to the Province of NB to ban spraying in our forests. Petition Number Five was delivered on May 18, 2016, with over 13,000 names of New Brunswickers who want the province to stop spraying public forests with glyphosate. To date, over 27,000 have signed an ongoing petition.

They are calling on the government to invoke the Precautionary Principle, which implies governments have a social responsibility to protect the public or environment from exposure

to harm when science shows plausible risk. It states that when the health of humans and the environment are at stake, it isn't necessary to wait for scientific certainty to take protective action, and so residents are asking for a moratorium on spraying herbicides, such as glyphosate, until an independent commission is able to determine its safety.

What you can do:

- Check the map showing areas proposed to be sprayed at geonb.snb.ca/herbicide/
- Learn more at www.conservationcouncil.ca and www.stopsprayingnb.ca
- Join the [Stop Spraying New Brunswick Facebook page](#),
- Write your MLA & Minister of Natural Resources. NB Environmental Network provides a tip sheet at: bit.ly/2vXr1JS

Deborah Carr is a freelance writer, conservationist and a member of Water and Environmental Protection for Albert County.

There will be a meeting about proposed herbicide spraying in New Horton. Tues, Aug. 29, 6:30pm, New Horton Baptist Church, 1006 Rte 915. For details, call Betty Weston 882-2719.

Ghosts (cont. from above)

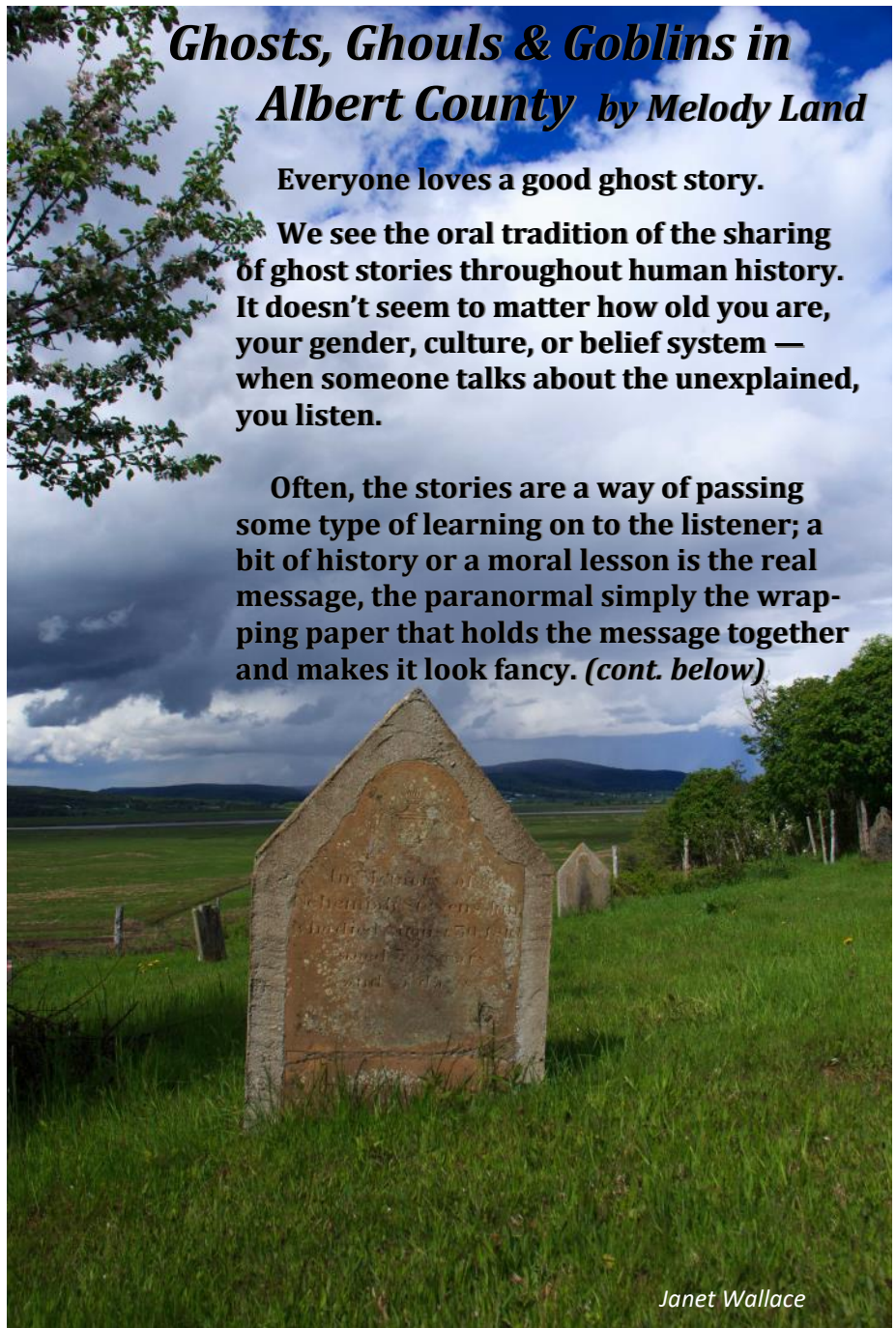
In more recent times, however, the paranormal activity itself has taken centre stage. Television shows dedicated to researching the unexplained, documentaries conducting scientific experiments to debunk ghost lore, and films recreating paranormal events in a staged environment, have all removed some of the romantic mystery of

the traditional ghost story. Curiously, in the search for hard facts, one fact remains: there are things in this world that are unexplainable.

Albert County has a rich, and long, history. Originally inhabited by indigenous peoples, the Mi'kmaq and Maliseet tribes have a significant amount of lore and wisdom passed along through the telling of paranormal activity, or ghost stories.

Along the Atlantic coast, one of the most well-known stories is from Algonquian folklore. The story of the Wendigo, a spirit who possesses a human being to make him or her monstrous. This serves as a warning against the moral and societal dangers of greed and environmental destruction, and reinforces the taboo nature of cannibalism and murder.

Cont. on page 11



Ghosts, Ghouls & Goblins in Albert County by Melody Land

Everyone loves a good ghost story.

We see the oral tradition of the sharing of ghost stories throughout human history. It doesn't seem to matter how old you are, your gender, culture, or belief system — when someone talks about the unexplained, you listen.

Often, the stories are a way of passing some type of learning on to the listener; a bit of history or a moral lesson is the real message, the paranormal simply the wrapping paper that holds the message together and makes it look fancy. (cont. below)

Janet Wallace

REGULAR 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 teledrive-ac@gmail.com.

6:15pm Wellness Walking

Meet at the Four Corners in Riverside-Albert (Old Bank Museum and Crooked Creek Convenience).

6:30pm Pickle Ball

The Riverside-Albert Recreation Center is hosting Pickle Ball. Come on out and see what this sport is all about! \$2/night. First night is free!

Tuesdays

7:30pm Zumba

Riverside Consolidated School Drop-ins welcome. For details, contact Evelyn Wachs at 882-2831

10:15-11am Community Drop-in

Brookside Room, Forest Dale Home. Forest Dale invites you to gather with members of the community to share stories and each other's company. Light refreshments & snacks in a relaxing atmosphere.

Wednesdays

1-3pm Shepody Food Bank

Albert County Health & Wellness Centre, Riverside-Albert. Bring Medicare numbers for every household member. Closed on days that schools are closed due to weather.

5:30pm Hillsborough Kiwanis Bingo

Doors open at 5:30, games begin at 6:30.

6:15pm Wellness Walking

Meet at the Four Corners in Riverside-Albert (Old Bank Museum and Crooked Creek Convenience).

Thursdays

4:30-7:15pm Friends of the Hills-

borough Arena - Chase the Ace Hillsborough Golf Course. Raffle tickets 3 for \$5. Draw 7:30pm. You don't need to be present to win, but you need to give 2 phone numbers where you can be reached. You can buy tickets outside the restaurant during the week or from committee members: Bev White, Chad & Katrina McLean, Jason Holmden, Jason Pugh, Tracey & Peter Bryant, David Simpson, Josh & Natasha Collier. Proceeds for upgrades and improvements to the Hillsborough Arena. Lottery license: 105 710456 003.

7pm Country & Gospel Music Night

Hillsborough Kiwanis Center. Canteen, 50/50 & Door prizes. Open mic; join us with your singing voice and/or instrument. Admission \$7

Fridays

6pm Chase the Ace - Riverside-Albert

Fundy Curling Club. Effort of CCRC & Fundy Curling Club to raise money for the ice plant & lifelong learning center at Riverside Consolidated School. 3 tickets for \$5 for a chance to have your number drawn & chance to draw the Ace of Spades! Each week the 50/50 winner gets 20% of the night's donations while 30% goes to the pot. If the ace isn't drawn, the pot carries over. Get together with friends, and play a few hands of cards while you wait for the number to be drawn! Call if you have questions, 882-2573, 882-2052, 882-2626

Saturdays

8am Foods of the Fundy Valley Hills-

borough Farmers Market, Old Church, Main St, Hillsborough. The market will be open until Thanksgiving weekend (last day Oct. 7). market@foodsofthefundyvalley.ca www.facebook.com/Hillsboroughfarmersmarket/

Farmers' Market Update: Get your local groceries!

The Foods of the Fundy Valley - Hillsborough Farmers Market is in full swing. If you have not made it to the market yet, you're missing out on all the excitement!

Stop by Saturday for your local groceries. We have fresh veggies, bread, baked goods, eggs, meat, cheese, maple syrup, honey, preserves, soaps, personal care products, arts, crafts, and even local laundry detergent, just to name a few!

Breakfast is served, fresh juice is squeezed and sausages are hot off the grill! We have a beautiful seating area where you can relax with a cup of locally roasted 'Hillsborough Market' coffee, while enjoying live music. The scents and colours are a feast for the senses: Unsurpassable!

Our Community Table showcases hand-made items by local talent. If you are unable to attend the market Saturday mornings or can't fill an entire space, this option is for you!

The Community Events Table is available for groups in Albert County to promote their organization. The table is free of charge; contact us to book it.

Musicians! Come down and join our Jam Session with Ian, Steve and Craig from Celtic Path.

We are still taking new vendors inside and outside. We have tents available. Products must fit our motto of 'Make it, Bake it, Grow it'.

Angela MacDougall

COMMUNITY CALENDAR

Fri Aug 25

9pm \$2 Movie Night @ Forest Dale Home *Brookside Room, Forest Dale Home. 5836 King St, Riverside-Albert.* Sept-April last Thurs. of the month; May-Aug: last Friday, a family-friendly movie is shown. \$2 admission. Canteen available. Children to be accompanied by an adult. August outdoor feature is 'Boss Baby.'

Sat Aug 26

10am-4pm Basket Weaving Workshop *Albert County Museum, Hopewell Cape.* Learn the traditional skill of weaving willow baskets. Free demonstration. This project has been made possible in part by the Government of Canada. Ce projet a été rendu possible en partie par le gouvernement du Canada. For details, email gard@albertcountymuseum.com

Tue Aug 29

6:30pm Herbicide Spraying in New Horton Public Meeting
Learn about the herbicide spraying proposed near *New Horton Baptist Church, 1006 Rte 915.* Share your opinion. A rep from Woods NB will attend. For details, call Betty Weston 882-2719.

4pm Back-to-School Fun Fair

Ball Field, Main Street, Hillsborough. Join us for an evening of fun! Bouncy castles, face painting, barbecue, games and cake walk! Sponsored by the local churches. For details, call Marion at 734-1112. Rain Date: Aug. 30th.

6:30pm Hillsborough Cruisers

Night. *Railway Diner parking lot, Hillsborough.* Classic cars and motorcycles. Music, door prizes & Car of the Night Award. No registration or fee; donations accepted for Hillsborough Drop in Center.

Thu Aug 31

6pm Teen Night at the Library

Hillsborough Public Library. Make your own duct tape wallets and pencil cases just in time for back to school. Ages 11-18.

Sun Sep 3

10am-2pm Broadleaf Ranch's Labour Day Weekend Brunch.

Mon Sep 4

9am-7pm Albert County Appreciation Free Day. *Hopewell Rocks* Support local foodbank; bring monetary or non-perishable food donations for free entrance.

Sat Sep 9

2pm Family Movie Matinee

Hillsborough Public Library Family movie, 'Boss Baby.'

Tue Sep 12

11am Story Time. *Hillsborough Public Library.* Stories and songs for 0-4-year-olds.

3:30pm After-school Chess Club

Hillsborough Public Library. School-aged children are invited to come and learn to play chess.

Thu Sep 14

Grandpa Pike Reading. Albert County Museum. A fun and frivolous afternoon with Grandpa Pike! Have your copy of the *Out-house Reader* signed! Free Event!

Thu Sep 14 to Sunday Sept 17

Albert County Exhibition

Albert County Exhibition Grounds, Riverside-Albert. Details p. 10.

Fri Sep 15

10:30am Kids Craft. *Hillsborough Public Library.* Crafts for preschool-aged children.

Sat Sep 16

5pm Canada 150 Harvest Feast *Albert County Museum.* Enjoy a traditional meal and hear stories about our history: voices from our community & stories from centuries past. Celebrate the sharing of culture that makes Canada great.

We have a new calendar!

If you have visited the calendar on www.ConnectingAlbertCounty.org lately, you will have noticed that we have a brand new calendar.

We made the decision to switch for many reasons, but the most important reason was to make it easier for you, as well as ourselves, to use and share what is happening in rural Albert County.

New features include a more visible "add event" button.

This calendar is also searchable while still looking like a calendar; you can type a word into the search window and only the events that have that key word will show up in the calendar. Another great feature is that you can now easily save events to your own calendar and share them with others using social media or email.

We hope you find our new calendar more user-friendly and take the time to visit and submit your events at www.connectingalbertcounty.org/calendar.

Contact garden@albertcountymuseum.com for details. This project has been made possible in part by the Government of Canada. Ce projet a été rendu possible en partie par le gouvernement du Canada.

Sun Sep 17

2pm Antique Roadshow

Albert County Museum

Have your antiques appraised! You never know what unknown treasures might be hiding in your attic. Cost: \$5 per item or 3/\$10.

Tue Sep 19

11am Story Time

Hillsborough Public Library

Stories & songs for 0-4-year-olds.

Wed Sep 20

3:45pm After-school STEAM

Hillsborough Public Library.

Ozobot challenge for 8-14-year-olds.

Thu Sep 21

6pm Lego Night.

Hillsborough Public Library

Fri Sep 22

3:30pm Let's be Crafty.

Hillsborough Library. Crafts for 5-14-year-olds.

Sat Sep 23

1:30pm Learn to write cursive Workshop (Part 1).

Hillsborough Library. Do you or your children want to learn the basics of writing in cursive? Join us at the library to learn & get practice sheets.

Tue Sep 26

11am Story Time

Hillsborough Public Library

Stories & songs for 0-4-year-olds.

Thu Sep 28

12pm CBDC Business Information Session.

Hillsborough Village Office. For people who are planning on going into business or thinking about expanding their current business. Covers topics such as preparing a business plan and how to access and qualify for government programs. If interested, RSVP by calling 532-8312 or 1-800-925-6677.

6pm \$2 Movie Night @ Forest Dale Home.

Forest Dale Home. \$2 admission. Canteen available. Children to be accompanied by an adult. Featuring Diary of a Wimpy Kid: The Long Haul.

7pm Paint Night at the Museum

Albert County Museum, Hopewell Cape. The museum is a non-profit organization dedicated to preserving the unique and diverse history of our community. It runs almost exclusively on the work of volunteers & donations. The paint night is in celebration of "the people of the tides," the ancestors who made our county great! Join us for a night of fun, art & laughter. Fully stocked canteen available. Advance tickets necessary. Cost \$45.

Albert County Exhibition

Thursday, September 14

9:30am Draft horses
12-8pm Exhibition Hall open
1:30pm Music with Maple Sugar
2-4:30pm Draft horses
4:30-7pm Turkey dinner
6:30pm Draft Horses
7:15pm Trick Riders
8pm Official Opening
8:15pm Queen Pageant
9pm Light Horse Show

Friday, September 15

9:15am School activities & games
12-8pm Exhibition Hall open
12:30pm Oxen display
1:30pm Beef Show
3-4:30pm Draft Horses
4:30-7pm Roast beef dinner
4:45pm Light horses
6pm Draft horses
7pm Bingo
7:30pm Wheelbarrow race
8pm Trick Riders
8:30pm Horse Pull

Saturday, September 16

8am 4-H Interclub Competition
11:30am **Parade**
12-8pm Exhibition Hall open
12:30-7pm Turkey dinner

1pm Light horses (junior)
2pm Mad Science
2:30pm Draft horses
3:30pm Trick Riders
4pm ATV Obstacle Course Ages 16 and under
5pm Draft horses
6:15pm Announcement of Parade Winners
6:30pm Oxen Pull
7pm Music with "Justin Bannister and Friends"
7:30pm Trick Riders
8pm Hay Bale Roll
9:15pm Light Horse Show

Sunday, September 17

9am Light horses (junior riders)
11:30am Oxen
12pm Draft Horse – 6 in Hand
1-5pm Roast beef dinner
1-5pm Exhibition Hall open
1-2:30pm Blood Pressure, Blood Sugar or Lung Age testing by Albert County Health and Wellness Centre
1pm Light horses
1:30pm Children's Variety Show
2pm Trick Riders
2:30pm Horse pull

See full program at albertcountyyexhibition.com

Nature Corner: Meet the Meadowhawks!

by Denis Doucet

Late summer and early fall is just the right time to spy a wonderful group of small, colourful dragonflies called the Meadowhawks (Genus *Sympetrum*) in a wetland near you. Albert County is home to at least six different kinds, all illustrated in this little poster I made up a few years back with pics taken locally. Measuring between 25 mm and 40 mm (roughly 1 to 1.5 inches) in length, these beautiful little critters gobble up tons of flying insects and make up an important part of our insect fauna. See how many you can find this year!

Denis Doucet lives in Riverside-Albert, works as a heritage interpreter at Fundy National Park and is an avid photographer and nature enthusiast.



Autumn Meadowhawk



Band-winged Meadowhawk



Cherry-faced Meadowhawk



Saffron-winged Meadowhawk



Black Meadowhawk



White-faced Meadowhawk

Ghosts (cont. from page 7)

Other stories abound in our more recent history here along the Fundy shoreline. Stories of ghost ships, lost soldiers, and other unexplainable events reveal themselves from our collective memories in the same manner that fishing boats emerge from the fog to dock themselves on the Alma wharf – they are always present, though sometimes unseen, and their very existence gives shape to the foundations and behaviours of our society. For instance, at the Albert County Museum, ghost sto-

ries shape how we give tours, share information, even open and close buildings every morning and every night!

Connecting Albert County and the Albert County Museum are partnering to produce a special publication and event to honour and share the ghost stories (and other unexplainable/paranormal folklore) from our region. The October issue of Connecting Albert County will be dedicated to those stories and we will have a time of sharing hosted at the Museum towards the end of October. You are encouraged to take part!

Submit your stories, or tell your story and have it written, by contacting Melody Land at melody@albertcountymuseum.com or 734-2003 (leave a detailed message) or Janet Wallace at info@connectingalbertcounty.org.

To get started, we have included a poem about a ghost near Gray's Island on the next page.

Melody Land is the curator of the Albert County Museum.

Corporal at the Creek by John Jones

The tide was out, the water low;
the sun had set, 'twas time to go.
We set our poles about knee deep,
at the entrance of Gray Brook Creek.
To catch a cod, we were hoping for,
as they often followed the tidal bore.
We climbed the bank to the high tide mark,
and to Gray's Island, we made our start.
Three teenage boys out having fun
with the hope of a catch in the November run.

As the sun, its last glow shed,
we quickened our pace for the long walk ahead.
Up came the fog that follows the tide,
it started to settle, the marsh to hide.
The moon arose like a large orange eye
fading in and out as it rose in the sky.
The fog bank veiled it, though sometimes not,
so we hurried home at a bit of a trot!

Then came a rustle of breeze from the shore,
the sound of waves lapping and creak of boat oars.
We stopped very sudden, this sound shouldn't be!
We're too far from the river for the sound of the sea!
Then we could hear coming out from the town,
somebody walking on muck-soddened ground.
We stood there enshrouded with the damp river fog
when something in front of us raised up from the bog!

As the moon broke through a hole in the mist,
there coming toward us - a man, sword in fist!
His footsteps were sucking and slopping in mud.
He stood there before us, his face covered in blood!
An army tunic he wore, the brass buttons did shine!
Corporal stripes on his sleeve were all muddy with slime.
His other hand held the hair from his head,
on his left cheek his eye dangled, held on by a thread!

He staggered towards us, arms out in despair!
A cold breeze struck us, and made us aware
of the thump of a boat bumping hard on the shore—
two more soldiers rush at us, behind them several more!
The moon darkened with fog, covered like a veil,
the breeze grew stronger and hit us with hail!
The thunder of cannons boomed in our ears!
Our faces were wet with the hail and our tears.

The light became brighter; the wind died down.
Then, we were standing on solid, bare ground.
No corporal, no soldiers, just three boys all alone,
wishing and praying we were safely at home.

We told our parents of this strangest of sights,
of the soldiers and blood at the beginning of night.
Their reactions were shock, and their faces turned pale
in fear and disbelief of our sordid tale.
Gathering their wits, they spoke at last
of the legend of old, of the ghosts from the past.
Indeed, people before had seen such a sight
on the marshes of Hillsborough in the beginning of night!

(It is said long ago...)

British soldiers were sent with orders to clear
French settlers from the river banks here, far and near.
Those Kings who ruled them from England and France
did not care for their people, just treasury to enhance.
France had traded this land of snow
for an island down south where warm breezes blow.
To the people who lived here, it mattered not.
They farmed, had their churches, and nurtured this spot.

The soldiers had their duty to perform,
not by choice or desire, but by allegiance sworn.
The settler's decision was a harder choice:
Allegiance to England would cost them their life.
As the French of Quebec had the rule of them here,
their allegiance to France was demanded! Or fear
of death by gunshot was a very real threat!
Excommunication from church was worse even yet.
And so, the two parties met on the bank of this shore—
A choice of fate that will pain evermore.

The battle raged and many men died.
The soldiers became stranded by the river's low tide!
A wait for the tide, a must for retreat!
Vacate the marshes in total defeat!

On the rise of the tide, they made their way
down the Petitcodiac to Shepody Bay.
To the marshes of Shepody is where they fled,
and there in safety, they buried their dead.

This story was told by our grandparents, our parents said,
of the expulsion of old and these ghosts of the dead.
And now, just a word of advice to remember,
beware of the marsh in the month of November!
For many are said to have seen such a sight
as this phantom corporal on a similar night.
If you doubt this tale and dare have a look,
'tis the month of November, at nightfall, at the mouth of
Gray Brook!

*John Jones is on the board of directors of the Albert
County Historical Society.*

Sauerkraut, kimchi & more: the traditional art of lacto-fermentation

by Janet Wallace

Sourdough bread, anchovies, chocolate, cheese, Kosher dill pickles and yogurt... what do these all have in common? They are all products of lacto-fermentation.

Lacto-fermentation is a complicated word for a simple process: a way to preserve food by allowing it to ferment. To preserve certain foods, such as sourdough bread or yogurt, a culture is added to the fresh food. The culture (i.e., a bit of yogurt or dough) contains micro-organisms that transform the raw ingredient into a more stable and nutritious food.

Preserving vegetables is even more simple. Basically, you can preserve vegetables by adding water and salt. No boiling water baths, no pressure cookers.... Just a few simple steps. The result is placed in a cool place and allowed to ferment.

The preserves are more digestible than the original vegetables and the food contains probiotics.

Every culture has a tradition of lacto-fermentation. For example, cabbage is preserved as sauerkraut in Germany and preserved (along with hot peppers and other vegetables) as kimchi in Korea.

Learn the art of lacto-fermentation Sunday, Sept. 24th from 1:30-4:30pm at the Albert County Museum. Ruth Merrett will show participants how to make ferments using their own vegetables. At the end of the workshop, you will take home the skills to preserve food along with jars of preserved vegetables.



Lacto-fermentation is a complicated word for a simple process.

Cost: \$10. To register, drop by the museum, call 734-2003, or email Janet Wallace at garden@albertcountymuseum.com.

This project has been made possible in part by the Government of Canada. Ce projet a été rendu possible en partie par le gouvernement du Canada.



Canada

Apple Spice Sauerkraut

Cabbage
Salt

3 apples, grated, per medium-sized cabbage
1 Tbsp grated ginger per cabbage
1 tsp cinnamon per cabbage
¼ or less tsp ground cloves per cabbage

Chop cabbage, “massage” by kneading, and add salt. Add all the other ingredients. Pack tightly in a jar and cover with a filter or cloth. Taste daily. Refrigerate when you are happy with the taste.

Need a high school diploma? The South East Regional Adult Learning Board provides GED courses, equivalent to a high school diploma, for adults. Funding may be available. Classes are held at the Albert County Health and Wellness Centre in Riverside-Albert.

For details, call 882-1010, opendoorsged.ca

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Crooked Creek Adventures: The place to go for a self-guided kayak, canoe or bicycle adventure in the heart of the Fundy Biosphere Reserve. www.crookedcreekadventures.com

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OMISTA Credit Union: Complete banking for people who want to bank local while making the place they live even better. www.OMISTA.com

Ponderosa Pines Campground: Immerse yourself in nature at the closest campground to Hopewell Rocks, less than 40 km from Moncton and Fundy National Park. www.ponderosapines.ca

Village of Riverside-Albert: The Village of Riverside-Albert is located on Shepody river, which flows into Shepody Bay, at the upper reaches of the Bay of Fundy. www.riverside-albert.ca

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