

Connecting Albert County

July
2018

Kevin Snair of Creative Imagery

Water, Water, Everywhere... but not without its Challenges

by Jennifer Shelby

"It all started in 1920," says Heather Cail, Public Works Superintendent for the Village of Riverside-Albert. "A shopkeeper from Albert, Mr. Anderson, got the community together to develop a better water system. The sand and gravel in the ground there doesn't hold water so they couldn't dig wells for homes and fire protection.

"Mr. Anderson wrote to a professor at McGill University to ask him how much water would be required to sustain fifty families of five members each. The professor wrote back, telling them they would need 12,500 gallons daily." (Calculations from Statistics Canada suggest this number would be more than twice as much today.)

"When the new system is up and running, the boil orders should become a thing of the past," says Mayor Campbell.

"The townfolk pooled their resources to put in a water system on the top of a hill in the Arabian Vault Brook Watershed. This spot had a high enough elevation to gravity feed water down to the village and more than met the professor's criteria."

The location falls within the 9 hectares that now belong to the Village of Riverside-Albert, a sub-section of the 132-hectare section of

Continued on page 3

Inside:

- Water issues-1**
- Importance of Water-2**
- Discovery Daypacks-5**
- How the Rocks Formed-6**
- Tele-Drive-7**
- Birds at the Rocks-8**
- Ride the Tide-9**
- Our Story-10**
- Cape Enrage History-12**
- Maritime Melange-13**
- Litter workout-13**
- Quilt/Fibre Arts Show-14**
- Goosetongue & Saphire Greens-15**
- Strawberry sponge-16**
- Spanakopita recipe-17**
- Scallop recipe-17**
- Rising Seas-18**
- Old Roots. New Farm-20**
- Albert Career Development Centre-21**
- Calendar-22**
- BACH Foundation-25**
- Our Supporters-26**

Connecting Albert County

July 2018. Volume 4. No. 7
ISSN 2369-1174/1182 (digital)

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

Connecting Albert County (CAC) Board: Lisa Brown, Joseph Gallant, Kate Merlin, Victoria Stroud

CAC Part-time coordinator/ editor: Janet Wallace

Contributors: Annick R. Butland, Deborah Carr, Meaghan Cross, Elaine Demaline, Joseph Gallant, Ally Harris, Angela MacDougall, Rhonda McKinley, Dawne McLean, Kate Merlin, Mark & Sheila Nicolle, Dan Ross, Jennifer Shelby, Kevin Snair, Beth Weatherbee

To donate funds, submit articles or provide feedback, email **info@connectingalbertcounty.org** or mail CAC, 8 Forestdale Rd., Riverside-Albert, NB E4H 3Y7

Distribution sites:

Limited numbers of free copies are available at the following:

Hillsborough: Scotia Bank, Hillsborough Freshmart, Library

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

Alma: Harbour View Market and Restaurant, Fundy General Store
Copies are also at 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.

We thank the BACH Foundation and Gary Steeves Insurance for their gift of printing our newsletter in full colour.

Next deadline: June 15st

The Importance of Water

Water sustains us in so many ways. It doesn't just keep us alive—it underlies the culture and economy of our region. The livelihoods of our fishery and tourism workers depend on the bounty or beauty of the Bay of Fundy. In this issue, we explore many facets of our connections to water.

The Bay of Fundy is a tapestry of blue currents and cloud shadows, highlighted in different shades of blue, green and silver. Between the dunes and the water's edge lies a vast expanse of open beach. Walking barefoot, with the smell of salty air and the sound of lapping waves, I look back and see our footprints woven among the meandering trails of periwinkles.

Experiences like this led me to settle here, and I'm not alone. In this issue, you'll meet Mark and Sheila Nicolle, who were entranced by the peace and charm of Waterside Beach. You'll read about the perks of living and visiting here, such as harvesting goosetongue greens, eating scallops and watching young peregrine falcons learning to fly. We delve into the history of the Cape Enrage Lighthouse, the Hopewell Rocks and a farmstead.

Water is a double-edged sword. We know the inconvenience and risks that come with washed-out bridges and roads—issues likely to increase in the years ahead, along with sea levels, as Deborah Carr explains. An outdated water system has plagued the citizens of Riverside-Albert, but their recurring boil orders might be a thing of the past. Jennifer Shelby describes

improvements in regional water systems.

As always, we provide details on upcoming community events, such as the Quilt Show and Sale. We profile community groups that make a difference to our area; specifically, we write about the Bennett and Albert County Health Care (BACH) Foundation, Tele-Drive Albert County and the Albert Career Development Centre.

Connecting Albert County

Connecting Albert County is now in its 4th year. Our volunteer-based non-profit group produces a website, www.ConnectingAlbertCounty.org, and a monthly publication (online and in print).

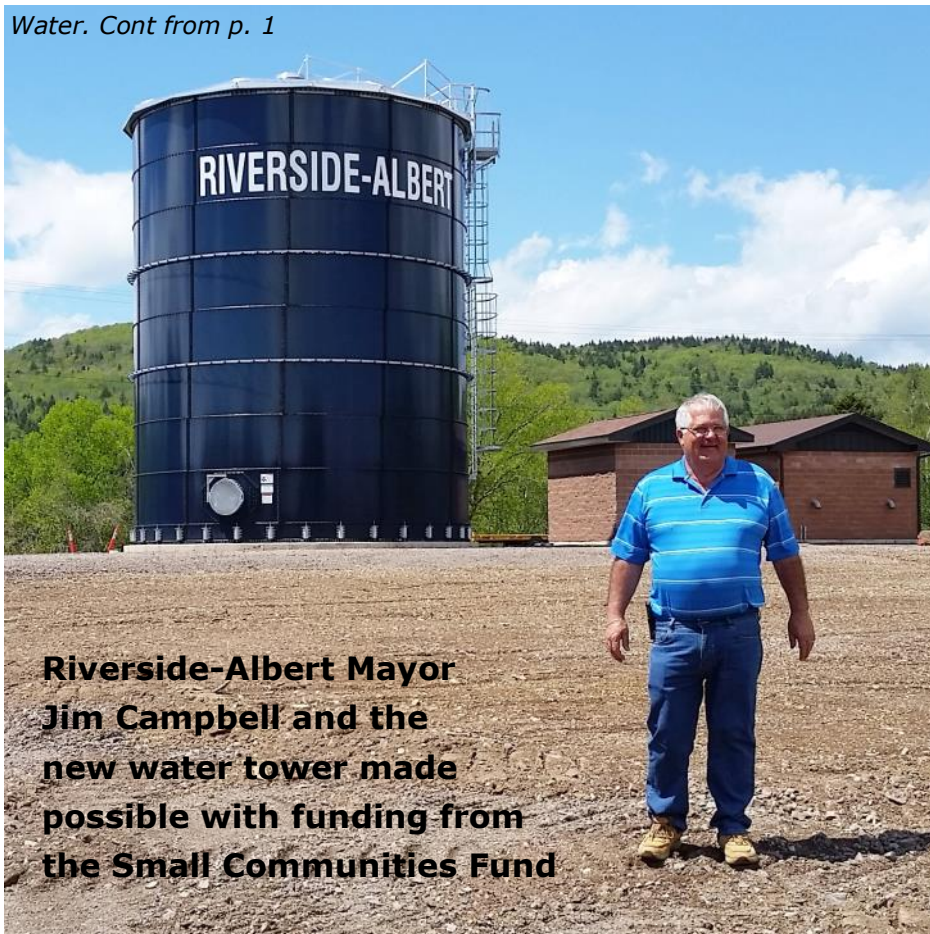
Once a year, thanks to support from the BACH Foundation, we mail copies of our publication to all the households in rural Albert County. For the rest of the year, we provide a limited number of free print issues at public locations throughout the region. We also offer free e-subscriptions. Sign up and read past issues at ConnectingAlbertCounty.org/newsletter.

We rely on volunteers, advertising and donations. If you'd like to help by way of time, talent and/or funds, please see the options at www.ConnectingAlbertCounty.org, email me at info@connectingalbertcounty.org or call 882-3134.

We'd love to hear from you. Please feel free to send ideas, suggestions, photos and stories.

Janet Wallace

*Editor/Coordinator
Connecting Albert County
ConnectingAlbertCounty.org 2*



Riverside-Albert Mayor Jim Campbell and the new water tower made possible with funding from the Small Communities Fund

Small Communities Fund, part of the Building Canada Fund.

“In 1996-97, the village installed a UV disinfection system. Then new standards came into effect requiring the village to remove turbidity and add chlorine for continuous disinfection,” Cail tells me.

Turbidity is a measure of a liquid’s cloudiness. During rainstorms, sediment and plant particles wash into waterways and cloud the water. This cloudiness has been the biggest challenge to clean water for the village.

“We received a grant in 2008 to put in a system to treat the water, but this system couldn’t keep up with Heavy Rain Events,” Cail says. I can hear her capitalize the words as she says them. For a full decade, these Heavy Rain Events have put the village of Riverside-Albert on a boil order.

“During periods of high turbidity the plant filters clog up.

Cont. on p. 4

the Acadian Forest watershed now protected by Nature Conservancy Canada.

“The townfolk set to work damming the brook and hand laying 3-4 km of wooden pipe,” Cail says. The original wooden pipes were replaced in the 1980s, “but the dam and collection system they built has lasted until today.”

She shows me pieces of the wooden pipes. I struggle to imagine the amount of work that must have gone into the original project. Villagers and visitors to Riverside-Albert have some idea of how much work has gone into the new water system. Last summer and fall, the transmission pipes were dug up and replaced after it was determined the pipes

were leaking water treated with chlorine. Replacing the leaky pipes cut the village’s water consumption by a whopping 40%.

This spring, a blue water tower sits proudly at the edge of the village, made possible by the



Original wooden pipes installed in 1920. The two longer pipes fit into one another, with the small 'bell' sealing them together; 3-4 km of this pipe was hand laid to gravity feed water into Albert.

“Water” Continued from last page
The system doesn’t have enough water in reserve to do a backwash to unclog them. It takes 24 hours after a rain-storm to clear the water, and another two days of clean water tests before a boil order can be lifted,” Riverside-Albert Mayor Jim Campbell tells me.

“During a boil order, it is vital that no one, but especially infants, elderly, or anyone with a vulnerable immune system, drinks the water before boiling it,” says Mayor Campbell. “This presents a huge challenge for families, our school, businesses, and seniors’ residences like Forest Dale Home.”

Vicki Caissie, Administrator for Forest Dale Home, says “the boil orders have been inconvenient and certainly a financial burden. We’ve had to bring in bottled water and buy ice. Special events are especially challenging with guests from outside the village who aren’t familiar with the boil order.”

Principal Barry Snider of

Riverside Consolidated School tells me they haven’t been able to use their water fountain at all since September. “The school district brings in bottled water for the water cooler and we use paper cups when we need them.” Students also bring reusable water bottles to school.

“It’s little things like adding water when you heat up a child’s lunch or washing fruit that make it complicated,” says Principal Snider.

A Boil Water Advisory posted on the window of Riverside-Albert’s Village Office advises all water destined for consumption or washing fruits and vegetables be boiled for a full minute. It further suggests caregivers sponge bathe infants and toddlers to prevent them swallowing any water.

“When the new system is up and running, the boil orders should become a thing of the past,” says Mayor Campbell. “The system has an automatic shut-off when it senses turbidi-

ty and will switch to the reserve water stored in the tower.”

“The village’s reserve water has increased to three days’ worth,” Heather Cail tells me. “Before we had 1.5 hours of water in reserve.”

“The important thing,” says Mayor Campbell, “is that we can now have growth in our community.”

Hillsborough upgrade

The Village of Hillsborough received partial funding through the Government of Canada’s Small Communities Fund to upgrade the village’s wastewater systems. These upgrades, including three new lift systems, will help lessen the flow of storm water into the present system and reduce overflow incidents. Albert County residents may have noticed the work crews and excavators installing the lift systems along Main Street/Route 114 in Hillsborough.

Continued on next page



Summer Reading Club at the Hillsborough Public Library will be beginning at the end of June. Visit or contact the library to find out more Information.

Programs for this summer will be on the theme of I WILL BE WHAT I READ

Alma harbour from the boardwalk.



Shoreline protection

Work is now complete on the Shoreline Protection projects in Alma, made possible by the Federal Infrastructure Project Fund. An increase in storm frequency and intensity attributed to climate change has placed the shoreline along Route 114 from Alma into Fundy National Park in jeopardy. An installation of armour rock, rock used to protect (armour) coastlines, is now in place. Residents of Albert County may have seen trucks hauling the large armour rocks to the project over the past year.

Local tree species and grasses were planted to stabilize the area. A new boardwalk curves along the shore, providing beach access and protection for sensitive vegetation. Visitors have gained a wonderful vantage point of Alma harbour, the dramatic tides, and its colourful fishing boats.

Story and pictures by Jennifer Shelby

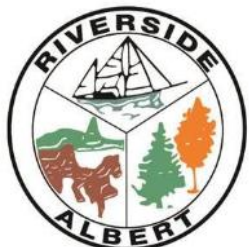
Discovery Day Packs

By Kate Merlin

Everyone had a chance to play with fire at the launch of the Riverview library's Discovery Day-pack Program on June 1st, 2018. Library staff, town staff and councillors, representatives from the sponsoring organizations and members of the public learned how to use a ferro rod, an emergency fire-starter, in the Discovery Daypack.

The backpacks contain essential hiking tools, maps for parks and trails, nature identification guides, and outdoor activity ideas. They are designed to break down barriers to hiking and support existing outdoor programming within the Fundy Biosphere Reserve. Each includes a map of New Brunswick's Amazing Places, many of which are in Albert County.

The Discovery Daypacks can be borrowed with a library card, but must be picked up and returned at the Riverview library with all their contents intact. The packs were sponsored by a number of municipal, provincial and community organizations, including the Fundy Biosphere Reserve, the Fundy Guild, Parks Canada and Parks New Brunswick and many others.



506-882-3022
villra@nbnet.nb.ca

5823 King St., Riverside-Albert
NB E4H 4B4

**Village of
Riverside-Albert**
Fundy Historic Village

www.riverside-albert.ca



OMISTA

OMISTA
Credit Union

Complete banking for people
who want to bank local while making the
place they live even better.

www.OMISTA.com

How the Rocks Took Form

by Kevin Snair

The story of the birth of the Hopewell Rocks begins over 330 million years ago and features some of nature's most powerful forces that have been battling since the beginning of time. Century after century, storms rained down on the nearby Caledonia Mountain Range and washed small rocks and sediment into the level valley below. Millions of years passed and this sediment got higher and heavier and pressed on the layers below. Eventually this pressure transformed the layers into a unique type of rock that is now known as the Hopewell Conglomerate.

After this, nature treated the area to some major tectonic action as the continents repositioned themselves. The resulting pressure thrust these rocks upward at a 30-40 degree angle, which you can see in the photo to the left. This also caused vertical cracks that seg-



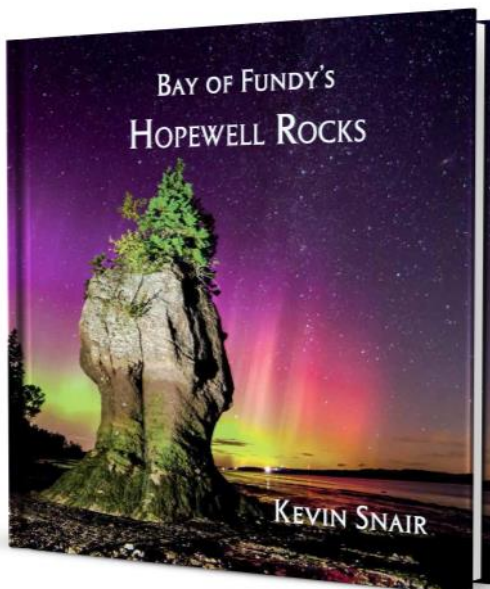
mented the rock until it resembled a tightly packed jigsaw puzzle.

Then, a mere 13,000 years ago, the last of this region's great glaciers melted. As they melted, the weight on the land lessened. The land rebounded and then settled into its present position about 6,000 years ago. The water released from the glaciers formed rivers and streams that flowed into the Atlantic Ocean. Ocean levels rose and allowed salt water to break over George's Bank and fill the valley between what is now Nova Scotia, New Brunswick and Maine...creating the Bay of Fundy with its giant tides.

Those tides battered against the Rocks twice a day and the soft conglomerate rock started to erode faster. The vertical cracks widened and separated the rock into jig-saw-like pieces. Some pieces crumbled into the sea and others were left as the freestanding formations we see today.

Printed with permission from The Bay of Fundy's Hopewell Rocks by Kevin Snair, Chocolate River Publishing, 2015. Available at www.chocolate-river.ca, The Hopewell Rocks gift shop and many Albert County businesses.

Photos by Kevin Snair.



The Driving Force Behind Tele-Drive

Social isolation is a problem in rural areas—but less so in our area thanks to Tele-Drive Albert County. For a low cost, anyone in the county can be picked up from their house, driven to wherever they need to go, and taken back home again. The result? Seniors who lose their licenses or can't afford cars are able to live in their own homes longer—Tele-Drive will take them to medical appointments, the grocery store and even social events. Parents can take their children to the doctor, to early literacy programs, to the library and more.

You won't be taking the service away from anyone else. Tele-Drive thrives on being used, so use it!

The cost for people to use the service is affordable at \$0.25/km. A wheelchair van is also available for Tele-Drive to use at a charge of \$0.60/km.

Tele-Drive can do all this because of the volunteers who give their time and use their own cars to drive people.

Examples of costs (from your home, to the destination, and back home)

Alma to Riverside-Albert: \$15
Alma area to Hillsborough: \$30
Alma to Riverview/Moncton: \$35
Riverside-Albert to Hillsborough: \$15
Riverside-Albert to Riverview/Moncton: \$30
Hillsborough to Riverview/Moncton: \$15

Call for prices to Saint John or Sussex Hospitals or the airport.

The other part of the equation is funding. Volunteers receive \$0.35/km to compensate for gas and the use of their car—this funding comes from donations, as well as support from the Bennett and Albert County Health Care (BACH) Foundation and United Way Greater Moncton and South-eastern New Brunswick.

Volunteers use their own cars to take people to a location, wait for them, and then take the people home again. Many volunteer drivers describe the experience as fun, worthwhile, interesting and a great way to meet people. Some drivers volunteer once a week, others once a month—you can choose when it's convenient for you. The dispatcher understands when you say you can't drive someone.

When the service started several years ago, many people had a vision that all areas of Westmorland and Albert Counties would have access to the same affordable transportation service in their community. However, there are still many areas in the counties that have yet to benefit from volunteer driving services.

In a collaborative effort, three groups have been working together to see that vision become a reality. Last year, Rural Rides in the Upper Petitcodiac River Region, Tele-Drive Albert County and the Volunteer Center of Southeastern New Brunswick driving

program launched a pilot program in the Tantramar region covering Dorchester, Sackville and Port Elgin. The pooling of resources of the three groups proved to be a success. They are now looking to expand the service to Memramcook, Shediac and Beaubassin areas.

To free up the time of the managers of the three programs mentioned above, a dispatcher has been hired to manage the day-to-day calls from clients booking rides and coordinate the volunteer drivers. The managers are excited to welcome the new dispatcher, Mary Ann Ross, to the team.

Kim Beers of Tele-Drive Albert County is not leaving. She will be working on expanding the service, promoting the service in all regions, seeking new funding sources, exploring options to enhance the service, and seeking to add new services to further enhance the quality of life for those living in Westmorland and Albert Counties.

If you want a drive or want to volunteer, contact the dispatcher at 962-3073 or watranspodispatch@gmail.com.

Tele-Drive Albert County is looking for volunteer drivers throughout Albert County, particularly in Hillsborough. If you are considering volunteering, contact Kim Beers at teledriveac@gmail.com or 875-1190.

By Connecting Albert County and Tele-Drive staff and volunteers

Hopewell Cape's natural wonders don't end at tides & rocks

by Ally Harris

Imagine you're walking along the ocean floor, enjoying all the usual sights that the Hopewell Rocks have to offer – the incoming tide, giant sea stacks, the tranquility of nature. Suddenly, out of the corner of your eye, you see what looks like a tennis ball fall out of the sky and land on the beach. Strange.

As you look down, the tennis ball now sitting beside you dusts itself off and waddles towards the water. Next thing you know, a second, third, fourth, fifth, sixth and seventh yellow ball are landing at your feet and making their way towards Mom and Dad, waiting on a rock at the water's edge.

Of course, these aren't tennis balls. The yellow, fluffy balls are goslings that have just made their terrifying descent from their nest fifty feet above onto the ocean floor—to the amazement of many onlookers.



When guests visit the Hopewell Rocks, they expect to see extraordinary tides and ancient rock formations. What might surprise visitors is the remarkable array of wildlife on display every single day.

Geese are just the tip of the iceberg for incredible scenes you'll see within the park.

Walking down the site's main walking trail, you'll find black-capped chickadees, blue jays, and many other birds, same as you'll find at the bird feeders in the yards of homes in Albert County. But some of

the most amazing displays happen as you head towards the ocean floor.

If you visit the park at low tide and take a stroll down the beach, you might end up in Big Cove, where the park has a pair of nesting peregrine falcons. If you look to the skies, you'll likely see one flying overhead, hunting for something to eat.

Fortunate guests might get to experience Dad catching lunch for his chicks, who usually hatch in early June, or perhaps later in the season you'll even see a young peregrine learning the ropes and giving it a try. As the fastest birds in the world, reaching speeds of up to 320 km/h as they hunt; it's a remarkable thing to witness, regardless of whether or not they are successful.

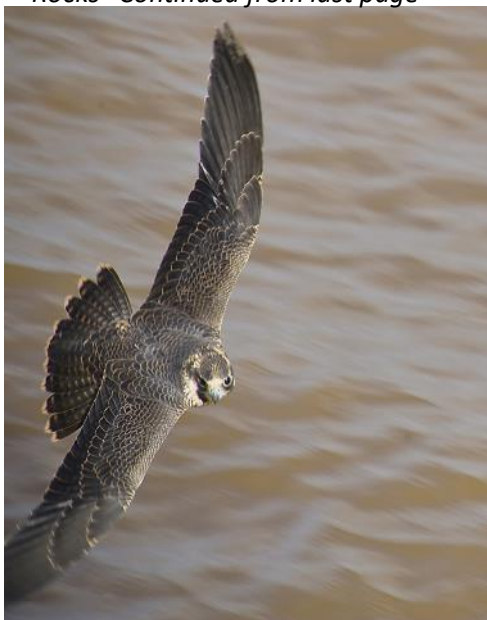
The Hopewell Rocks
*Walk on the Ocean Floor!
Marchez sur le fond marin!*

1 877 734-3429
www.thehopewellrocks.ca

Route 114, Hopewell Cape
Albert County/Comté d'Albert

Continued on next page

“Rocks” Continued from last page



But if they're successful, the show gets better still.

After catching their prey, the two peregrines work together to get it back to the nest, with one bird flying upside-down underneath the other as they pass the food over using their talons—all while mid-air.

An encounter with a peregrine falcon always leaves guests amazed. The species was locally extinct in the Maritimes until their reintroduction through Fundy National Park.

Bring your gaze to sea level, and it might not look like there's much going on in the water, but even there, there's more than meets the eye.

While the muddy chocolate water of the Bay of Fundy doesn't look like an appealing spot for ocean life, it isn't uncommon to see a seal pop its head out of the water on a calm day to say hello or a porpoise fin diving in and out of the water.

There's certainly plenty to see at the Hopewell Rocks—more than you might expect. *Originally from the UK, Ally moved to Albert County nine years ago and is in her third year working as an interpreter at the Hopewell Rocks.*

www.thehopewellrocks.ca
Photos by Kevin Snair.

Ride the Tide

By Meaghan Cross



Ride with the tide on this eco-cultural bike adventure that's not to be missed. Start at La Bikery in Moncton before heading out on trails that hug the Petitcodiac River, famous for its Tidal Bore, and part of the UNESCO Fundy Biosphere Reserve. Your guide will fill you in on the culture

and ecology of the area as you ride along. A stop to meet a local storyteller will deepen your understanding of the region's people and history. After that cycling works up an appetite, it's time to stop at the Fundy Chocolate River Station where you'll enjoy a local lunch on the deck. Finally, upon your

return, it's time to join a local artist to create your own up-cycled bike art that'll remind you of your time with the tides.

This new tourism experience is offered by the Town of Riverview, Fundy Biosphere Reserve, Petitcodiac Watershed Alliance and LaBikery Co-op, as part of the 2018 Tourism NB Experience Collection. It explores the culture and history of the Bay of Fundy region.

Tours will be offered every Wednesday and Friday in July and August with advanced booking required. Details are still being worked out but the cost will likely be \$60 per person. For details, see facebook.com/ridethetidebiketours

Meghan Cross is the Communications Coordinator for the Town of Riverview.

Our Story

by Mark and Sheila Nicolle

“Waterside? Where's that?” is the question I get whenever someone asks where our cottage is located. I am always amazed people have not discovered this natural gem along the Fundy shoreline. Once you have seen it, though, you won't forget it. I will always remember the exclamation of my niece from New York when she first saw Waterside Beach this past year: “This is Paradise!”

For my husband and I, this piece of Fundy shoreline has been special to us since childhood. Individually, each of us experienced this natural wonder with friends and family in our younger years. When we were dating, it was a place we would find ourselves either walking the beach or exploring the rock formation known as Red Head. (Sadly, Red Head lost its signature head around 1999 and another section came



down in 2017 due to storms and erosion.)

The beauty of Waterside is that it offers such a large expanse of beach to walk on when the tide is out. On a rare warm day, we see so many families come and pitch their chairs and blankets and some do get in the water! Don't fear: it will never be as busy as that beach on the other coast known as Parlee. One needs to be careful, though, when they head out so that they don't get caught as the tide comes back in. We love

hiking over to Red Head (which is farther than it looks). You can still see some of the breakwater that is in the old photo above when the tide is out. If you time it right, you can even walk all the way to Dennis Beach, which a lot of people know about and have explored as well.

We have enjoyed some entertainment on the beach over the years from kite surfers and powered paragliders to small aircraft, fishing boats and even horses and their riders enjoying the wonderful expanse of the beach at low tide. I would love to get out in some sea kayaks and do some exploring from here but I don't know if I am brave enough.

Fast forward to 2011—finding us on this stretch of Fundy shoreline again searching for a spot we could call our own. We had spent many years camping with our children in

**Early dating years
Red Head (1992)**



Continued on next page

ConnectingAlbertCounty.org 10

“Our Story” Continued from last page

the Fundy area but we were getting tired of the packing and unpacking and never finding one particular spot that we liked to go again and again. One day we spotted a small “land for sale” sign in front of Waterside beach. We immediately scoped it out to see its potential for development and access. It was just an overgrown field but we could see the potential and who couldn’t dream with that view?

We secured the land in 2012 and tried camping on it but the wind and the bugs had us changing our minds very quickly about how we were going to use this property. We drew up some plans with a local draftsman, borrowed some money and found a builder to start building our cottage. After the local plumber, electrician and drywall finisher did their jobs, we did the rest of the finish work ourselves.

We have a lot of pride in what we did because we had never taken on such a project in our lives. By the beginning of summer 2015, we were finally staying there overnight with most of it finished and really starting to enjoy it with our family and friends.

This place has been our escape from work and the city, a place for our family to gather, a place for our kids to find summer employment and, hopefully, a place where we can retire. The beauty of this place has ignited our love for the area all over again and our creativity has blossomed. I like to upcycle and paint furniture and garage sale finds, make signs, and sew decorative pieces. My husband loves photography and is hoping to expand his repertoire as time goes by



and he has more time to devote to it. We have found ways to inject our gifts into our cottage and make it feel like an expression of the things we love about this place.

We started a blog this year called “The Road to Waterside” to feature the area and the places you pass from Riverview to Fundy. It will also feature DIY projects, my husband’s photography, and fun information and events going on in our lives, all influenced by our link to this beautiful area. We would love to have people follow us along. I try to post three to four times a month.

We look forward to many years ahead enjoying this little piece of Paradise. Thank you to our wonderful neighbours for welcoming us to your community. We love it!

Text by Sheila Nicole; images by Mark Nicolle. Subscribe to the blog at www.theroadtowaterside.com. See posts on Instagram @theroadtowaterside or Facebook.com/theroadtowaterside





Reservations
(506) 887-2930
fundyhighlands.com
info@fundyhighlands.com
8714 Route 114
Fundy National Park, NB
Canada E4H 4V3

We look forward to welcoming you!
Au plaisir de vous accueillir!



The History of the Cape Enrage Lighthouse

By Annick Robichaud Butland

Cape Enrage has a rich and unique history. This special little island has seen a lot of changes over the past 170 years; many of these changes have occurred in the past 25 years since the site has been repurposed as a historical sight.

Fundy's Cape Enrage was originally established as the location for a lighthouse in the late 1830s, where the first lighthouse was built at a cost of £600. The lighthouse keeper, the assistant lighthouse keeper, and their families led a fairly isolated life. Cape Enrage is on Barn Mash Island, and it would have been very hard to travel to and from a place that, to this day, is very isolated. The island is only connected to New Brunswick by the Cape Enrage Road, which runs across Barn Marsh Beach.

There have been three lighthouses over the past 180 years. The first was built in 1838 and was fully operational by 1840. The second was built in 1869 after the first was deemed worn out

in 1868. The original lighthouse was converted into a temporary keeper's residence. The third lighthouse, built in 1904, remains standing. It was the first square lighthouse in the province and is New Brunswick's oldest lighthouse.

Cape Enrage is aptly named as it is prone to strong winds and generally unpredictable weather. The first lighthouse keeper, Keeper Munson, and his family, lived in the original lighthouse. During the early years, several temporary homes were built for keepers, but they all had to be replaced after being damaged. The first permanent residence was built in 1874. This was replaced by the duplex in 1952, which remains standing.

In 1988, the lighthouse was automated and there was no longer a need for a lighthouse keepers. The Keepers House was no longer needed and was to be torn down. Dennison Tate, son of a former lighthouse keeper and a teacher at Harrison Trimble High School, with several of his students began a campaign in 1992 to save what has become known as the Cape House. They devised a plan for a student-run summer adventure program to generate funds to save and restore the property. To this day, the site hosts adventures to maintain the site for years to come.

Behind the scenes, we have a power team ready to face the season's many demanding needs and engage with guests daily. Each member brings to the team a wealth of knowledge and expertise that will ensure you have a smooth and pleasant experience.

Fundy's Cape Enrage continues to offer its exciting Adventure opportunities. Reservations can be made to take part in the Rappelling and Ziplining Adventures. Fundy's Cape Enrage will be open from 9-6, seven days a week. The Cape House Restaurant is open daily.

Annick R. Butland is the managing director of Fundy's Cape Enrage. www.capeenrage.ca.

Image by Janet Wallace.

ConnectingAlbertCounty.org 12



Maritime Melange

The sea swerves surely o'er
the sand,

Spilling Her pieces to those
on land.

She chisels, chips, fashions
and sketches

Carving the coast, creates
with caresses.

Precambrian stone ground to
a glisten,

Whilst the landlubbers hug
the shoreline and listen.

Our rugged, rocky, rough-
hewn shore—

She dissects and designs for-
evermore.

Beth Weatherbee
An excerpt from
Maritime Melange



Maritime Melange was in-
spired by New Brunswick coast-
lines and written for the 2016
Sculpture Symposium by Beth
Weatherbee. Illustrated with the
photographs of Shannon Wil-
liams (with one photo by Kevin

Snair), it has just been released
by Chocolate River Publishing.
One of the sculptures from this
year's International Sculpture
Symposium will be installed at
Fundy National Park.

The Albert County Blast-Off! Energizing Workout Update

by Elaine Demaline

Help! We fell off the
workout wagon—big time!

Remember last month I
was touting this fast paced
wonderful workout, Richard
Simmons-style? "Let's all clean
up Albert County together! Go
outside, look around your prop-
erty, the ditches, along the
roadway, your favourite walk-
ing paths and clean up any
wayward garbage. All it takes is
the 20-Minute Blast-Off Work-
out—pick up litter and drop cal-
ories, all at the same time."

Well, on our recent litter
pick-up, on a 2.5-km stretch of
road, we collected 87 cans, and
added to our stash of assorted

cans, bottles and plastics. We
proceeded to turn the cans into
cold-hard cash and headed to
Alma for a hardy feed of fish &
chips and an ice-cold beer to
wash it down.

Gasp...all that invigorating
workout of picking up litter and
we piled on the calories in one
fell swoop—yikes. But, hey, it
was absolutely worth every cal-
oric morsel of indulgence.
Next month, I promise, will be
a fresh start. Well, actually, we
are hoping the littering stops—
and we can all enjoy a litter-
free Albert County.

As the roadside signs say:
"Littering Stops With YOU."

In the meantime, it would
be great to reinstate the 'Adopt
A Highway' program so service
groups, clubs and individuals
wishing to become involved
and add their voice to reintro-
ducing this program can do so
by contacting government.

The next time you are at
your favourite fishing hole,
wandering the woods or hiking
the trails and you see some gar-
bage a litterbug has left behind,
please do your part for Mother
Nature and pick up that un-
sightly mess. Why? Because we
are all Albert County proud!

42nd Annual Quilt & Fibre Arts Show & Sale: July 10-14 Hosted By The Albert County Museum

With the summer weather finally here, cozying up in a quilt may be the last thing on your mind, but quilts are a hot commodity at the Albert County Museum right now as one of its major fundraisers gets underway.

The 40th annual quilt show and sale is taking place July 10th until July 14th at the Hopewell Cape Community Hall at the Albert County Museum.

Be sure to check out the "Appliqué Through the Ages" exhibit in the Courthouse. Also, a Appliqué demonstration will be held on July 11th from 2pm to 4pm. New this year, a Merchants Mall on Saturday July 14th from 10am to 5pm.

This year the Show and Sale is also offering a very special event. The "Rug Hooking Proddy Hydrangea Workshop," hosted by Gwen Dixon, will take place on July 13th from 10am to 4pm at the Museum's Courthouse. Hook Proddy Hydrangea Flowers, in a ready-to-hang loop, is

an easy and fun technique that uses a rug hook and hand-dyed wool to create a beautiful artistic keepsake.

Register early with Gwen Dixon at gwendixonwoolarts@gmail.com or call 506-378-8292.



Quilt being raffled

"The quilt show is the biggest fundraiser of the year for us," said museum curator Dan Ross. "We really appreciate the support from everyone who attends the Show and Sale." Ross added, "This event would not be possible but for the wonderful volunteers who plan, organize and run the show. We are very thankful for their hard work."

This year there are more than 100 unique quilts for sale by a number of local quilters. In addition to the quilts, there are quilt tops, youth, crib & lap quilts, afghans and other sewn articles available.

The show will once again include a raffle for one of the quilts. Tickets can be purchased throughout the summer and the quilt, which features the design 'Dolly's Log Cabin' can be shipped anywhere in North America.

The Quilt and Fibre Art Show & Sale is open each day during the museum's regular hours, from 9:30am to 5:30pm.

The museum is located at 3940 Route 114, Hopewell Cape, NB.

Admission to the quilt show is just \$3 per person.

Contributed by the Albert County Museum and RB Bennett Centre.

Gary Steeves Insurance



**"Old Fashioned Good Service"
Since 1980**

New Brunswick • Nova Scotia • Prince Edward Island • Newfoundland & Labrador

**Home • Auto • Classic Car
Travel Trailer • Motorhome
Motorcycle • Boat • Cottage • Commercial
Hole-In-One Golf • Travel Insurance**

**Toll Free 1-800-595-3403
506-734-3403
11 Simpson St. Hillsborough**

www.garysteevesinsurance.com

Goosetongue & Samphire Greens: Excerpts from *Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*

“In my younger days, it was a family affair to go collect goosetongue greens,” recounts Jocelyne Gauvin of Cocagne. “My grandparents, my parents and the kids—we all loaded up in a small vehicle all sitting on each other's knees—no seat belts back then. We would go out to the salt marshes.”

“The goosetongue greens were used in boiled dinner. First, we would cook the goosetongue greens. We would put them in a pot of water, let it come to a boil, and then drain the water, add new water, and bring it to a boil again. In total, the water was changed three times. We did this with both fresh and salted goosetongue greens. This way, they wouldn't taste as strong. My parents would add a bit of baking soda, perhaps to sweeten them or to help keep the green colour.”

“We would make a boiled dinner of goosetongue greens, carrots, potatoes and pork or beef (with a bit of fat to give it more taste.) The greens could be fresh or salted—same thing with the meat, it could be fresh or salted.”

“Gathering goosetongue greens was a family activity,” says Nancy Jonah of Hillsborough. “We would go out with huge burlap sacks to collect them.”

“Then we would pickle them in barrels by just adding salt and water. Before eating them, we would rinse them in cold water and boil them. Then we could take them out and boil potatoes in that water. We would have salt pork on the side. We always added vinegar to the goosetongue greens.”

Continued on next page

ALBERT
COUNTY
PHARMACY

Guardian

Feeling Better Starts Here

Save Smart, Shop Local.

Summertime is here!

Stop in and see us for all your bug repellent and suncare needs!

Store Hours:

Mon-Fri 9am-6pm

Saturdays 9am-5pm

Pharmacist on Duty:

Mon-Fri 9am-6pm

We now carry Atlantic Lotto!

ALBERT COUNTY PHARMACY

5883 King Street, Riverside-Albert, NB, E4H 4B5

Ph: (506) 882-2226 Fax: (506) 882-2101

Samphire greens are sometimes called “sandfire greens.” In French, the greens are called “tétines de souris,” which literally translates to “mouse nipples,” a reference to the little bumps on the leaves. Samphire greens grow on the muddy, lower flats rather than the higher areas preferred by goosetongue greens. Jocelyne Gauvin remembers salting them to preserve them in the same way as they salted goosetongue greens.

According to the late Mary Majka, goosetongue and samphire greens are favourite local vegetables which were savoured by the Mi’kmaq, who later who introduced them to the first settlers. In *Fundy National Park* (1977), she writes, “Albert County residents pick these greens by the bushel from the salt marshes and enjoy them raw, in salads, freshly cooked, as an addition to a main course, pickled or frozen in winter time.”

“Goosetongue greens are best at the end of July. Samphire greens aren't ready until the middle of August. Both contain a great amount of minerals which are normally found in seaweed.

“Samphire greens have to be ‘stripped’ after cooking. The fleshy part is eaten and the inner woody stem is thrown away.”

For both types of greens, Majka writes, “No salt is added to the cooking water, only a piece of salt pork. They may be cooked like spinach and served with butter.”

In the history of Stieffs (now Steeves) who settled around Hillsborough in 1766, it is said that fresh and preserved samphire greens were a major food source during summer and winter.

Strawberry sponge recipe

“As I turned the faded pages of the recipe notebooks handwritten by my Grandmother Wright (née West), many memories came back to me of special meals together when our family would enjoy a specific cake or dessert made only for that occasion. It is so true that ‘heritage recipes’ connect you to your family and its traditions. Such is the recipe for the Christmas dessert known to our family as ‘Strawberry Sponge,’ passed down through the years from my great grandmother, to my grandmother, to my mother, and now to me and my siblings. It wouldn't be Christmas without a dish of Strawberry Sponge,” says Dawne (Wright) McLean.

2 cups strawberry preserves

1/4 cup sugar

1/2 envelope gelatin

1/2 cup cold water

1 cup whipping cream

Put fruit and sugar on stove and let come to a boil.

Dissolve gelatin in cold water.

Remove fruit from stove, add dissolved gelatin and let it cool. Add cream which has been whipped and let stand overnight. Serve in dessert dishes with cream.

An excerpt from Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes

Dawne adds that “if freshly picked strawberries were stewed with a bit of sugar, it would make fresh preserves and would be delicious for the sponge.”



Your Fundy Adventure Starts Here

Hiking Trail, Full Service Campground, Sunday Brunch

Accommodations, Restaurant, Outdoor Adventures

(506) 882-2349 Hopewell Hill, NB

www.broadleafranch.ca

The Albert County Museum cookbook: ***Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*** is only \$8 (including tax) for 200+ recipes, as well as stories about the people and foods of Atlantic Canada. Buy 10 copies and get one free! Order at albertcountymuseum.com/cookbook or pick up a copy (or two) at the Albert County Museum in Hopewell Cape.

Recipe for Spanakopita (Greek turnovers with cheese & wild greens)

One of my favourite dishes is spanakopita—phyllo turnovers filled with spinach and feta cheese. I like wild greens so I started replacing spinach with stinging nettles, and then adding dandelions, lamb's quarters and mustard greens. The result is delicious and healthy. I later realized that the dish I thought I had 'invented' is actually a Greek dish called "hortapitta." In Greek, "pitta" means pie, "spana" means spinach and "horta" refers to an assortment of wild greens.

The recipe is flexible and forgiving. Phyllo is easy to work with once you understand that it doesn't really matter if it's wrinkled or even rips a bit. It will still taste and look great in the end.

- 1.5-2 cups cooked greens (from fresh or frozen)
- 1/2 onion, finely chopped
- 2 green onions, chopped (optional)
- 2 Tbsp fresh dill, finely chopped (optional)
- 1-2 eggs
- 1 cup feta cheese, crumbled
- 1 cup small-curd cottage or ricotta cheese (optional)
- 1 Tbsp Parmesan cheese, grated
- 1 Tbsp bread crumbs
- 1 package frozen phyllo (filo) pastry
- Extra virgin olive oil

Steam the greens until tender. Drain, cool and squeeze out excess moisture. Chop coarsely.

Sauté the onion in the olive oil until soft. Let cool. Mix everything together.

To combine the phyllo and filling, follow directions on the inside of the phyllo box, or place a sheet of phyllo on a large cutting board. Cover the remaining phyllo with a slightly damp towel. Spread a thin layer of olive oil over phyllo; don't worry if you don't cover it completely. Place a sheet on top, oil it, and cut them lengthwise into thirds to end up with 3 long, double-layer strips. Put 1Tbsp filling on the bottom of each sheet, and fold the bottom corner towards the edge to make a triangle. Repeat until it is all folded.

Brush with olive oil, place on an oiled baking sheet and bake 15-20 minutes at 350°F until golden brown.

Yogurt dip for spanakopita

- 1/2 cup yogurt
- 1 clove garlic, rasped (or chopped very finely)
- 2 tsp extra virgin olive oil
- 1 Tbsp crumbled feta
- Pinch salt
- 1 Tbsp fresh dill, minced (optional)

Mix and serve.

By Janet Wallace, Editor of *Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*. Albert County Museum. 2018.

Scallops pan-fried in lime & ginger butter

From *Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*.

"I am lucky enough to live by the Bay of Fundy and scallop season usually falls in August or my birthday month," says Jennifer McKenzie. "As scallops are my favourite, they are the perfect birthday treat. If I am very lucky, I can sometimes get them straight off the boats as they come into the harbour. I like them pan-fried with butter in an old cast iron frying pan with all the flavours soaking up into them from the pan. I hope you enjoy them too!

"Scallops are best fresh, or second-best flash-frozen, and then thawed at room temperature just before cooking. Pat them dry with a towel before you cook them."

- 4-6+ Bay of Fundy scallops (as large as possible)
- 1 lime, zest the peel and juice the lime
- 1-inch cube ginger, grated
- 3 Tbsp butter
- Olive oil
- A drizzle of honey (local is best)

Put cast iron frying pan on medium-high heat and coat with a thin layer of olive oil. When pan is very hot, add the scallops and sear them; cook 5 min. until they're brown and caramelized.

Combine the butter, ginger, lime zest and juice. Warm this in the pan beside the scallops and spoon over everything. Drizzle with honey before serving.

Rising Seas

By Deborah Carr



Image by Janet Wallace

The maps caught my attention as soon as I walked in the room at a Sea Level Rise Workshop. The colourful depictions of predicted high water zones for the year 2100 were spread out over three tables. I looked more closely.

The Alma Wharf, Parkland Village Inn and Alma Lobster Shop were in flood zones. So were Water Street and the crossroads at 915/114 in Riverside-Albert. The Railway Diner and Golf Club Road in Hillsborough. Grey's Island may actually be an island, again.

These were just some of the vulnerable areas identified in the three villages.

Suddenly climate change and sea level rise became more real, more compelling, and more critically important. Because this is

home. And home is at risk. Imagine the low-lying areas in Hillsborough if the Petitcodiac rises the predicted two metres by 2100. Dykes or not, the marshes will be underwater.

Certainly, we've all been made aware of significant climate changes over the past decade. Predicted changes for NB paint a grim picture: increased storms and intensity, flooding, changing river levels, droughts. The 2018 spring flooding along the St. John River Valley shows clearly how devastating and costly rising water can be.

The most critical issue of our time

Despite the fact that scientists have been warning us since the '80s, terms like Global Warming,

Climate Change and Sea Level Rise have only recently been elevated in the media. Global warming is the most critical issue of our time. Whether or not the planet remains habitable for human life is in our hands.

No one can predict exactly what will happen if greenhouse gas emissions continue to rise and polar ice caps continue to melt, but scientists from around the world have collaborated to create four distinct scenarios ranging from best case (we reduce use of fossil fuels enough that CO2 emissions peak by 2020, then drop drastically) to worst case (we keep consuming fossil fuels at our current rate).

Sure, we're looking ahead 80 years. It may be easy to say, 'I'll be gone, so I don't care,' but we have a responsibility to help fix what we've broken for future generations. Human beings are causing climate change, largely by burning fossil fuels. Will this be our legacy to our grandchildren and great-grandchildren?

One participant pointed out that New Brunswick simply cannot

The Sea Level Rise Workshop was delivered by Raissa Marks and Zaheera Dahneen of the NB Environmental Network in the spring of 2018. They provided flood mapping for the three villages. A second workshop will be held later this year to include the highways and areas in between Alma, Riverside-Albert and Hillsborough.

The workshop was developed by the Ecology Action Centre and Fisheries and Oceans Canada as part of an Educating Coastal Communities About Sea-level Rise (ECoAS) Project. The project was designed to translate scientific climate change research into useable information to educate coastal communities within Atlantic Canada about the need for planning for future sea-level rise impacts.

Continued next page

ConnectingAlbertCounty.org 18

afford the costs associated with climate adaptation. Our only option is to work harder at reducing the use of fossil fuels, and hope we can attain a 'less-than-worst-case' scenario. Fixing this isn't as hard as one would imagine. We currently have the technology to make the change, but the political will to lead is weak. And this will only come from public pressure.

Since the coal-burning era of 1850 onward, greenhouse gas (GHG) emissions have increased 150%. We have a responsibility to future generations to adjust our lifestyles, decrease our consumptive habits, and to push our political leaders to take more concrete and decisive steps towards reducing emissions, and provide us with better, cleaner energy choices.

Why sea levels rise

Greenhouse gases contribute to a warmer climate, which speeds up the melting of glaciers and ice caps. As oceans continue increasing in volume through meltwater, they are also absorbing 90% of the heat generated by global warming. And warm water takes up more space than cold water.

Calculations in 2012 anticipated a rise of 0.85 metre (2.75 feet), but the latest worst case prediction is that by 2100, the global sea level will be one metre (3.25 feet) higher than current levels and two metres (6.5 feet) along the Bay of Fundy. If our 'worst case' keeps steadily increasing, we may see greater changes, sooner.



The Bay of Fundy tides are also amplifying. In his 2014 report on sea level rise predictions for New Brunswick, meteorologist Réal Daigle predicts a 30 cm (1 foot) increase in the Fundy tides (this is in addition to the increase in sea level).

Land Movement

Predictions are complicated because at the same time as the ice cap melts, it removes immense pressure from the Earth's crust and the crust rebounds (rises), which causes subsidence (sinking) in other areas. Think of lifting a crust of floating ice. As you slip your fingers underneath to lift one end, the opposite end sinks. So, as the land rebounds further north, here on the Bay of Fundy (and south of us), coastal land subsides.

What can we do now?

Communities need to be aware of what lies ahead, and begin having conversations about climate change. Keeping a worst case scenario in mind is important for all future coastal developments. From a community planning perspective, there are several ways to reduce the risk and prepare for rising seas:

Protect: Create natural or man-made infrastructure to help maintain the shorelines and prevent erosion, such as the new seawall in Alma. As one participant pointed out, trees prevent erosion too, so it's important to preserve forests, particularly along coastal areas.

Accommodate: Manage the way we use coastal areas to minimize the risk to humans and infrastructure, and maintain wetlands and marshes as they are important buffer zones.

Retreat: Relocate existing structures further inland away from flood zones.

Avoid: Prevent new developments in low lying areas, areas vulnerable to erosion, and flood risk zones.

Both images are of Hillsborough flooding, Spring 2014.

ConnectingAlbertCounty.org 19

Moranda van Geest
ALBERT

"Now is the time for change.
You can make it happen."

green vert
PARTI VERT
PROVINCIAL PARTY OF NEW BRUNSWICK
DU NOUVEAU BRUNSWICK

It starts here, at home.

Old Roots. New Farm

By Angela MacDougall

We get people stopping in from time to time, lending to the story of the place we now call home. Whether there's any truth in them, I can't say, but they do make for an adventurous tale. From the collected pieces, a glimpse of the past comes to life in my imagination. A long line of extraordinary people stood here before me. The visitors tell the stories as if it were yesterday and refer to the characters as if they knew them personally. "Did you know, the feller that used to live here...." is a line I often hear. From a crooked jeweler, to a famous seamstress, diamonds in floorboards and pearls stashed in the laundry machine, romance, heartache and famous writers and scholars boarding in the attic, a diversity of people lived here throughout the years. The old coach road can still be clearly seen through the forest today and we keep the attic door where boarders signed their names as a keepsake. It's very easy to sit under a tree, reminisce on their words and let your imagination take you back.

Edgetts Landing in the 1860s is listed as a "farming community." This would have been around the time when the previous house on the property was built. A nice rhubarb patch still grows just outside where the backdoor to the summer kitchen used to be. A few feet away, some highbush

cranberries still stand. There's fencing for what looks to be an old pig pen and the apple orchard. Based on the pictures people have given us, the old house looks quite extravagant. The house was large with many additions and, apparently, at one time it housed a post office in one of the rooms.

The property is quite amazing: beach front property, salt water in the air, old growth forest, an apple orchard full of old varieties, history, microclimates and list goes on! It's the perfect combination of field, forest and ocean.

This beautiful spot in rural Albert County now grows fruit again, herbs and vegetables. We have combined old and new farming techniques to incorporate organic growing methods, polyculture, no-till permanent raised beds and permaculture design. We are farming types of food new to the area, such as hazelnuts, cherries, pears, plums, haskaps, mushrooms and dry beans.

Our farmstand is open seven days a week for the season and offers a variety of local farm fresh foods including; eggs, butter, ice cream, meats, cooking oil, oats, maple syrup, teas, herbs and spices and lots of fresh veggies! Drop by and take a walk through the gardens and orchards. We're at 3578 Route 114 in Edgetts Landing, www.facebook.com/FundyFarmslocalharvest/ and Instagram #Fundy Farms: local harvest.

Hillsborough Farmer's Market



Victoria Day to Thanksgiving

Saturdays 9am-2pm

2807 Main St. Hillsborough
market@foodsofthefundyvalley.ca



CROOKED CREEK

CONVENIENCE

NB Liquor Agency & Gas

Coffee, Groceries, Gas, Gluten-free food

Produce, Lotto tickets 882-2918

FARMER BROWN'S GREENHOUSE

• Retail Greenhouse & Market Garden •



Large Selection of Annuals, Perennials & Herbs
Customized Planting Service for Containers & Flower Beds

LISA BROWN (506) 734-1908
farmerbrownsgreenhouse@gmail.com
371 Osborne Corner Rd • Dawson Settlement NB • E4H 2A6



2849 Main St Unit 1 Hillsborough NB E4H 2X7
www.villageofhillsborough.ca

Village of Hillsborough

Tel: (506) 734-3733

Fax: (506) 734-3711

Email:

hillsboroughnb@rogers.com

What's New at the Albert Career Development Centre?

By Rhonda McKinley

You may know us as the Albert Vocational Training Centre, but we have recently renamed our agency as the Albert Career Development Centre (ACDC) to better reflect the services we provide.

Located at 5295 Route 114, Hopewell Hill, we offer a variety of services designed to help adults with intellectual disabilities become fully involved in their community.

The Albert Career Development Centre is excited to have been involved with a provincial pilot project, Adapt Access to Employment, for the past two years. The project's focus is Employment First; emphasis is placed on preparing and supporting the individual to obtain gainful employment.

Participating in the Adapt Access to Employment provincial pilot project has allowed all employees of ACDC to benefit from training opportunities to upgrade and learn new skills to better help our participants.

What We Do

Albert Career Development Centre (ACDC) provides vocational training and support services to adults who face exceptional barriers to securing and maintaining paid employment. We also offer essential daily and life skills training and supportive services to help maintain or enhance social and community ties.

Programs and Services

Community Work Placement Training aims to give practical on-the-job experience that can be applied to various work settings.

Training includes:

- ◆ Employment skills: assessment and skill building;
- ◆ Career counselling/assessment;
- ◆ Transition to work readiness;
- ◆ Job preparation: Resumes, interviews, dress attire, workplace policies, etc.;
- ◆ Job matching: as much as possible, self-directed job search with 'job matching' primary goal.
- ◆ Focus Forward: Work Essential Skills Program

Community work placements have the following goals:

(1) Raising awareness and enhancing the level of understanding of community members and peers so ACDC participants are considered active citizens and valuable employees within community organizations, and (2) Ensuring ACDC participants are performing at their full potential whenever safe and possible to do so. In addition to helping locate and secure paid work placements, ACDC provides employment services and support to both employers and ACDC work program participants.



These services are facilitated through a variety of means and based on individual needs of both program participants and employers. ACDC provides on-site support (full-time support, part-time or occasional). Regardless of the level of support an ACDC work participant may require, our Community Placement Coordinator doesn't wait for a phone call from employers. Regular check-ins form a part of our employment monitoring service.

Community Service Work

Personal Development and Community Service is an area of training wherein ACDC emphasizes the importance of building community partnerships by helping fellow non-profit agencies in their work to help in bettering our community around us.

Contact: avtc@nbnet.nb.ca, 882-2604 or check out the Albert Career Development Centre Facebook page. ACDC is developing a website—stay tuned!

Rhonda McKinley is the Administrator of the Albert Vocational Training Centre.

COMMUNITY CALENDAR FOR JULY 2018

Sat June 30

Canada Celebration Days

Craft Sale: 10am-3pm Alma Activity Centre (8 School St.)

Face Painting: 1-3pm Alma

Kid's Activities: Board games ages 2-10 (6-7pm); ages 11-17 (7-8pm) Kids can bring their games to the Alma Rink.

Live Music: 7pm at Fundy National Park

Dance at Alma Activity Centre starting at 9 pm cash bar.

Canada Day Weekend Block Party at the Hillsborough Farmers Market!

9am to 2pm

Guest vendors, live music and contests galore! We are inviting any and all vendors and community groups to join us for this celebration weekend. There are lots of activities and contests to take part in and prizes to be won!

-Apple Pie Baking Contest.

Cook up your best apple pie and bring it down to the market to be judged. Our panel of pie eating experts will award points for Appearance, Taste and Creativity! (Please drop off pies by 10:30 am). The pie with the most points wins!

-Best dressed. Come in your red and whites, the best dressed wins!

-Coin Toss. Throw your loonie closest to the bottle and you're going home with the prize!

-Photo Contest. Send a photograph of a picture you have taken that represents Canada or being Canadian to market@foodsofthefundyvalley.ca or to www.facebook.com/Hillsboroughnbfarmersmarket. Contact us at market@foodsofthefundyvalley.ca or send a message on Facebook. The market is at 2807 Main Street, Hillsborough.

Sun July 1

Canada Celebration Days

Canada Day Children's Red & White Parade (11:30am). If you want to promote your business you are welcome to enter a float, assembly is at 11:00am at the Alma Rink. Any questions: call Tiffany Bowron

Canada Day Cake at Alma wharf at noon followed by other activities in Fundy National Park.

Dessert Theatre (Maw Mulligan's Kids) 6:30pm at the Alma Activity Centre. Cost: \$20 per ticket or \$35/couple. Tickets available by mailing villageofalma@gmail.com or calling 506-887-6123.

Fire Works:9:30pm.Alma wharf

Canada Day Celebration

Kiwanis Ballfield, Hillsborough Activities from 6pm-9pm.

Bouncy castles;
backyard game zone;
balloon twister;
face painting;

birthday cake from Cinnamon Soul Café;

free hot dog BBQ sponsored by the Kiwanis;

live music by Eddie Chase & Graffiti Four.

Annual Fireworks at 10pm

RB Bennett Day & Canada Day celebrations

Albert County Museum, Hopewell Cape from 11am - 4pm

Free admission to the day-long festivities and fun! Join in the birthday celebrations of R.B. Bennett, Albert County's son and Canada's 11th Prime Minister! Proudly celebrate Canada Day!

Musical entertainment,
Lots of Games,
Puppet Show,
BBQ,
Cake & Ice-cream.

Mon July 2

Canada Celebration Days

Cake Walk-10am at the Alma Activity Centre

Duck Race -Mid-Day; 12:30pm: ducks are for sale at the Harbour View Restaurant

Children's Games & Scavenger Hunt. 2-4pm at the Alma Rink.

Mon July 2 (cont).

Pickleball* 6:30pm

Wed July 4

Shepody Food Bank* 1-3pm

Hillsborough Kiwanis Bingo* 5:30-8:30pm

Thu July 5

18th Annual Gary Steeves Insurance Country Cruise In. 1-3:30pm. Hillsborough Kiwanis Center. Car show, bbq, music.

Friends of the Hillsborough Arena-Chase the Ace* 4:30pm

Country & Gospel Music* 7pm

Fri July 6

Chase the Ace - Riverside-Albert* 6pm - 7:30pm

Weekly Card Games - Alma Leisure Centre* 6:30pm

Mon July 9

Pickleball* 6:30pm

Tue July 10

Quilt & Fibre Arts Show & Sale. See page 14.

Wed July 11

Quilt & Fibre Arts Show & Sale. See page 14.

Shepody Food Bank* 1- 3pm

Hillsborough Kiwanis Bingo*

Thu July 12

Quilt & Fibre Arts Show & Sale. See page 14.

Friends of the Hillsborough Arena -Chase the Ace* 4:30pm

Country & Gospel Music* 7pm

Fri July 13

Quilt & Fibre Arts Show & Sale. See page 14.

Chase the Ace - Riverside-Albert* 6pm - 7:30pm

Weekly Card Games - Alma Leisure Centre* 6:30pm

* See Weekly Events Page for details.

Calendar continued from last page

Sat July 14

Hillsborough Farmers Market* 9am-2pm

Quilt & Fibre Arts Show & Sale. See page 14.

Mon July 16

Pickleball* 6:30pm

Wed July 18

Mobile ECO Depot Alma - ECO 360 Noon - 8pm. (See box)

Shepody Food Bank* 1-3pm

Hillsborough Kiwanis Bingo* 5:30pm - 8:30pm

Thu July 19

Mobile ECO Depot Alma - ECO 360 Noon - 8pm. (See box)

Friends of the Hillsborough Arena - Chase the Ace* 4:30pm - 7:30pm

Country & Gospel Music* 7pm

Fri July 20

Chase the Ace - Riverside-Albert* 6pm - 7:30pm

Weekly Card Games - Alma Leisure Centre* 6:30pm

Sat July 21

Hillsborough Farmers Market* 9am-2pm

Mon July 23

Pickleball* 6:30pm

Hopewell Cape Kitchen Party 7-9pm. Hopewell Cape Community Hall, Albert County Museum. An Old-fashioned Kitchen Party featuring Samantha Robichaud and Sara and James Nelson. Tickets are \$10 at the door, and there will be a canteen on site.

Wed July 25

Shepody Food Bank* 1-3pm

Hillsborough Kiwanis Bingo* 5:30pm - 8:30pm

Thu July 26

Friends of the Hillsborough Arena-Chase the Ace* 4:30pm

Country & Gospel Music* 7pm

* See Weekly Events Page for details.

Fri July 27

Chase the Ace - Riverside-Albert* 6-7:30pm

Annie Simpson's 100th Birthday Celebration! 6-8pm
Hillsborough Kiwanis Center.
Join us to celebrate Annie Simpson's 100th birthday! Festivities start 6pm; 7pm: musical selections, skits, and anecdotes about Annie. If you'd like to share a story, photo or talent. email: liz.macmullin@hotmail.com. Instead of gifts, Annie has asked for your best wishes only. If you have a moment, please write Annie a letter and bring it to the party, or email Liz. Our hope is that Annie will have 100 letters!

Weekly Card Games - Alma Leisure Centre* 6:30pm

Sat July 28

Hillsborough Farmers Market* 9am-2pm

Mon July 30

Pickleball* 6:30pm

Shepody Food Bank* 1-3pm

EcoDepot

The mobile EcoDepot visits a different community each month. For no fee, residents will be able to visit any Mobile Eco-Depot to dispose of the following (up to ½ tonne truck/utility trailer):

- Appliances
- Electronic waste
- Furniture
- Small household machinery (emptied of gas and oil)
- Construction/renovation waste
- Household hazardous waste
- Car and small truck tires
- Brush/branches and yard waste
- Clear glass, metal
- Cardboard and paper
- Cooking oil

**No car parts, gas tanks, residential oil tanks, regular curbside waste or commercial waste.

See details at www.eco360.ca/mobile-eco-depot-program



ALBERT COUNTY CHAMBER OF COMMERCE

**Support our
Albert County
businesses:
Buy Local**

Contact us:

www.albertcountychamber.com

accofc@gmail.com



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, contact: 875-1190 or teledriveac@gmail.com.

Pickle Ball 6:30pm. The Riverside-Albert Recreation Centre hosts Pickle Ball. Come on out and see what this sport is all about! \$2/night. First night is free!

Wednesdays

Shepody Food Bank 1-3pm. Albert County Health & Wellness Centre. Bring Medicare numbers for every household member. Closed when schools are closed due to weather.

Hillsborough Kiwanis Bingo Doors open 5:30, games begin 6:30.

Thursdays

Friends of the Hillsborough Arena - Chase the Ace 4:30-7:30pm. Hillsborough Golf Course. Raffle tickets 3 for \$5. Draw 7:30pm.

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

Fridays

Chase the Ace—Riverside-Albert 6pm at Fundy Curling Club. Effort of CCRC & Fundy Curling Club to raise money for ice plant & lifelong learning centre at Riverside Consolidated School. Questions? Call 882-2573, 882-2052, 882-2626.

Weekly Card Games 6:30 pm. Alma Leisure Centre. Playing Auction 45. All ages welcome. Refreshments are part of the game night.

Saturdays

Hillsborough Farmers Market. Open Saturday 9am-2pm until Thanksgiving. Packed with farm fresh goodness and old-fashioned hospitality! Fresh baking and produce, hand-made crafts, hot coffee and tea, breakfast, personal care products, bread, meats, maple products, knitting and sewing, preserves, pottery, jewelry, wood working, local teas, plants, live music, activities for the kids, and surprises. Support our local small businesses! 2807 Main St. Hillsborough. Contact: Angela Mac-Dougall at market@foodsofthefundyvalley.ca

Sundays

Broadleaf Ranch Sunday Brunch 10am-2pm from May to October. Broadleaf Ranch Restaurant

Volunteer with Connecting Albert County

Available positions:

Website poster: responsible for maintaining and update posts on our website using Weebly. Requires 1-2 hours per week, 1-2 hours of training upfront.

Calendar coordinator: ensures calendar entries are managed in a timely manner. Requires 1-2 hours per week on average (note each month may have 3 weeks with only 0.5-1 hr/week and 1 week with 1-3 hrs) with 0.5-1 hour of training upfront.

Community liaison: our hands and feet in their community. These people will help us engage with their community and share more local news, stories, and events. You can focus on your own village/community or rural Albert County as a whole. Takes 0.5-2 hours per week.

Writers/photographers/proofreaders: We invite people to submit stories and photographs to Connecting Albert County and to proofread the publication.

When you join the Connecting Albert County team, you can help us spread the news and celebrate the wonderful aspects of our community, culture and environment. You can meet new people and learn new skills (we provide training, if necessary). Most or all the work can be done from your home at your own schedule.

For details, see connectingalbertcount.org/volunteer.html, call Joseph Gallant at 882-3134 or email Janet Wallace at info@connectingalbertcount.org.



East Coast Kids
Child Care & Learning Centre

Safe & fun environments that offer quality care & programs/activities for children ages 2-12 yrs.

Licensed Centres in Hillsborough & Riverside-Albert

childcare@eastcoastkids.ca 506-962-5868

Bennett and Albert County Health Care (BACH) Foundation

The 4th Annual BACH Foundation Golf Tournament was held June 16th at the Hillsborough Golf Club. As in previous years, there was great community participation from sponsors and participants. The board would like to thank sponsors and participants with a special thank you to our Gold sponsor (Scotiabank) and Silver Sponsors (Atlantic Underground Services, Albert County Trailblazers, Ed's Welding, Gary Steeves Insurance and Tidewater Physiotherapy Inc.). The funds raised will allow the foundation to fund a variety of projects at the Health Centre and in the community in the coming year.

The foundation would like to welcome our newest board member, Mr. Arnold Morrissey from Riverside-Albert, and thank Arnold for volunteering to join the board. There are still two vacancies on the board; the board welcomes anyone with an interest in improving the health and wellness of the residents of Albert County and feel that they would be an asset to the foundation.

The Bennett and Albert County Health Care (BACH) Foundation helps create a healthy, vibrant community. The Foundation improves access to health care services in rural Albert County and supports programs that improve community health.

The BACH Foundation supports:

- ◆ Albert County Health and Wellness Centre in Riverside-Albert & Hillsborough satellite clinic
- ◆ Tele-Drive
- ◆ Spin Bikes at Schools
- ◆ Sistema Hillsborough
- ◆ Imagination Library
- ◆ Tele-Health
- ◆ Literacy Express
- ◆ Forest Dale Home Van
- ◆ Connecting Albert County

By donating to the BACH Foundation, you are investing in a healthier community.

(506) 882-3100

bachfoundation.com



Yes, I want to help

have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre



BENNETT & ALBERT COUNTY HEALTH CARE FOUNDATION

I would like to contribute a monthly amount of \$ _____ TO BE DEDUCTED ON: 1st or 15th of the month

I would like to contribute a one-time gift of \$ _____

Name: _____ Telephone: _____

Address: _____

City/Town: _____ Province: _____ Postal Code: _____

E-mail: _____

I have enclosed a cheque made payable to the Bennett and Albert County Health Care Foundation

I prefer to use my: VISA MasterCard

Card Number: _____

Expiry Date (month/year): _____

Signature: _____

Charitable Registration: 869019133 RR0001

Bennett and Albert County Health Care Foundation
8 Forestdale Road, Riverside-Albert, NB E4H 3Y7
Tel 506-882-3100 Fax: 506-882-3101

Donate online at www.bachfoundation.com



Supporters of Connecting Albert County

Connecting Albert County would like to thank the following supporters.
With their help, we can spread the news of rural Albert County.

Bennett and Albert County Health Care (BACH) Foundation www.bachfoundation.com

Gary Steeves Insurance www.garysteevesinsurance.com

Albert County Pharmacy [www.facebook.com/
AlbertCountyPharmacy](http://www.facebook.com/AlbertCountyPharmacy)

Hopewell Rocks www.thehopewellrocks.ca

Tele-Drive Albert County Inc. [facebook.com/Tele-Drive-Albert-
County-Inc-188994474611872](https://facebook.com/Tele-Drive-Albert-County-Inc-188994474611872)

Albert County Chamber of Commerce www.albertcountychamber.com

Broadleaf Guest Ranch www.broadleafranch.com

Crooked Creek Convenience www.facebook.com/crookedcreekconvenience

East Coast Kids Child Care & Learning Centre www.eastcoastkids.ca

Farmer Brown's Greenhouse www.farmerbrowns.ca

Foods of the Fundy Valley foodsofthefundyvalley.ca

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

OMISTA Credit Union www.OMISTA.com

Village of Hillsborough villageofhillsborough.ca

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

Albert County Museum albertcountymuseum.com

Chipoudy Communities Revitalization Committee www.chipoudycrc.org

Forest Dale Home www.forestdalehome.ca

Jeff MacDougall, SouthEastern Mutual Insurance jeff.macdougall@semutual.nb.ca

Village of Alma villageofalma.ca

To spread the word about your business or organization's work in rural Albert County, see connectingalbertcounty.org/advertising. We also welcome donations from individuals. Help us share the news, stories and events of our region!