

Connecting Albert County

April 2021

Image by Shannon Gaythorpe

Spring into Wellness *By Alicia O'Hara*

"No matter how long the winter, spring is sure to follow." I read that recently, and it is fitting for this past year as we all adjusted to a new world of unknowns, Public Health measures, and varying levels of isolation.

The steps necessary to protect our physical wellness have had an impact on our mental health. Over the last year, you may have found yourself feeling more irritable, anxious, lonely or depressed. You aren't alone.

I think it would be hard to find someone whose mental wellness hasn't been affected by the pandemic. It's been a difficult season in life, a long "winter" if you will, but as the quote says, "Spring is sure to follow."

Here are my top three tips for improving mental wellness as we move into spring:

Know that it's okay to not be okay.

Honour your feelings and have compassion for yourself. Take time to reflect on areas of your wellness (physical, emotional, mental, social) that you may be struggling with. Reach out to a trusted friend, your family doctor or nurse practitioner, community social worker, or community mental health services for support.

Be in the moment.

When we're feeling overwhelmed, it can be difficult to stay in the here and now. We tend to spend time worrying about the future and things we cannot control. Using techniques like deep breathing, mindfulness, muscle relaxation, and imagery can help with grounding and keeping us in the present moment.

Take advantage of the warmer weather, unplug and head out to nature.

Disconnecting from technology and spending time outside feeds our soul!

The first signs of spring always fill me with hope. Maybe it's the promise of longer, warmer days or that I won't have to battle a toddler into a snowsuit much longer. The feeling is usually triggered by the earthy smell that's produced as the snow melts and the ground thaws.

My favourite mindfulness practice for this time of year is to stand outside, take a deep breath, and take in the scent of spring.

As Laura Ingalls Wilder (author of the *Little House on the Prairie* books) said, "Some old-fashioned things like fresh air and sunshine are hard to beat."

Alicia O'Hara is a Registered Social Worker at the Albert County Community Health Centre.

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

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- **COVID-19 Vaccine**
- **Sawmill Creek Bridge Repair**
- **Introduction to Municipal Candidates**

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Connecting Albert County

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Letter to the Editor: A bumpy road

Every year as summer comes, so do the tourists. Some are from local areas like Moncton, Riverview and then there are some who come from other provinces in Canada, and people from the United States and even people from every country in the world. They come to see the Bay of Fundy and all its wonders--the Hopewell Rocks, Cape Enrage and Barn Marsh Beach, Waterside Beach, Dennis Beach, etc.

Several years ago there was a poll where people from North America could vote on the top 20 tourist spots for North America. The Fundy area came in as number 11 for North America! We should be very happy about these results. The government in power, no matter which party it is, has tended to just do quick fixes on our road system. The 114 is in fairly good shape; however, there are some problem sites that need redoing (not patching). Redoing!

The corner around the Chocolate River Motel going towards Hopewell is one area of concern that has been getting worse. Just before Shepody, there is AnC Meat Market (Arnold's) with a bump and large dip in the road. During the winter, the government posts a bump sign and has been doing this for over 20 years without actually fixing the problem. Next, in front of my place, Catch the Wind, there is a large crack with pavement missing that goes across the road. We have a B&B, so in the summer when trucks and motorhomes go over it, there is a loud noise. When you get to Riverside-Albert, the main street is in terrible shape and full of many, large bumps. Off the 915, going to Mary's Point, the section by the art gallery is completely coming apart because it has been patched so many times and the snowplow has taken all the patches out of the holes. When you call and report it, they say it's not on the list. For 20 years!

Traveling on from Mary's Point, the 915 is an unbelievable drive. This highway takes you to all of the major tourist stops mentioned earlier (beaches, Cape Enrage etc.) and onto Alma. You can't take your eyes off the road for fear of hitting a hole that will damage your vehicle. They did chipseal the first part of the road from Riverside for a few miles.

We (the people who live and drive this road) are not happy about its condition. For years and years and years and years, it has been a patchwork road. This road that governments expect us to travel on and then get the tourists to use has got to be redone. (NOT FIXED...REDONE.) It seems like all of the political parties are ignoring this road, which is important to our area for all the reasons I've stated.

We deserve better and the tourists deserve better. The Fundy Trail is beautiful-- I was on it last year. We have great places to see here in our area as well. It is time for whatever government is in power NOW to do something! The federal and provincial governments should work together to get this done. It seems to me that the only time they want to hear from us is when there is an election.

I challenge the Minister for Highways and the Tourism Minister and the Federal Member for Fundy to take a drive from Moncton to Alma and when they get to Riverside-Albert, take the 915 the rest of the way. You expect us to live with this and pass it on to the tourists? I think not. We are still waiting for a new bridge at Stoney Creek. The one there now was to be a temporary one.

This letter is not to pick on anyone. There is no blame. We have been waiting patiently-- please take the challenge. We business owners and regular people who travel these roads would like you to take a drive into the future. For all our sakes and for the sake of the tourists.

Be well and thank you.

Art Paterson, Shepody, NB.

Municipal Elections: Meet the Candidates Part 1

Municipal elections are coming up! Residents in the Villages of Alma, Riverside-Albert and Hillsborough will have the opportunity to vote for village councillors and mayors on May 10th. All residents of rural Alberta County can vote for members of the district education council (DEC) and regional health authority. For details, contact Elections New Brunswick at 1-888-858-8683 (VOTE) or www.electionsnb.ca.

Nominations for candidates are still open but a few people have already thrown their hats into the ring. We have asked each candidate to explain in 200 words what they aim to do in their village if elected. The submissions are printed in the order we received them. We will provide more election coverage in the May issue.

Bob Rochon

Candidate for Mayor of Hillsborough

If offered the opportunity to serve as mayor, I will draw on my experience in both government and the volunteer sector to provide guidance and advice on issues related to financial management, administration and other areas of concern to the community.

I will strive to ensure that every issue brought before council receives timely, thoughtful and thorough consideration. I believe in transparency and ensuring citizens are kept informed. To that end, I hope to communicate regularly through a variety of methods and am optimistic that we can generate public interest and increase attendance at council meetings.

My focus will be to continue the positive work of the current council and to build on their past achievements. This includes continuing to pursue business development opportunities, investing in the community's facilities in a responsible manner, and promoting partnerships with stakeholders. Lastly, I will be mindful to consider our seniors, ensure effective emergency services and make sure we continue to enjoy a safe and sustainable water supply.

On May 10th, I ask for your support. I commit to working effectively with councillors, the Village of Hillsborough's team of employees and citizens to build on progress made, and bring about further, positive change.

Melody Land

Candidate for Councillor for Hillsborough

Hillsborough is an incredible community. I love its people and have confidence in its ability to develop, grow, and thrive. I am confident that my knowledge of our region and community connections, combined with my professional and personal experience, will equip me to serve in a unique and distinctive way.


As a Councillor, my focus will be to help foster a collaborative, accessible, and dynamic local government. I will focus on:

Social Services, in other words, government-based activity for the welfare of others that include opportunities for education, health and wellness services, and making sure our community looks after its most vulnerable members.

Non-Traditional Economic Development. With a thorough understanding of economic trends and funding strategies, I am determined to help create a sustainable plan to infuse our local economy.

Families, Youth, and Community Engagement. A flourishing community occurs when its members are engaged and feel like they belong. I will create a youth steering committee to help engage with our youth and their families, as well as working with existing community groups.

Most importantly, I am available to you, the community. I want to hear what is important to you! Don't hesitate to reach out and let me know.



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The COVID-19 Vaccines are Here! What Should You Do? *By Michael Hewey*

Great news! The COVID-19 vaccines are finally here in New Brunswick! But can you get it? And if you can, which ones are available?

There are currently four COVID-19 vaccines approved for use in Canada. The first two are the Pfizer-BioNTech and Moderna vaccines, which are available to those above the age of 16 (Pfizer) or 18 (Moderna). Both these vaccines use a messenger RNA platform. What does that mean?

Well, basically the RNA vaccine is a blueprint copy with instructions of how to build the COVID-19 antibodies to prevent infection. The good news is that since these are not live vaccines, they come with additional benefits and can be administered to immunocompromised people. Remember to complete both doses with the same vaccine to optimize protection.

Within the last two months, Canada has approved the use of two other COVID-19 vaccines - the AstraZeneca and Johnson & Johnson vaccines. Both are approved for those aged 16 and older. Both these vaccines are viral vectors, but the Johnson & Johnson one is administered as a single dose, while the others are on a two-dose schedule. Vector virus vaccines use a harmless modified version of a different virus to deliver instructions to our cells that, in turn, develop the immune response.

All four vaccines are shown to be effective in preventing moderate to severe COVID-19. Due to the importance of mass immunization to achieve herd immunity, it is recommended to receive any of the four vaccines when available: however, for two-dose vaccines, it is important to have the same vaccine for both doses. Since the two newer vaccines are virus vector-based, we encourage those with pre-existing conditions to consult their primary care provider to determine which vaccine is best for them.

Clinical trials have shown that the vaccines are both effective and safe, but there will always be a small risk of adverse events. Generally, all vaccines were well tolerated across all populations with no serious safety concerns. The most common reactions included pain at the injection site and mild swelling, fever, fatigue, headache, chills and muscle soreness.

Symptoms are generally mild to moderate and occur in the first three days of vaccination. They resolve within one to three days. Overall, symptoms are more frequent and severe following the second dose and among younger people compared to older people.

Who should not get the vaccines?

Those who should not receive any COVID-19 vaccine are people who have had:

- 1) a previous immediate allergic reaction to a vaccine such as hives, swelling, trouble breathing or anaphylaxis (emergency) within four hours of administration;
- 2) an allergic reaction after a previous dose, or to a component, of the COVID-19 vaccine;
- 3) an allergy to polyethylene glycol (PEG), which is an ingredient in both the Pfizer-BioNTech and Moderna vaccines;
- 4) an allergy to polysorbate 80, which is an ingredient in the Johnson & Johnson vaccine.

I'm pregnant, can I get the vaccine?

Pregnant women are at increased risk for severe illness or death from COVID-19 compared to non-pregnant individuals. Also, pregnant women may be at increased risk for other adverse outcomes such as preeclampsia or preterm delivery. Because of these risks, the prevention of severe COVID-19 infection is essential to both mom and baby. Based on current knowledge, experts believe the COVID-19 vaccines are unlikely to pose a risk to a pregnant woman or baby. However, data on vaccine safety during pregnancy are limited. Please see your primary care provider for recommendations if pregnant.

What about my son who is 18? Can he get the vaccine?

Adolescents aged 16 and older are eligible to receive most of the COVID-19 vaccines (but the Moderna vaccine is only available to people 18 and over). Children and adolescents younger than 16 are **not authorized** to receive any COVID-19 vaccine at this time.

What about the viral variants? Will I be protected if I get the vaccine?

Unfortunately, viral mutations often occur naturally. Similar to the influenza virus which mutates yearly, the COVID-19 virus has already mutated a few times resulting in new variants. Currently, we are not sure what effect the vaccines will have on the variants. The UK and South African strains are the major circulating variants at this time; however, there is good news as those particular mutations are key targets of our current available vaccines.

Can I take a Tylenol before my vaccine?

Routine Tylenol before the vaccine to prevent soreness is currently **not recommended**. Research has not been able to identify what Tylenol would do to the antibody response.

Continued on next page.

I have an autoimmune condition. Can I get the vaccine?

A lot of questions have been asked about the safety of the COVID-19 vaccine in people with autoimmune disorders or who are immunosuppressed. Recommendations suggest these individuals **should** receive the vaccine. Common examples of autoimmune conditions are Type 1 diabetes, multiple sclerosis, rheumatoid arthritis, psoriatic arthritis, inflammatory bowel disease, lupus and vasculitis. Examples of immunosuppressed individuals include organ transplant recipients and people who are on immunosuppressive therapy, undergoing cancer treatments, HIV infection, biologics or long-term steroid therapy.

Although people with autoimmune conditions or immunosuppression were not largely included in the studies, people with these conditions are encouraged to be vaccinated due to the expected benefit. If you are immunosuppressed, there may be a lowered response to the vaccine; however, you should still experience some degree of protection.

If you are unsure if you have an autoimmune disorder or are immunosuppressed, speak with your primary care provider. The main concern is that individuals with these

conditions are considered more vulnerable, and some patients may have a higher risk of severe illness due to COVID-19.

What can I take for any symptoms I may get?

For all current COVID-19 vaccines, medications such as acetaminophen (Tylenol) and ibuprofen (Advil) can be taken afterwards for the treatment of symptoms.

Anaphylactic reactions (severe allergic reactions) rarely occur with the COVID-19 vaccine. Taking an antihistamine (Benadryl) before to prevent any reactions is **not recommended** as antihistamines (Benadryl) do not prevent anaphylaxis.

Public recommendations

While COVID-19 vaccinations have demonstrated high efficacy at preventing severe and/or symptomatic COVID-19, there is limited information on how much the vaccines might reduce transmission or how long protection lasts. Therefore, at this time, people should continue to follow current guidelines to protect themselves and others, including wearing a mask, staying at least two metres (six feet) away from others, washing hands frequently, avoiding crowds and poorly ventilated spaces, as well as covering coughs and sneezes. *(Continued on next page.)*

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To register for the COVID-19 vaccine, please go to the following website:

AlbertCountyPharmacy.medmeapp.ca/schedule

Everyone can register for a COVID-19 vaccination.

We will contact you when we are able to book your appointment. At Albert County Pharmacy, it is our goal to have every community member who wants the vaccination, 16 years and older, to receive at least one dose by the end of June.

Find our monthly flyer at Facebook.com/AlbertCountyPharmacy

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www.ConnectingAlbertCounty.org ~ 5

What are COVID-19 symptoms?

If you develop any of the following symptoms, you should get tested:

- Fever
- New cough or cough that is getting worse
- Sore throat
- Runny nose
- Headache
- New onset fatigue
- New onset muscle pain
- Diarrhea
- Loss of taste or smell

How do I get tested?

To get tested, call Tele-Care 811 or go to the Government of New Brunswick webpage and click on COVID-19 and take the self assessment. If you are recommended to get tested, public health will be in contact with you. Or, contact your primary care provider, who can assess you over the phone and refer you.

[Ed. note. The Albert County Pharmacy recommends that people register for the COVID-19 vaccine at: AlbertCountyPharmacy.medmeapp.ca/schedule.]

When can I get my vaccine?

Currently the Government of New Brunswick is in Stage 1 of the vaccine rollout plan. Currently, pharmacies are offering the Covid-19 vaccine to individuals 85 years and older. Please contact your local pharmacy to request an appointment. As well, Health Authorities are currently vaccinating health care workers and health system staff. The speed of rollout will depend on vaccine availability as we know this can vary.

For the full vaccine rollout plan, please visit the GNB website (www.gnb.ca) and click the COVID-19 link, followed by the vaccine link.

Michael Hewey, MN NP, is a Nurse Practitioner at Horizon's Albert County Community Health Centre.



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Fruit and Vegetable Best Buys

Fruits and vegetables are an important part of a healthy eating pattern. They are great sources of vitamins, minerals, antioxidants and fibre. Eating more fruits and vegetables may lower your risk of heart disease, stroke and some types of cancer. Try these tips to help you eat more fruits and vegetables while keeping the cost down.

Plan ahead

Before grocery shopping, look at store flyers or online for the specials for the week. Plan your meals around fruits and vegetables that are on sale to save money. Meal planning helps you get meals on the table more quickly with less stress. Planning can help prevent waste by ensuring you buy only what you need and will use.

Buy fresh fruits and vegetables in season

Shop at grocery stores, farmer's markets, or U-pick farms to save money on locally grown fruits and vegetables. For a guide on when Atlantic Canadian produce is in season, see www.sobeys.com/en/articles/whats-season-guide-canadian-produce-east.

Some fresh produce is a good buy all year round

Examples include potatoes, carrots, onions, apples and bananas.

Join a food buying club

Community Food Smart by Foods of the Fundy Valley (FFV) is a monthly, bulk food buying club for those interested in buying quality fruits and vegetables at affordable prices. Each food bag costs \$15, contains approximately \$30-35 worth of produce at retail value, and can conveniently be paid by e-transfer. Pick-up is on the last Wednesday of the month and is available in Hillsborough, Riverside-Albert and Alma.

By Brittany Butland, RD

Avoid prepared produce

Prepared food costs more, so avoid buying prepared fresh fruits and vegetables. Save money by cutting and washing them yourself.

Frozen fruits and vegetables can be as nutritious as fresh

Frozen fruits and vegetables are picked at their peak ripeness and frozen within hours, which locks in their nutrients and flavour. Look for no name or store brands as they usually cost less. Frozen fruits and vegetables keep well and are always ready to be added to other menu items. Save time on meal preparation by purchasing convenient frozen options, such as diced onion, sliced peppers and cubed avocado. Choose plain frozen fruits and vegetables without added sugars, seasoning or sauces.

Canned fruits and vegetables can be a healthy choice

Like frozen fruits and vegetables, canned fruits and vegetables are picked at peak ripeness and processed quickly to ensure the best flavour and nutrient quality. Canned foods are a convenient and affordable way to incorporate more fruits and vegetables into your diet. The long shelf life makes it a good option for those who often throw away fresh produce due to spoilage.

Choose canned fruit with little or no added sugar. Canned fruit packed in water is the best option. If you can't find this, drain and rinse the fruit to wash away the fruit juice/syrup. For vegetables, choose canned vegetables with little or no added salt. If not available, drain and rinse your canned vegetables to reduce the salt content.

(Continued on next page.)

Chocolate Peanut Butter Banana Smoothie

Preparation Time: 5 minutes; Serves: 1

Ingredients

3/4 cup (180 mL) plain Greek yogurt
1 frozen banana
1 cup (250mL) milk of choice
handful of ice cubes
1 tbsp (15 mL) flax meal (ground flaxseed)
1 tbsp (15 mL) peanut butter
1 tbsp (15 mL) cocoa powder
handful of spinach (optional)

Directions

Blend all ingredients in a blender.

Serve in a cup or thermos with a straw.

This recipe could have you believing that this smoothie is a chocolate milkshake! Not only is this smoothie fast and easy to prepare, but it is also a nutritionally complete meal that is rich in fibre, protein, complex carbohydrates, fat and calcium.

Recipe Source: NutritionMonth2021.ca

Connecting Albert County's Guide to Healthy Eating

Grow your own

Try growing your own fruits and vegetables in a small garden, window box or containers, or join the Garden Club for only \$20. The Garden Club is a community garden located in Hillsborough. They will provide you with everything you need to grow your own produce, and hold several workshops during the summer. For details, contact foodsofthefundyvalley@gmail.com.



- Add fresh or thawed spinach to pasta.
- Blend fresh or frozen fruit with yogurt and milk to make a smoothie. Smoothies are a great way to use overripe fruit.

Brittany Butland provides dietitian services at Albert County Community Health Centre every 2nd Wednesday. For an appointment, call 882-3100.

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

Connecting Albert County is grateful for a Government of New Brunswick Community

Food Action grant which helps us publish articles on healthy eating using local ingredients. We invite readers to share recipes (info@ConnectingAlbertCounty.org).

Try these ideas to enjoy fruits and vegetables more often

- Add fruit to salads, for example, mandarin oranges, sliced strawberries, raisins or chopped apples.
- Enjoy baked apples or fruit crisps for dessert.
- Add frozen or leftover vegetables to soups, chili, stews or salads.
- Add peas, broccoli or cauliflower to macaroni and cheese.
- Add frozen or dried fruit to cereal, yogurt, pancake batter or muffin batter.



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From the kitchen of Micheal McBurnie, "The Garden Guy"

Top Sirloin Beef Stew

Ingredients

1 lb top sirloin beef
or small roast
2 carrots
1 parsnip
3 potatoes
1/3 medium turnip
1 large onion
10 Brussels sprouts
2 celery stalks
1/2 cup Marsala
wine
4 cups beef stock
1 tbsp thyme
1 tbsp savory
1 tbsp black pepper
1 tsp sea salt
3 garlic cloves
3 tbsp flour
1/2 cup heavy
cream

Directions

In a Dutch oven, heat the butter and olive oil. Sear the top sirloin on high heat on all sides. Remove from pan and allow to rest for 20 minutes. While the Dutch oven is still hot, add more butter, minced garlic, chopped onion and celery. Cook until almost translucent.

Transfer the rested beef back into the Dutch oven and add the beef stock, wine, thyme, salt, pepper and savory. Reduce the heat to low and cook for about an hour or until beef is cooked.

Remove beef again and allow to cool. Once cooled, cut into cubes and set aside.

Cut remaining vegetables into cubes and rounds and add all to the stock except for chopped Brussels sprouts. You may need to add more stock.

Cook the vegetables until they're about halfway done so they do not become too soft. Return the beef to the stew, add the Brussels sprouts. Simmer on low for another 30 minutes allowing the flavours to marry.

In a saucepan, melt butter and flour to make a roux. Slowly add cream to thicken and a splash of Marsala wine. Once the stew has cooked for an additional 30 minutes, add the cream mixture to thicken.

Micheal says he "generally builds any soup or stew with the intention of serving it the next day as it is always more flavourful," and adds that 80% of the ingredients in his latest stew were sourced locally. The potatoes, carrots, turnips, parsnips and onions were obtained from Angela [Fundy Farms: Local Harvest in Edgetts Landing], the beef from Oliver's German Bakery at The Old Church Farmers Market in Hillsborough, and the herbs from Micheal's garden.

Enjoy!



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Major Repairs to Sawmill Creek Covered Bridge *By Dawne McLean*

Our Albert County community is extremely pleased to see the scaffolding around the Sawmill Creek covered bridge. This means that major repairs are going to be done to preserve our covered bridge for years to come. It will be exciting to watch the progress of the repairs!



In September 2020, Donna Steeves called me to discuss her concern about the condition of the roof of the bridge. We met at the bridge and I took many photos which showed that the bridge needed serious repairs.

As President of the Albert County Historical Society, I sent a letter of concern, including the photos, to the Department of Transportation and Infrastructure (DTI). In my letter, I also mentioned that the holes and deep cracks at both ends of the bridge were dangerous for visitors and trail ride horses. Within the next week, the holes were filled with asphalt!

When I saw the bridge scaffolding on March 7, 2021, I sent a letter to DTI expressing how pleased we are that the bridge is being repaired. DTI has also received messages of appreciation from Association Heritage New Brunswick, Covered Bridges Conservation Association of NB, and even the President of the National Society for the Preservation of Covered Bridges in New Hampshire, who is familiar with NB's covered bridges from his visits.

It is so important that we work together to preserve our proud heritage of Albert County!

Now, for the history of the construction of the Sawmill Creek Bridge, let's read the news published in *The Albert Journal* (provided by Bill White of Hopewell Hill).

Sept. 25, 1907: "A. E. Smye of Alma has secured the contract for the construction of the Sawmill Creek bridge at

this place and will begin work at once. The bridge will have concrete abutments and a span of 102 feet with a covered top. The contract price is something over \$3,000."

Jan. 15, 1908: "The flooring of the new Sawmill Creek bridge in this place was completed on New Year's day, and the bridge is now open for traffic. The overhead covering will not be put on until spring."

May 27, 1908: "The Sawmill Creek bridge is completed and was passed on Saturday by Inspector of the superstructure, who also sold by auction the timber of the old bridge realizing \$22.50. The new bridge is a substantial looking structure and does credit to the contractor, A. E. Smye."

After building the Sawmill Creek Bridge in 1908, Smye was awarded a contract in 1910 to construct a covered bridge to the Village of Point Wolfe for \$1,456.

Dawne McLean is President of the Albert County Historical Society. She provided the image.

Albert County Funeral Home

Established in 1921

5 Generations of the Bishop Family

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Licensed Funeral Directors:
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Community News

Forest Dale Home Vaccinations

Forest Dale Home held a COVID vaccination clinic on March 9, 2021 for residents, staff and volunteers. In total, 103 vaccine doses were administered with 50 residents vaccinated and the remaining 53 doses provided to staff, volunteers and community members. Forest Dale Home staff would like to thank everyone who helped them organize and host this clinic. Forest Dale Home staff state they are "grateful that we could provide this service to the communities we serve."



Several masked and vaccinated Forest Dale staff

Fundraiser after Fire

There is a fundraiser on behalf of Samantha Sanford and her family. On March 14, 2021, Samantha's "family lost everything in a house fire. She has two boys who are 5 and 7, and a girl who is 12. They have got lots of support from family and community, however they need to start from scratch. Any little amount is helpful. We do thank everyone who has helped and donated clothes they are very appreciated. Also to note, no, they didn't have insurance on the house unfortunately." www.gofundme.com/f/89n8ky-house-fire-burnt-everything



Mother's Day Pottery Throwdown and Sale



Bring Mom out to the "Mother's Day Pottery Throwdown and Sale" at the Old Church Farmers Market (2807 Main St., Hillsborough) Sunday, May 9 from noon to 5pm.

What's a pottery throwdown? A gaggle of fun! Potter pros bring their wheels together, throw whatever comes to mind, coach beginners, talk shop, share secret techniques - all while jealously ogling each other's work.

The host village/country potters invited a selection of townie potters, so expect a wide range of styles, wares and colours. Commission work can be arranged.

The event includes homemade cookies, doughnuts, local teas, locally roasted coffee and "mysterious herbal concoctions to heal what ails ya." There will be an open mic and musical assistance is welcome.

The organizers ask vendors, potters and participants to stay masked, observe social distance and "grant all of us patience." As Jim Kitts says, "We're not sure how we will show people to throw pottery from a distance, but we are about to find out."

Contributed by Jim Kitts

Older Adults' Wellness During COVID-19

Two new online guides offer older adults and caregivers information and tips to help cope with the COVID-19 pandemic. ***Older Adults' Wellness During COVID-19: A Guide*** and ***Caregiving to Older Adults During COVID-19: A Guide*** have all the essential information in one place. www2.gnb.ca/content/gnb/en/news/news_release.2021.03.0158.html

The guides contain information on various topics that relate to daily life during the pandemic, including vaccines, nutrition, and financial assistance. They present information on ways to stay active, positive, and connected.

Excerpt from NB Social Dev't News Release, Mar. 3, '21.

Looking for Work? Looking for Workers?

Check out Connecting Albert County's Jobs page at ConnectingAlbertCounty.org/jobs. As a free service to the community, we provide a list of available full-time and part-time jobs. Employers can simply complete an online form and our volunteers will soon post the information. There are currently many positions on the webpage including cooks, census enumerators, early childhood educators, and much more.

Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722

The Library is open for the public one person/family at a time between 1pm-4:30pm Tuesday to Friday, and 10am-noon and 1pm-5pm on Saturdays with masks and social distancing.

Curbside pick-up will be available Tuesday to Friday from 10am-noon. To arrange for pick-up, call the library to make an appointment.

We encourage you to use our online services at www.gnb.ca/publiclibraries.

Space for Rent

The Village of Alma has one incubator/ business space for rent in the newly redesigned lower level of the Alma Activity Centre. Please contact the Village office at 887-6123 for more information.

From the kitchen of Michelle Alcorn "Maple Chef Michelle"

Michelle's Maple Caramelized Onions

Ingredients

6-7 large onions (Michelle uses a few different types)
5 cloves garlic
4 sprigs fresh thyme
Salt and pepper
1/2 cup chicken stock
1/4 cup maple syrup

Directions

Heat olive oil in a frying pan.
Add all the ingredients except stock and maple syrup.
Sauté on medium heat until golden.
Add chicken stock once onions are cooked down.
Add maple syrup at the end.
Serve with anything!

Michelle hosts a weekly live online cooking club from Albert County featuring maple. She says she "works with David Briggs and Angela MacDougall each week to show the world what's growing and cooking in Albert County." Join the cooking club Sundays at 9am by clicking on <https://bit.ly/2SZpClQ>.

Horizon's Albert County Community Health Centre & Hillsborough Satellite Office

Appointments are required for all visits to Horizon's Albert County Community Health Centre (ACCHC) and Hillsborough Satellite Office (HSO). Call 506-882-3100 for all appointments.

All visitors and support persons must monitor themselves for COVID-19 symptoms before each visit. Stay at home if you feel unwell. Active screening of visitors and support persons will take place before entering the facility. A screener will greet patients and ask a series of questions related to COVID-19, including questions about COVID-19 symptoms and recent travel.

Following Horizon guidelines, visitors entering the facility will be asked to remove their community masks and be provided with a medical-grade mask. Visitors will not be permitted to enter without a mask. Masks alone will not protect you. To fight COVID-19, also ensure you practice physical distancing and frequent handwashing.

Lab services

Albert County Community Health Centre: 8am to 11:30am, Monday through Thursday.

Hillsborough Satellite Office: 8:30am to 11:30am, Tuesday, Wednesday and Thursday beginning the week of April 12. Call for an appointment (506-882-3100) or have your health care provider fax your lab requisition to the ACCHC fax number: 506-882-3101.

Physiotherapy update: Physio has implemented a new process for booking patient appointments. This revised process allows **patients to book their own appointments** at a time that works for them. Physicians and nurse practitioners will give patients an Outpatient Therapeutics Appointment Booking Card or a toll-free phone number and inform their patients they are to call and schedule their own appointments. Thank you in advance for your patience and cooperation as we work to improve patient care.

COVID-19 testing: For the latest information on the COVID-19 pandemic, visit www.gnb.ca/coronavirus. You can register for a test online by clicking "Get Tested" on the webpage, calling Tele-Care 811, or contacting your primary care provider. COVID-19 tests are done at the ACCHC, but the initial contact is made through either the webpage, 811 or your primary care provider. **If using the website, you can select Riverside-Albert as the location.**

Your request is then forwarded to the location of your choice. Staff will phone you and schedule an appointment. If you are eligible (at least 16 years of age), you will receive a code to register for MyHealthNB, where you can access your test results online. This is the fastest way to access your COVID-19 test results. For more information, visit MyHealthNB website (myhealth.gnb.ca) or call for tech support at 1-844-462-8387. Please call the health centre for any assistance.

COVID-19 vaccinations: Public Health will announce the details on when and where community vaccinations are being offered. Stay tuned. Up-to-date information can be found at www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/vaccine.html. See page 4.

Continued on bottom of next page.



2849 Main St Unit 1 Hillsborough NB E4H 2X7
(506) 734-3733
www.villageofhillsborough.ca

Village of Hillsborough

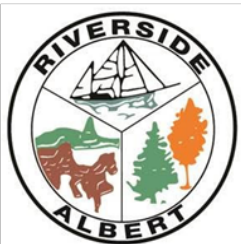
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Play
Laugh
Learn

Survey on Cancer Screening Programs

The NB Cancer Network (NBCN) wants to increase participation among NB underscreened population in its cancer screening programs; particularly the Colon (Bowel) Cancer Screening Program. Your area is one of the regions participating the **least** in the Colon Cancer Screening Program. Colon cancer is the **2nd** cause of cancer death in the province! From January 2015 until November 2020, the Program has found 370 early colon cancers in **people who had no signs or symptoms** – that is more than one early cancer found per week. **Screening does save lives!**

The Colon Cancer Screening Program is using a simple, at-home test mailed directly to all eligible population in NB. In the coming weeks, in collaboration with your local Community Health Center, a survey will be distributed to better understand why people are not getting tested and what can be done to improve participation.



This survey should take about 5 minutes of your time. Participation in this survey is completely voluntary, and all information provided will remain anonymous and confidential. No identifying information will be used in any report or publication resulting from this survey.

For more information, please contact your local Community Health Center. Phone 882-3100 and ask for Beverly.

"Health Centre" Continued from last page.

Patient Connect NB: The health centre is actively working with the Primary Health Care Access Coordinator of the Moncton Area to ensure those living in rural Albert County have access to a primary health care provider. If you do not have a primary care provider, you need to **call 811 or register online** with Patient Connect NB, the provincial patient registry, at www2.gnb.ca/content/gnb/en/departments/health/Hospital-Services/content/Patient_Connect_NB.html. If you require assistance, please call the health centre.

Equipment update: The health centre continually strives to improve the services to the residents of our communities. Over the past year a blood pressure (BP) monitor and a bladder scanner have been purchased.

Since 2019, the following equipment has been provided through your donations and support of the Bennett and Albert County Health Care (BACH) Foundation Inc.: 24-hour blood pressure monitor, a wheelchair for the Hillsborough Satellite Office, Holter Monitor and, more recently, a new digital scale. The staff of the health centre and satellite office extend their sincere appreciation for the Foundation's continued support and commitment to our communities.

Keep safe! Wear a mask. Clean your hands.

Practice physical distancing.

Albert County Community Health Centre: 882-3100

By Phyllis Hudson, Facility Manager, Albert County Community Health Centre.

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: _____

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

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Card Number: _____

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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



Community Calendar

Saturday, March 27

Annual Lumberjack Pancake Breakfast. 8am. Broadleaf Guest Ranch. Cost: donation. Proceeds go to Riverside-Albert Volunteer Firefighters Fund.

Kiwanis (Hillsborough) Buffet Breakfast. 8am. Pancakes, sausage, eggs, homemade baked beans, beverages and more. Adults - \$10; Children (6-12) - \$4; Children 5 and under - free. Kiwanis Center. 47 Legion St, Hillsborough.

Maple Madness Market. 9am-2pm. The Old Village Church Farmers Market (2807 Main Street, Hillsborough). Live music with Fundy Ceilidh (10am-noon), locally-roasted coffee and lots of maple-y treats. Free.

Tuesday, March 30

Canadian Mental Health Association (CMHA)- Coping with changes during the pandemic (10 weeks). 1-2:30pm (Tuesdays). Sessions started March 9. Promotes mental resiliency and ways to cope during the pandemic. connectingalbertcounty.org/wellness/chma-upcoming-programs

Canadian Mental Health Association- Loneliness and Isolation (6 wks.). 2-4pm (Tuesdays). Sessions began March 16. Focus is on coping with the challenges of loneliness/isolation. Registration details at: connectingalbertcounty.org/wellness/chma-upcoming-programs

Canadian Mental Health Association- Depression (6 wks.) 6:30-8:30pm (Tuesdays). Starts March 30. Educational program for people with depression. connectingalbertcounty.org/wellness/chma-upcoming-programs

Wednesday, March 31

Mobile Enviro-Depot-Riverside-Albert Recreation Centre. Noon-8pm. Details at right.

Canadian Mental Health Association- Mindfulness. 1-2:00pm. Free webinar. connectingalbertcounty.org/wellness/chma-upcoming-programs

Thursday, April 1

Mobile Enviro-Depot-Riverside-Albert Recreation Centre. Noon-8pm. Details at right.

Medicinal Herb and Flower Garden. Online. See next page.

Canadian Mental Health Association- Understanding Anxiety and Panic Disorder (10 weeks). 7:30-9pm (Thursdays). Sessions commenced March 4. connectingalbertcounty.org/wellness/chma-upcoming-programs

Tuesday, April 6

CMHA-Coping with changes during the pandemic. 1-2:30pm. See Mar. 30.

CMHA- Loneliness and Isolation. 2-4pm. See March 30.

CMHA- Depression. 6:30-8:30pm. See March 30.

Thursday, April 8

CMHA- Understanding Anxiety and Panic Disorder. 7:30-9pm. See March 31.

Mobile Enviro Depot

Residents of Westmorland and Albert Counties are welcome at any Mobile Eco-Depot event, not just the one closest to them or in their community. In rural Alberta County, the depot alternates between Alma, Riverside-Albert and Hillsborough. **From noon to 8pm.**

What can you drop off?

For no fee, residents will be able to visit any Mobile Eco-Depot to dispose of the following (up to a ½ tonne truck and utility trailer load):

- Appliances (limit of 1/type): Fridge, stove, freezer, dryer, BBQ, etc.
- Electronic Waste: TVs, computer monitors, hard drives, DVD players, gaming consoles, etc.
- Furniture
- Small Household Machinery (must be emptied of gas and oil)
- Construction, Demolition and Renovation Waste
- Household Hazardous Waste: Batteries, aerosols, paint, light bulbs, fertilizers, chemicals, CFL bulbs, propane tanks, etc.
- Car/truck tires (maximum of 20" diameter, limit 8/person)
- Brush, branches, yard waste
- Ashes
- Glass
- Cardboard and paper
- Cooking oil
- Metal

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

Service is for residential customers only. Commercial waste or regular curbside household waste will not be accepted. Residents are asked to sort and separate their loads by material type. Details: www.eco360.ca/mobile-eco-depot-program

Tuesday, April 13

Coping with changes during the pandemic. 1-2:30pm. See March 30.

Loneliness and Isolation. 2-4pm. See March 30.

Depression. 6:30-8:30pm. See Mar. 30.

Wednesday, April 14

Talk to Our Kids About Money Day

Canadian Foundation for Economic Education Free Webinar. 8pm. Discussion for educators, parents and guardians on topics related to children and money. talkwithourkidsaboutmoney.com

Thursday, April 15

Tea Gardens. Online. Details on the right.

Understanding Anxiety and Panic Disorder. 7:30-9pm. See March 31.

Tuesday, April 20

Coping with changes during the pandemic. 1-2:30pm. See Mar. 30.

Loneliness and Isolation. 2-4pm. See March 30.

Depression. 6:30-8:30pm. See March 30.

Thursday, April 22

Understanding Anxiety and Panic Disorder. 7:30-9pm. See Mar. 31

Saturday, April 24

2021 Albert County Chamber of Commerce Business Excellence Awards. 7-9pm. Free online event on Facebook Live. Congratulations to all the nominees! 2021 theme is "Small towns, big hearts - telling our story".

Tuesday, April 27

Coping with changes during the pandemic. 1-2:30pm. See Mar. 30.

Depression. 6:30-8:30pm. See Mar. 30.

Thursday, April 29

Vermicomposting. Details at right.

Understanding Anxiety and Panic Disorder. 7:30-9pm. See March 31.

Saturday, May 1

Garden Expo and Seed Exchange. 9am. The Old Church Farmers Market.

Advance Polls for Municipal Election. 10am-8pm. electionsnb.ca

Monday, May 3

Advance Polls for Municipal Election. 10am-8pm. electionsnb.ca

Wednesday, May 5

Mobile Enviro-Depot-Alma Village Office. Noon-8pm. See page 16.

Thursday, May 6

Mobile Enviro-Depot-Alma Village Office. Noon-8pm. See page 16.

Sunday, May 9

Mother's Day Pottery Throwdown and Sale. See page 12.

Monday, May 10

Municipal Election. 10am-8pm. electionsnb.ca

Saturday, May 22

The Old Church Farmers Market Regular Season Opening. 2807 Main Street, Hillsborough.

News From Tansy Lane

By Carole Coleman

Spring is just around the corner and many people have gardening on their minds. This past year seemed extra long, so gardeners' minds have often wandered into dreams of growing their own food, foraging plants for medicine, and saving the bees while having butterflies pollinate native wildflowers.

Tansy Lane is offering online sessions to help with these dream projects. Hopefully some restrictions will be lifted later and we can offer sessions on site or at other locations.

April 1: **Medicinal Herb and Flower Garden.** There have been many requests for more information on medicinal herbs and flowers. Incorporating medicinal plants into your existing garden is a wonderful way to connect with the plants used by our forefathers' families in this area. We will present a number of plants with their uses.

April 15: **Tea Gardens.** What an exciting thing it is to be able to go into your garden and pick leaves and flowers for your own teas. These are technically called *tisanes* as tea doesn't grow in our climate. We can grow many plants that can be used on their own or blended with traditional teas. They can also be used for medicinal purposes or pure enjoyment on a summer afternoon or by the fire in winter. Learn which plants to incorporate in your garden and how to use them.

April 29: **Vermicomposting.** If your backyard composter is too far away in the winter, vermicomposting is the answer. A worm composting bin is perfect for the winter and for apartment dwellers. The bonus to vermicomposting is that you get nutrient-rich compost for your plants. Learn all about this easy method of composting.

For details, contact Carole (carolecoleman@xplornet.ca) at Tansy Lane Farm. Register at facebook.com/TansyLaneHerbFarm.

Sign up to receive Connecting Albert County's publication by email at ConnectingAlbertCounty.org/e-magazine.

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Crooked Creek Convenience Facebook.com/ccconvenience

East Coast Kids Child Care & Learning Centre eastcoastkids.ca

Fireside Home Heating dave@firesidehomeheating.ca

Foods of the Fundy Valley facebook.com/FoodsOfTheFundyValley

The Garden Guy (Micheal McBurnie) Facebook.com/thegardenguymicheal

Hon. Mike Holland, Minister, MLA-Albert mike.holland@gnb.ca

The Old Church Farmers Market Facebook.com/The-Old-Church-Farmers-Market-110454250674986

Village of Hillsborough villageofhillsborough.ca

Village of Riverside-Albert riverside-albert.ca

Bronze

Chipoudy Communities Revitalization Committee Facebook.com/communityrevitalization

Falcon Ridge Inn B&B www.falconridgeinn.nb.ca

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

Cape Enrage Fundy Log Cabin fundycottage.com

Fundy Mud Pottery fundymudpottery.com

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

Village of Alma villageofalma.ca

Donation made by the Calvert Family;

Donation made in memory of J. Leonard LeBlanc, who passed away August 17, 2020.

Dear father of Misha LeBlanc~