

Connecting Albert County

May 2021



Photo by Phil Caissie

Meet the Candidates: Part 2

Municipal elections will be held on May 10th. The positions of Hillsborough's mayor and councillors for the Villages of Hillsborough and Alma are up for the voters to decide. In Riverside- Albert, Mayor Jim Campbell and Councillors Kelly Brewster, Loretta Elderkin and Arnold Morrissey have been acclaimed. Alma's Mayor Andrew Casey and Harry T. Doyle of the district education council (DEC) have also been acclaimed. All residents of rural Albert County can vote for the regional health authority. For details, contact Elections New Brunswick at 1-888-858-8683 (VOTE) or www.electionsnb.ca.

We asked the readers of Connecting Albert County what they would like to ask the candidates, and we have picked these two questions from the ones we received.

1) COVID has shown us the value of supporting local. What might you do to help attract, encourage or support new businesses in our communities?

2) What can be done to meet the needs of seniors in our community?

Each candidate has 200 words (in total) to answer the questions. We invited candidates to provide photographs and offered the opportunity to advertise. For each position, the responses are presented in the order in which they were received, starting on page 3.

Highlights

Meet the candidates

**Control knotweed
without chemicals**

**Spring greens - recipes &
cooking tips**

**Grass Roots Community
Economic Development
Cooperative**

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Connecting Albert County

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Letter to the Editor: Hillsborough and ABConnect

It's time to move to the next level - and we mean, literally moving! We are extremely excited to announce that ABConnect Travel & Tourism Services and the Village of Hillsborough have come to a great win-win partnership and agreement. We will be the new occupants of a prime and central location, enabling us to operate our business, as well as the Visitor Information Centre located on Main Street, Hillsborough.

This pandemic has been brutal on small and medium-sized businesses, especially so on the travel sector. ABConnect is no exception. Having launched in November 2019, sales and contracts ground to a 100% halt in March-April of 2020. All business had been dependent on groups, events and traveler arrivals. We were blessed with new contracts implemented to help regions, businesses and organizations survive and pivot to meet ever-changing client needs.

Our vision for the new Hillsborough office location is to use this 2021 season to grow valued business relationships and to get the kinks out as we get settled in. When the inter-provincial and international borders open, we will be ready! Our goal is certainly a long-term one. Should all go well this season, we hope to remain as an integral part of the Hillsborough business community for years to come.

We have a small and eager team, which includes myself, my husband Tony Butland, who is often roped into the many tasks required in business operations, as well as returning office staff Kaylin Wilkins and Josie Steeves. The weekend of June 12-13 will be a busy time for us. We will kick off our staff training on the 12th, and extend the guest services training sessions to the staff from the Steeves House Museum and the New Brunswick Railway Museum.

On June 13th, we are hosting an Open House where the local business community and residents are welcome to stop in throughout the day and enjoy a cup of coffee or tea. We want to get to know you and your businesses - so mark the date and plan to stop by!

Albert County businesses: for the Visitor Information Centre, please send us your 2021 updates, menus, rates, etc. to kaylin.abconnect@gmail.com. We want to know all that you have to offer so that we can best promote your business.

Thank you for your ongoing support,
Annick Robichaud Butland

Outdoor Camera Enthusiasts

With the previous success of our calendar sales and a delay due to COVID-19, the Chipoudy Communities Revitalization Committee (CCRC) calendar committee is in the process of organizing another fantastic calendar for 2022. The 2021 theme is pictures of native wildlife (fur, feathers or fins) hopefully highlighting beautiful Albert County surroundings. Our previous calendars have been so popular they have been purchased as gifts and souvenirs and sent around the world.

We hope local outdoor enthusiasts who enjoy taking pictures will contribute their favourites to be considered. This will be an opportunity for these photographers to share their talents with others.

Pictures of any or all seasons will be accepted for consideration. We are limited to 14 pictures (one for each month plus front and back covers). Specifications: 1.5MB, no cropping, description of picture and location included.

Please submit pics by email to jaecams@nb.sympatico.ca or deliver disk or memory stick to 156 Water Street, Riverside-Albert, NB. The deadline for submissions is June 1, 2021. If you require further information, please contact Audrey at 381-2770.

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 simply complete an online form and our volunteers post the details.

Candidates for Mayor of Hillsborough

2 candidates. See questions and details on page 1.

Bob Rochon

1) The Covid-19 pandemic has been difficult on everyone, including the business community. They have adapted to the current situation therefore, as a community, we need to do what we can to support them. If elected, I will encourage village purchases to be made from local suppliers, whenever possible. I will also encourage the development of a multi-year plan, complete with strategies, aimed at attracting investment and revitalizing our business sector. This will be done through input from existing business owners and with other stakeholders. Lastly, I will advocate for strong "support local business" messaging in our community.

2) As the emergency measures coordinator for Hillsborough, I have been in regular contact with seniors to convey accurate New Brunswick Public Health Covid-19 information. I have also been in contact with a senior representative to learn more about their specific concerns. They have many, including wanting to be treated equitably by government and compassionately, in difficult times. As a community, we should and can do better by listening to their concerns and by improving how we communicate information to them. For this reason, I will advocate for different methods of communication with seniors and the development of a citizens' advisory committee.



Jessica Durette

1) I think the focus right now needs to be local tourism. Hillsborough has an amazing trail system and is almost a hidden gem to the people of the GMA and southern NB. We need to make Hillsborough THE destination and not a stop on the way to Fundy. A person can get in a great day of hiking, biking, coffee, lunch and farmers markets in a short 20-minute drive from the city. I'm also very big on shopping local, so encouraging people to shop local for everyday items, gifts etc. is very important in our small community economy.

2) I have heard from seniors that some of their concerns include local medical care, affordable housing and transportation to goods and services. Tele-drive Albert County has done an amazing job helping our seniors over the years, and our village must continue to support them. Most importantly seniors need to be heard, I am not the expert on seniors' needs in the community, but I do want to know people's struggles and try and find ways to help. I'd love to have a conversation and find out what people think, and if they have any ideas or suggestions.



★★★★ **ELECT** ★★★★★
**ROBERT
ROCHON**
for
MAYOR
HILLSBOROUGH

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Candidates for Hillsborough Councillors

Seven candidates for four Hillsborough Councillor positions

*Tyler Bickford
Kourtney C. Pluim*

*Jeff A. Jonah (incumbent)
Barry E. Snider*

*Jeff A. Land (incumbent)
Trent A. Steeves*

Melody Land

*We are printing the submissions we received in the order they were received;
three candidates did not submit replies to the questions (see details on page 1).*

Tyler Bickford

One thing that COVID has shown us is the effects of isolation on mental health and the importance of personal connection, particularly among our seniors.

Our Anglophone school district has piloted a program in a few schools that paired up high school volunteers with seniors in their community. They communicate through phone or video on a regular basis.

This gives the seniors the personal contact that is so often needed and it gives the students the chance to learn from an elder in their community.

I would like to help our school do the same with seniors in our community. We could have volunteer students matched up with volunteer seniors in both our community and our senior's residences.

Something that will not only benefit the seniors, but the community as a whole is a grocery store. To be honest, I don't know yet how we can accomplish this, but I look forward to taking on this issue with the rest of the council as this is something that is lacking in our village.



Barry Snider

1) Although COVID has shown us the importance of supporting local, it is not the only reason we need to continue this practice. I have always been a strong believer in supporting our neighbours and local organizations. My goal as a candidate for Municipal Council is to bring stakeholders together to find a solution to our need for grocery supplies. There are many forms this could take from a re-opened grocery store to a more frequent food market. We need to bring together stakeholders who have ideas beyond the Council room walls to brainstorm ways of supporting our residents.

2) Meeting the needs of seniors is extremely important to me. Being part of a solution to food security is certainly an important part of support for our seniors. We need to ensure our seniors have a voice. I would support a representative of Council sitting on the Seniors Committee to hear their concerns related to living in Hillsborough and bringing those forward so we can work together in an effort to improve day to day living in Hillsborough.

I believe everyone regardless of their age should have a voice. Make your voice heard, on May 10th I ask for your support.



Hillsborough candidates continued on next page.

Candidates for Hillsborough Councillors *(continued)*



Melody Land

1) We CAN make Hillsborough a destination for homebased, micro, and small businesses. We need to fiercely advocate for stronger internet services. Building business community means building relationships, so being active in the Chamber/networking groups and assisting advertising about businesses we have, and what we want to attract, is important. Developing a Village marketing strategy that supports local business, upping our social media game, and encouraging mainstream media coverage are things we should pursue. In my wildest dreams, I would love to develop a co-working/business center, where business owners could utilize needed resources: technologies, internet, printing, space, and information people need to start/run a business.

2) I want to meet directly with seniors in our community to develop an action plan. I believe having easy access to daily necessities, opportunity for social and relationship building

experiences, and adequate healthcare services are areas we need to provide advocacy and support for. I would like to help engage our community by developing programming to connect youth and seniors by allowing them opportunities to share their experiences and expertise. Fibre Arts are back "in" again, and who else but teenagers know how to really use the features on a cell phone?!

Melody Land for Councillor

Village of Hillsborough

Service. Development. Engagement.

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Email: land.melody@gmail.com

Phone or Text: 381-8747

@MelodyforHillsborough



Trent Steeves

Thank you for your consideration to be able to represent you. I have lived in the area my entire life. I raised my family, ran a successful business and currently work here.

I'm proud to have been able to support our community through Local, National and International events in the past. I am currently a Board Member of the Atlantic Nationals Car Show, which always brings opportunities to promote the area.

I look forward to the opportunity to build on what past Council has achieved by trying to entice more businesses into the Village, to grow our business sector, and create jobs. This will help grow the population in the village, which will then help grow our housing market. By bringing new businesses, new jobs, new residents, and new homes to the Village, we can increase our tax base without a tax increase. This then

gives us a better ability to create more of a positive change for the Village.

The knowledge and experience that I earned while running a business in the Village, the connections I have made in business, government, and Community, will be a great asset for the Village. Please vote for me on May 10th.



Candidates for Alma Councillors *3 positions, 4 candidates*

Amanda Rossiter

The last year has been difficult for everyone due to Covid-19 and all of the uncertainties that came with it. While it has caused a multitude of difficulties, it has also brought some positives for places like our wonderful Village of Alma. With many travel restrictions put into place, residents of New Brunswick are asked to stay local. For a tourist town like ours that caused a great deal of concerns but it turned out to be a great year for some of our local businesses. People were encouraged to “explore their own backyards” when it came time for family vacations and getaways. For many New Brunswickers that place was Alma.

I believe it's important to continue supporting and working with our local businesses because their successes as a business are our successes as a village. Having successful businesses in Alma anytime, let alone during a pandemic, is encouraging new businesses to join our area.

I look forward to working with the other councillors and the mayor to keep moving Alma forward in a way that benefits all of our businesses and residents. Alma is a great place to visit but an even better place to live.



Susan MacCallum (incumbent)

The businesses in Alma are an important part of what makes our small, rural village a unique place to live, work, play and visit. To attract new businesses we offer a variety of rental spaces at reasonable prices. We ensure that all businesses have accurate listings on our village website and on the village map in Fundy National Park's Salt & Fir Guide. I personally shop and dine locally and I share my good experiences with friends, neighbours, and guests who stay at our B&B. Last summer I helped with the creation of some advertising and communication pieces for media to get the word out that Alma was a safe travel destination, and council and staff ensured that the public washrooms were open and clean to ease that burden for businesses. I am committed to pitching in where needed to help our businesses weather this pandemic.

Checking up on people by phone; opening our activity centre for safe, indoor walking and during long power outages; and helping with rides for groceries and appointments are all important measures that we have taken and continue to take in Alma to meet some of the needs of our seniors.

Tiffany Bowron (incumbent)



1. As a member of council during the planning and completion of the Vision Alma Project, we were able to create multiple "incubator" spaces. These spaces provide the opportunity for new businesses to test the success of their business idea here in Alma before making a long-term commitment, essentially a period of incubation, so to speak. We recently completed our newest building which offers more of these types of spaces and I'm excited to have the chance to continue our work to attract new fresh businesses to our village.

The added revenue from these spaces considerably aids in taking some of the pressure off our taxpayers, as the revenue is used directly for village operations. If I were to be re-elected, I would continue to actively pursue these examples of economic development.

2. With a focus on physical activity and sense of community, I would love to see our activity center being used more to its potential. This last winter the village opened it up for walking and exercise, providing a safe space for our seniors to be physically active and social. Once Covid-19 restrictions relax, I can see this space being used more by our community groups and seniors.

Alma Candidates continued on next page

Candidates for Alma Councillors *(continued)*

John S. Ereaux

John Ereaux has been a homeowner in Alma for the past 19 years. He has extensive experience as a public servant and was formerly a professional engineer. He is the father of two adult sons and lives with his wife Susan Dean.



Helping Local Businesses:

I support welcoming businesses into our community. I believe we can promote our existing local business, and encourage new businesses, by ...

- Enhancing our public infrastructure (e.g. water, sewer, storm water drainage, parking, sidewalks, crosswalks, public washrooms)
- Promoting and facilitating the development of staff accommodation for seasonal workers
- Participating with regional partners in initiatives that bring visitors to our community
- Ensuring a property tax regime that maximizes value for money
- Making the village an attractive place to live, work and visit
- Advocating on behalf of our local businesses to all levels of government

Helping Seniors:

As a caring community, we need to value and support our

seniors. I believe we can assist seniors by focusing on ...

- Mobility, Accessibility and Safety (e.g. more sidewalks, crosswalks)
- Security (e.g. adequate policing and effective bylaw enforcement such as noise)
- Friendship and social opportunities
- Advocating for our seniors, to all levels of government, and to our regional partners

John S. Ereaux for Councillor

**- My Commitment to You -
Being a Productive Member of
Alma Village Council**

A kind voice of experience and know-how

Local Governance Reform

GNB News Release. April 6, 2021: The provincial government released a green paper on local governance reform that officially transitions the reform process to the engagement phase.

Working Together for Vibrant and Sustainable Communities is designed to present options that will foster discussion with New Brunswickers on how to improve the local governance system. Currently, there are 104 local governments, 236 local service districts and 12 regional service commissions in the province. However, more than 30% of the population does not have elected representation on a local government.

...Local Government and Local Governance Reform Minister Daniel Allain said in order to thrive and grow, the province needs resilient and financially viable communities and regions which offer high-quality services...On the topic of regional collaboration, one of the opportunities identified is strengthening the mandate of regional service commissions to provide additional services, such as tourism, economic development, adaptation to climate change, solid waste collection and recreation. Under land-use planning, the

green paper identifies as an opportunity providing land-use planning tools that are flexible and able to address planning issues such as inclusionary zoning.

On the topic of financing the local governance system, one of the opportunities presented is lowering the provincial property taxes on non-owner occupied residential and non-residential properties, while providing additional rate flexibility to local governments for different classes of property.

In keeping with COVID-19 guidelines, public engagement will be conducted virtually. A schedule of stakeholder and public meetings will be released in the coming weeks. People can provide input by email to vibrantNBdynamique@gnb.ca, or by mail to Dept. Env. & Local Govt. Box 6000, Fredericton, NB E3B 5H1, Attn Local Governance Reform Team. For details, see www2.gnb.ca/content/dam/gnb/Corporate/Promo/localgovreform/green-paper21.pdf.

Grass Roots

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Development Co-operative



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Grass Roots CEDC has been granted a certificate of registration from the NB Department of Finance to sell investment shares that are eligible for the provincial CEDC Tax Credit Program and a letter of non-objection from NB FCNB. Capital is invested in viable businesses in Westmorland and Albert counties that:



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COMMUNITY
ECONOMIC
DEVELOPMENT
CO-OPS ALLOW
RESIDENTS &
ORGANIZATIONS
TO INVEST
WHERE YOU LIVE,
WORK, AND PLAY

The Grass Roots Community Economic Development Co-operative's purpose is to raise & invest capital in rural businesses in Westmorland & Albert Counties in order to build the local economy.

WHY NOT SHIFT YOUR 5%?



Diverting even 5% of the capital that people routinely invest elsewhere into local businesses can have a hugely transformative impact on building local economies and capacity, and in increasing opportunities for innovation and growth.

HOW ECONOMIC DEVELOPMENT CO-OPS DO THAT



FOR FULL DETAILS VISIT WWW.GRASSROOTS.COOP OR EMAIL INFO@GRASSROOTS.COOP

This Community Economic Development Corporation or Association offering may be a high risk investment. This offering is made through an offering document, which can be obtained through a person authorized to sell the eligible shares. This offering is an exempt offering of eligible shares only in New Brunswick. Investors should read the offering document before making an investment decision.

Authorized by the Board of Directors of the Grass Roots Economic Development Co-Op Inc.

Music at Fundy Royal Manor *By Shannon Gaythorpe*

Byron Cook has always had an interest in people and music. In 2018, Byron moved from Moncton back to his hometown of Hillsborough and joined the residents of Fundy Royal Manor, a special care home for seniors.

Once settled, he realized there were not many afternoon activities for the residents so he set about sharing his collection of DVDs and music with his new neighbours.

With the help of one of the staff, Curtis Stone, Byron purchased and set up a new DVD player and sound system. Starting with DVDs of the Gator Family Band, the NS Tattoo, and biblical stories, such as The Life and Times of Christ, he soon had a group of residents joining each afternoon. Byron says these activities bring the residents together in a social sense. This is particularly beneficial for the residents with dementia, who will engage with the music.

Over the last year Byron and the residents received donations of CDs from local groups such as Betty Weston and family from New Horton and Carol Hawkes. Also, the Rocky Cape Jamboree performed at the home.

Byron was able to purchase local music from Frank's Music and Spin-it Records and Videos in Moncton, but he would appreciate donations of DVDs of local artists, older country music performances, biblical movies or donations of money that can be used to buy additional materials. Donations can be dropped off at the front desk at Fundy Royal Manor (103 Academy St., Hillsborough, Attn: Sara, Entertainment Committee).

If you would like to arrange a performance, call (506) 734-2700.



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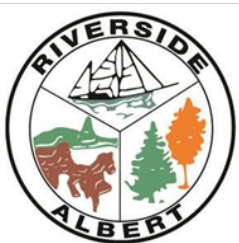
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Village of Hillsborough

Barry Snider—Mayor Jeff Jonah—Deputy Mayor
Kevin Berry—Councillor Jeff Land—Councillor
Mark Marcoux—Councillor



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That Tree

It has been standing there, rooted in that same spot. She is beautiful during any season of the year. She is a large apple tree with a massive trunk. When I spoke ten years ago to someone who was then eighty years old, he mentioned that this tree was big when he was a little boy. How old this tree is, we don't know, but we are sure she is pushing the century mark. It might not be so significant for a tree to be a century old, you might think. However, this tree was planted by someone to produce food. Food for winter. Yes, she produces apples. These apples carry the name of Bethel. An old variety. They are winter apples you can store during the winter.

When I say she is big, large, tall -- all this is true. She is so tall, when you have a 24-foot ladder, you cannot reach her upper branches. Her trunk has a circumference so large that you cannot touch your fingers if you try to put your arms around her.

"Large" really points to her massive canopy, spread out in an almost perfect circle around her.

The tree stands close to a brook. She has weathered all types of weather throughout her lifetime. The tree still looks young and healthy. She is strong. She is strong enough to hold three bear cubs on her branches. Mama bear brings her cubs each fall to devour the bounty of delicious apples.

Again this year, I know she will be blossoming with thousands of white-pink blossoms. The bees will be



By Moranda Van Geest

buzzing for days to enjoy this bounty. People will enjoy the look of this. After the blossoms, the apples will form. During the summer she functions as a shade tree and a great tree for birds that will use her as a nesting site. In the fall, there will yet be another bounty of apples, just like she has done for the many decades of her long life. People enjoy her large, old-variety apples.

She has seen seasons come and seasons go. Many of her orchard tree companions have long since disappeared. Somehow she has survived. She survived all the turmoil of the past century and is still standing strong.

Not much attention is being paid to her anymore. Sort of a forgotten old tree, she is. Still standing in the same spot she was planted around a hundred years ago.

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Shades of Spring *Text & images by Angela MacDougall*

Spring is in the air and people are craving fresh leafy greens. The days of eating starchy, hearty storage crops are over for now.

When I think about spring foods, a myriad of leafy greens come to mind. Greens are cold tolerant and love the sunny days and cool nights. They actually prefer the cooler weather and do not do well in the heat of the summer. In terms of pests, it's easier to grow leafy greens in colder temperatures because many pests of green leaves, such as flea beetles, are much more abundant in the warmer months. This can make it more difficult to grow these types of veggies in the summer.

If you're eating in season or buying from local markets, the types of veggies to expect in spring include: arugula, mustard, spinach, bok choy, broccoli raab, kale, chard, collards, loose leaf cabbage, dandelion greens, green onions, peas, salad turnips, radish, nettles and early lettuce.

Spring is the time to renew and regenerate the body after the long winter of hearty eating. The winter months also include several holidays in which we tend to indulge in larger portions, and sugary foods and drinks. In the winter, we seem to seek out comfort foods that are more filling and crave more carbohydrates. All of these things are hard on our bodies, especially the liver.

Spring greens are particularly good in helping with cleansing and fortifying the liver. Compared to our ancestors, we have gotten away from eating things that are

less desirable to our taste buds, such as foods that have bitter or sour tastes, but these foods are important to keeping us healthy.

Nowadays food companies pay big dollars for researchers to find out what ingredients they can put into their processed foods to make

our taste buds want more and keep coming back. Try to make a conscious effort to consume some foods that might not necessarily be your favourites by thinking about the benefit they can give you.

Spring greens can all be eaten raw or cooked as well. They come in many forms and can be prepared in many ways. Try to think outside the box and get creative incorporating them into your meals.

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: send them to info@ConnectingAlbertCounty.org.

(Recipes continued on following pages.)



From the kitchen of Angela MacDougall

Baked Eggs and Spinach (or other greens)

*Greens for breakfast? Or perhaps a light dinner.
This very quick and easy recipe requires few ingredients.*

Ingredients

1 Tbsp butter
4 handfuls raw spinach (or kale, chard, collards or mustard)
Shredded cheese of your choice
4 eggs
Salt and pepper to taste

Directions

Preheat oven to 350F. Lightly butter four ramekins (or a muffin tin instead; just make sure to fill the empty holes with water).
Melt butter in a warm skillet. Add spinach. Cook until wilted, at which point the leaves have significantly reduced in size. Remove from heat, drain any excess liquid and divide into the four ramekins. Spread cheese over the spinach. Crack one egg into each ramekin, sprinkle with salt and pepper.
Place ramekins on a baking sheet and cook for 15-18 minutes until the egg white is cooked but egg yolks are still a little runny. Serve with crusty bread.

From the kitchen of Angela MacDougall

Green Onion Vinaigrette

Drizzle atop a mixed bed of sliced greens (spinach, baby kale, mizuna, arugula, baby leaf lettuce, baby chard or beet greens) with grated beets and carrots.

Ingredients

6-7 green onions
1/2 cup olive oil
1/3 cup lemon juice
2-3 tbsp honey
1 tsp ground coriander
1/4 tsp salt

Directions

Chop green onions, and separate the white from the green parts.
In a blender, blend the white parts, olive oil, lemon juice, honey, coriander, salt and pepper until smooth and well combined. Chop the green parts and sprinkle on salad.
Once mixed, taste and add more salt, pepper or honey if desired.

From the kitchen of Michelle Alcorn "Maple Chef Michelle"

Carrot Turnip Maple Soup

Ingredients

2 Tbsp olive oil
1 large onion (finely chopped)
1 Tbsp thyme
1 Tbsp grated fresh ginger
3 large carrots (peeled, roughly chopped)
2 medium turnips (peeled, roughly chopped)
1 1/2 tsp sea salt
1/4 tsp pepper
5 cups water
2 tsp lemon juice (freshly squeezed)
1/4 cup maple syrup
2 green onions (diced)
3 Tbsp sour cream or yogurt (optional)

Directions

Cook onions and spices in olive oil in a pot. Add the carrots and turnip. Simmer for 10 minutes.
Add water and boil until cooked.
Add lemon juice and blend together until creamy. Add maple syrup and blend.
Ladle into bowls. Top with green onions, and (if desired) sour cream or yogurt.
Enjoy every bite!



Michelle Alcorn (aka Maple Chef Michelle) publishes six recipes a week from her kitchen in Lower Coverdale as part of the weekly, free, online cooking club called Atlantic Canada Cooks - Facebook.
#maplechefmichelle



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Minister
MLA-Albert

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From the kitchen of Angela MacDougall

Spaghetti with Arugula Pesto

Arugula (also called rocket or roquette) is a favourite green of ours. It is peppery, but not spicy like mustard. It is great for spreading on bruschetta, pizza, omelettes, quinoa and rice bowls.

Ingredients

5 cups arugula
1/2 cup of your favourite fresh herb (e.g., mint, cilantro or parsley)
1/2 cup olive oil
2 cloves garlic
2 tablespoons lemon juice
1 lb spaghetti pasta
Grated parmesan cheese

Directions

Put arugula, herbs, oil, garlic and lemon juice in a blender. Blend.
Taste. Add salt and pepper to your liking. Refrigerate until serving.
Cook spaghetti and drain. Mix with pesto. Top with parmesan.
*Additional toppings include pine nuts, sun-dried tomatoes and sliced black olives.



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BCS at work at Codiac Organics, Moncton NB
Photo courtesy of Really Local Harvest

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Alma Knotweed Eradication Project *By Keith MacCallum*



Do you have this big, leafy plant in your yard that doesn't seem to die, no matter what you do? Guardian Ecology, a new Albert County-based non-profit wants to take care of it for you.

Knotweed (*Fallopia* spp.) is an invasive plant species; it's not from Canada and is taking over many of our natural ecosystems. It grows quickly on freshly dug soil and spreads easily to new places. Its root system – called rhizomes – can grow two metres deep and several metres out from the central plant. Unlike most plants, knotweed loves to be disturbed. It can grow from pieces of its roots or stem that are as small as your little fingernail; this allows it to spread by accident very easily. The root system stores a lot of the plant's energy, meaning it'll come back year after year. The roots also break very easily, so having knotweed along a riverbank can actually make erosion worse even though the roots grow deeply. When it arrives in a new area, it creates dense patches that stop other plants from being able to grow.

Knotweed roots can grow under and through concrete. This makes the plant a risk to infrastructure, as well as to the environment. Having knotweed next to a building, road or basketball court can cause long-term costs if the plant isn't controlled.

Getting a patch of knotweed under control – and eventually getting rid of it entirely – can be a huge challenge. Since the plant stores a lot of energy in its roots, burning it can actually make it grow back stronger since it

won't have to compete with surrounding plants any more. Excavating it is very difficult, since its roots grow so far and can resprout entirely new plants. Spraying the plants with salt water or chemical pesticides can work, but usually only after years of repeated spraying, which risks exposing other plants, animals and people. Another method, used in Fundy National Park, is to cut the knotweed down to the base of the plant and cover it with black plastic, or a black tarp. This method can be (and has been) effective, and works best during the summer when the black covering will help overheat the plant underneath. However, there is enough knotweed in the Village of Alma that this method would create a lot of unsightly black tarping for several years.



Guardian Ecology is partnering with the Friends of Fundy and the Village of Alma to start controlling the knotweed in the village this spring. We've proposed to use a repeated cutting method to eliminate the knotweed. We will monitor every known knotweed site on a weekly basis, and cut any plant growth that we discover aboveground. Weaker knotweed clumps will be uprooted and left to dry out. This way, we force the plant to spend all of its energy trying to grow new shoots to reach the sun, eventually leading to its exhaustion and death.

If you'd like to get involved or learn more, there will be a chance in June! We will be hosting a COVID-safe volunteer event on June 9th where volunteers will learn more about knotweed and gain hands-on experience with our repeated cutting technique. If this interests you, please email guardianecology@gmail.com to register or find out more!

An advertisement for 'The Garden Guy' featuring a portrait of Micheal McBurnie, a professional gardener and consultant. The ad includes his contact information: M_MCBURNIE@HOTMAIL.COM and 506.232.0275, along with a Facebook icon. The background shows various garden scenes.

Barn Quilt Trail By Phyllis Sutherland

The Albert County Historical Society is starting to work on a Barn Quilt Trail in Albert County. A barn quilt is a piece of wood or sign board that's been painted to look like a quilt block. A Barn Quilt Trail consists of barn quilts put up by individuals on their barns or other buildings and registered, in this case, with the Historical Society. The Society will create a map of the registered barn quilts. The map will be made available on the website and on Facebook. It can be downloaded and used by people interested in following the Trail.

Check the following websites for details and see how rural communities have creatively used Barn Quilts to attract visitors and put themselves "on the map"—Barn Quilt Trails (barnquilttrails.ca) and Barn Quilts: Telling the Stories of Rural Canada (smallfarmcanada.ca/features/barn-quilts-telling-stories-in-rural-canada).

The Historical Society plans to hold workshops for those who would like to learn how to create their own barn quilt. As well, information will be provided about quilts, including their history and usefulness in our society.

The ACHS Barn Quilt Trail Committee members include Phyllis Sutherland (Chair), Dawne McLean, Barb Gebuhr, Marjorie Henwood and Janet Clouston (Museum Manager).



Above: This Northern Star Barn Quilt was donated to the Albert County Museum by Cliff and Janet Samuels and hung in the Exhibition Hall. They painted it with the colours of the New Brunswick flag, and donated it at the end of the 2019 season. L-R: Cliff Samuels, ACHS Board Member Bruce Estabrooks, Janet Samuels and ACHS President Dawne McLean.

If you would like to participate or have questions, please contact the Albert County Museum before May 20th at 734-2003 or email info@albertcountymuseum.com.

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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](https://www.facebook.com/AlbertCountyPharmacy)

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www.ConnectingAlbertCounty.org ~ 17

Community Calendar

Saturday, April 24

2021 Albert County Chamber of Commerce Business Excellence Awards. 7-9pm. Free online event with Facebook Live. Theme: Small towns, big hearts - telling our story. Also livestreamed at Broadleaf Ranch (reserve tables at 882-2349).

Tuesday, April 27

Canadian Mental Health Association (CMHA)-Coping with changes during the pandemic. 1-2:30pm. Preregister at [zoom.us/meeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw](https://zoom.us/join/joinMeeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw).

CMHA-Depression. 6:30-8:30pm. Preregister at [zoom.us/meeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw](https://zoom.us/join/joinMeeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw).

Thursday, April 29

Vermicomposting - Tansy Lane Herb Farm. Online learning session. Register at facebook.com/TansyLaneHerbFarm or email carolecoleman@xplornet.ca.

Saturday, May 1

Garden Expo and Seed Exchange. 9am-2pm. The Old Village Church Farmers Market. 2807 Main Street, Hillsborough. Discussions on gardening, foraging and food growing. Seed exchange and more!

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

Monday, May 3

Municipal Election-Advance Polls.

10am-8pm. electionsnb.ca.

Tuesday, May 4

CMHA-Coping with changes during the pandemic. 1-2:30pm. Preregister at [zoom.us/meeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw](https://zoom.us/join/joinMeeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw).

CMHA-Depression. 6:30-8:30pm. Preregister at [zoom.us/meeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw](https://zoom.us/join/joinMeeting/register/tj0qcO2ppz4vGdZinWAATZoPXmrb7RKF46Qw).

Wednesday, May 5

Mobile Enviro Depot. 12-8pm. Alma Village Office. Details on right.

Thursday, May 6

Mobile Enviro Depot. 12-8pm. Alma Village Office. Details on right.

Saturday, May 8

Albert County Museum Volunteer Clean-up Day. 10am-1pm. Friends and neighbours pitch in to open for the season. Lunch provided. Bring gloves and appropriate tools (e.g., rakes, pruners). For details, call 734-2003.

Sunday, May 9

Mother's Day Pottery Throwdown and Sale. 12-5pm. The Old Church Farmers Market (2807 Main St., Hillsborough). A pottery throwdown is a gaggle of fun! Potters bring wheels, throw whatever comes to mind, coach beginners and share secret techniques. The host potters invited townie potters, so expect a wide range of styles, wares and colours.

Mobile Enviro Depot

Residents of Westmorland and Albert Counties are welcome at any Mobile Eco-Depot event, not just the one in their community. The depot alternates between Alma, Riverside-Albert and Hillsborough.

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, cooking oil.
- Car/truck tires
- Brush, branches, yard waste, ashes
- Glass, cardboard, paper, metal

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

Residents are asked to sort and separate their loads by material type. eco360.ca/mobile-eco-depot-program

Continued on next page.



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There will be homemade cookies, doughnuts, teas, locally roasted coffee and mysterious herbal concoctions to "heal what ails ya." There will be an open mic and musical assistance is welcome. Vendors and participants are asked to be masked, observe social distance and be patient.

Monday, May 10

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

Tuesday, May 11

CMHA-Coping with changes during the pandemic. 1-2:30pm. Preregister zoom.us/meeting/register/tj0qc02ppz4vGdZinWAATZoPXmrb7RKF46Qw.

Saturday, May 22

The Old Church Farmers Market Regular Season Opening. 9am-2pm.
2807 Main St., Hillsborough.

Albert County Museum-Opening Weekend. 9:30am-5:30pm. 3940 Route 114, Hopewell Cape
www.albertcountymuseum.com.

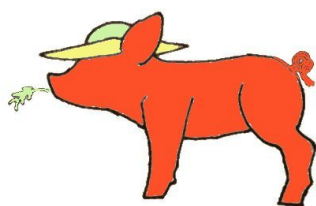
Hillsborough Public Library

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.

The library staff encourage people to use the online services at www.gnb.ca/publiclibraries.



The Old Church Farmers' Market

2807 Main Street,
Hillsborough

Saturdays 9am to 2pm

Please come to **The Old Church Farmers' Market** for Oliver's German Bakery, AnC Meats, Fundy Farms foods, Community Table products, Jems preserves, home baking, arts, crafts, music and a COVIDly-responsible good time!

Youth Drug Intervention Program

For young adults struggling with drug addiction, it may be hard to know where to go or who to ask for help. Fortunately, there is an option that is free and convenient: Youth Impact offers one-on-one addiction counselling. With the support of the Bennett and Albert County Health Care (BACH) Foundation, the program has expanded into rural Albert County.

The Drug Intervention Program is available for anyone from 15-24 years of age. There is **no cost** for the program and no waiting list. It is completely **confidential** and **voluntary**. It's up to the person with the addiction to sign up.

A strength-based approach is used. Program Manager Jonathan Thibodeau explains, "The focus is on the positive, and being supportive and understanding. When something bad happens, we try to find the positive part of it."

If you know of someone who might benefit from this program or want to join yourself, call Jonathan Thibodeau at 506-856-2633 or see youthimpact.org.

The vision of the Bennett and Albert County Health Care (BACH) Foundation is "to have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre with the support of our community." You can learn more and donate at www.bachfoundation.com.

Wednesday, May 26

Connecting Albert County Annual General Meeting. 3:30-4:30pm. Zoom. Open to the public. For login details, email info@connectingalbertcounty.org before May 23.

Saturday, May 29

The Old Church Farmers Market. 9am-2pm. 2807 Main St., Hillsborough.

SAVE THE DATE

Wednesday, June 9

Knotweed Eradication in Alma. A COVID-safe, volunteer event to learn about knotweed and gain hands-on experience with Guardian Ecology's repeated cutting technique. See p. 16. Register with guardianecology@gmail.com.

Sunday, June 13

ABConnect and Hillsborough Visitor Information Center Open House.

The local business community and residents are welcome to stop in (2861 Main St.). See page 2.

Fundy's Cape Enrage Opens May 21st

Cape Enrage will be open seven days a week (9:30am-5pm May 21-June 18; 9am-6pm June 19-Sept. 5 & 9:30 am-5pm Sept. 6-27). Entrance fees: Adults \$5.50 +tax; Students/Seniors \$5+tax; Families (2 Adults & 2 Children) \$18 +tax.

The gift shop, restaurant and public washroom will be accessible, as well as the newly renovated Cape Enrage Lighthouse. Zipline and rappelling adventures will be open Thursday to Monday June 19-Sept. 5. Rappelling is by reservation only. Walk-ins are welcome for ziplining, but reservations are recommended. Staff will offer 30-min and 2-hour guided fossil tours. Details at www.capeenrage.ca.

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

Village of Hillsborough villageofhillsborough.ca

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