

Connecting Albert County

July 2021



Waterside. Photo by Janet Wallace

Invest in the Place You Love: Grass Roots CEDC

By Janet Wallace

"Buy Local." It's a common yet valuable message. It's easy to see the advantage of supporting local businesses, particularly in rural Albert County. When we buy goods or services from small businesses in our area, we help provide income not just for those entrepreneurs, but also employment for their staff (possibly our neighbours) and help keep local services available in our community.

How can you do more than just buying local?

Consider investing in local businesses. This can not only help a business thrive but perhaps expand to offer more goods and services, or extend its season. In rural Albert and rural Westmorland Counties, we have a new opportunity to support local businesses - by investing in the Grass Roots Community Economic Development Co-operative (CEDC).

What is a Community Economic Development Co-operative?

According to the Grass Roots CEDC website, a Community Economic Development Co-operative (CEDC) "is a pool of money raised by selling shares to individuals in a defined community." Funds are controlled by a group of directors, selected from within the membership, at an annual general meeting.

Right now, Grass Roots CEDC is working to reach its goal of raising at least \$150,000. Once funds are raised, the Co-op will invite small businesses to apply for financing. The Investment Selection Committee will review applications based on the established criteria (see box).

A recent economic impact study showed that CED investment funds not only have a huge impact on the growth and development of the businesses they invest in, but also generate significant spin-off benefits. For example, if financing enables a restaurant to remain open for three months longer than usual, the result will be more income going back into the community in terms of more employment for workers and more purchases from local farms, bakeries, and other suppliers.

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According to the website, Grass Roots CEDC intends to "invest in the start-up, growth and expansion of viable businesses in rural communities of Westmorland and Albert counties that:

- create and maintain well-paying permanent jobs
- have a strong business plan and a demonstrated market for their products/services
- are innovative, seek to develop new products and services, or reduce reliance on imports
- are committed to ethical business practices
- contribute to building the local economy"

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Welcome Newcomers!

Inspired by the Chipoudy Community Revitalization Committee Welcome Committee, we at Connecting Albert County would like to share this message with newcomers.

The team at Connecting Albert County would love to welcome you to our area! We hope you soon feel at home here, and enjoy the many treasures our community and environment have to offer.

At ConnectingAlbertCounty.org, you can find information about the area and past issues of our publication. I encourage you to sign up (click on Publication in the footer) and check out our Trail Guide by clicking on Exploring Our Trails. You can also find a calendar of events - however, this is rather empty right now due to COVID.

We invite you to contribute to our publication and website. If you would like to submit a short article, please email info@connectingalbertcounty.org. Residents of rural Albert County would love to hear why you have chosen this area for your new home. If you plan to start a new business, this is an opportunity to announce it.

I look forward to hearing from you and seeing you at some point,

Janet Wallace, Coordinator/Editor, Connecting Albert County

Kiwanis Book Sales

I will be selling books this summer at the orange building at the Artisan's Village in Hillsborough. All proceeds from the book sales will go to the Hillsborough Kiwanis. We are looking for donations of gently used books. If you have books to donate, you can drop them off at the Kiwanis Community Centre (47 Legion Street, Hillsborough) on Wednesdays from 10am-2pm and on Thursdays from 10am-6pm. The bookshop (Duck Pond Books) will be open in July on Thursday, Friday, Saturday from 11am-5pm and Sunday 3pm-5pm. If you need further information, you are welcome to call me at 734-8804. Thanks very much.

Nancy Land

CCRC Volunteers

Chipoudy Community Revitalization Committee (CCRC) is recruiting volunteers to help with projects such as Chase the Ace, Christmas in the Country and other community enhancement projects. The area served by the CCRC is from Alma through to the upper Albert Mines Road. If you would like to learn more about this organization and help the group build a strong, vital community, please email ChipoudyCRC@gmail.com.

Old Church Farmers' Market

We are so excited for you to join us for the 2021 farmers' market season at The Old Village Church (2807 Main Street, Hillsborough) **every Saturday rain or shine from 9am-2pm.**

There will be hot coffee and tea to enjoy as you browse, to take-out or to enjoy outside on the picnic tables.

Stock up for the week's supply of veggies, meats, breads, cheese, eggs, preserves, baked goods and more. Get locally made and hand-crafted gifts for friends and family and birthdays and other special occasions. Find beautiful pieces made by the creative artisans in our region.

Come out and support the talent in our community and our neighbours. We are happy to welcome new vendors to the market and also excited to have familiar faces back that were not with us last season.

See you there and "Keep It Local!" *Angela MacDougall*

("Invest" Continued from page 1.)

Grass Roots needs to raise \$150,000 in order to move forward. To help understand why local residents might want to invest in the CEDC, I contacted Joanne Butland, one of the board members.

Joanne has deep roots in rural Albert County. Born and raised here, she has children (including a couple successful entrepreneurs) and grandchildren in the area. Joanne describes herself as "semi-retired, self-employed." For most of her working life, she has been self-employed in the fishing industry.

Joanne's concern for her community is the reason she volunteers to be on Grass Root's board of directors and why she hopes other people will invest in the CEDC.

Why invest in Grass Roots?

"Small businesses are key to our community," Joanne says. "We need to give them whatever support we can to help them succeed. They often need financial partners to back them in order to pursue their businesses' potential."

Capital investment from Grass Roots can help "all types of ethical businesses that will create reasonable long-term employment," she adds. In particular, with financing from Grass Roots, "young entrepreneurs can really make their business plans work."

"A lot of people have investments and have no idea where their money is invested," Joanne mentions. She wants to put her money into ethical investments, something that gives back to the community or is good for the environment and society, but has had trouble finding these...until now.

"We're all stewards of our environment and community," Joanne says. "Giving back for me provides purpose and a way to express my appreciation for where I live."

While investing in Grass Roots has many social benefits, there is also a great tax incentive. As stated on the website, "New Brunswickers who invest in a CEDC receive up to 50% of their investment back (to a maximum of \$125,000 per year) through a non-refundable provincial income tax credit. Investors must leave their investments in the CEDC for four years to receive the total tax credit."

In simple terms, Joanne explains that for every \$1000 you invest in Grass Roots, your tax bill can be reduced by \$500. Moreover, the money can be put into an RRSP or TFSA, which has other tax benefits. If all goes well, you will also generate income on your investment.

But, Joanne states upfront, it is a risky investment. Many applicants might not qualify for regular financing, like that from banks. There is no guarantee that you will

get any return on your shares or even get your money back if businesses fail. That said, Joanne adds that a similar model in Nova Scotia, called FarmWorks, has been "very successful in terms of economic return to the community, as well as to investors; it's a win-win."

"We can't always be looking to the government for money," she continues. "Hopefully this will bring more investment by bringing more pride. You feel pride in that you help develop a business, and we think that you'll be more likely to buy from it."

Where to go from here

If you're interested in learning more or investing, you can visit www.grassroots.coop. You can also talk to the Investment Coordinator, Alaina Lockhart, or one of the board members, including the president, Wendy Keats (Wendy.Keats@grassroots.coop), and local board members Joanne Butland from Riverside-Albert or Kevin Bulmer from Alma.

"Invest in the place that you love," concludes Joanne. "This could really be a win-win for rural Albert County."

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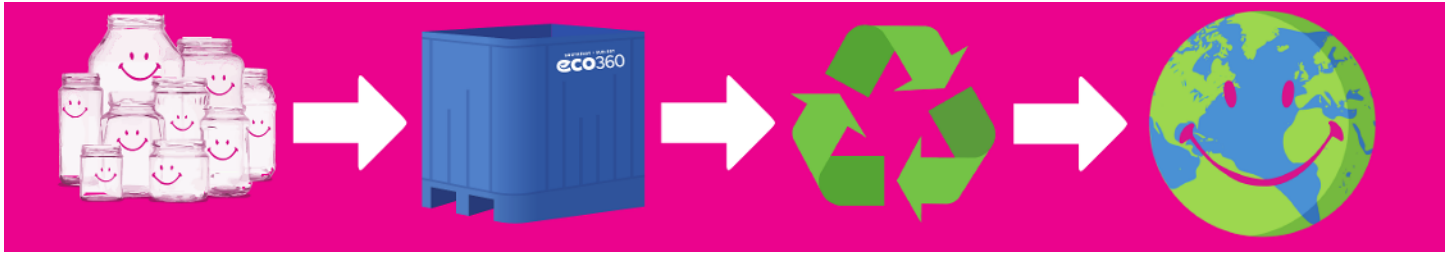
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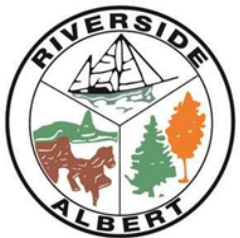
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The Joy of Reading *By Kimberly McKinley*

The joy of reading is an inherited and comforting pastime passed down from my mother, Ramona. Reading was strongly encouraged by my past teachers while attending Alma Consolidated and Caledonia Regional High School. The Alma School library was a space to get excited about – pulling a book off the shelf to explore its contents made life a little more interesting and helped me connect to a world bigger than the nearby lullaby shores of Waterside Beach.

The Hardy Boys and Nancy Drew series had many gaps in their section as everyone was scrambling to see what Frank and Joe Hardy's next adventure would entail, or if Nancy would solve the mystery as a skillful sleuth. There would be an occasional eye-roll from your peers if you remained in the Apple Paperback series beyond age thirteen. It was time to move on to Stephen King's *IT*, perhaps Alice Walker's *The Color Purple* and, one of my favourites as a young adult, *The Diary of Anne Frank*, written by the young girl hidden behind the bookcase, Anne Frank herself.



Above: Helen Chipman, a resident of Forest Dale Home. Her father taught her to read before she was sent to the Mohawk Residential School in Brantford, Ontario, where she completed Grade 8. She moved to Riverside in 1973 with her husband Earl who travelled with the carnival.

Library spaces have evolved since the '80s and there have been sizable changes to the services since the cancellation of the bookmobile in 2015. A second roll of the dice to provide reading material for residents in our area, Books by Mail,* has proved beneficial and for that we are grateful. Currently, a handful of Forest Dale Home residents participate in this program.

Books by Mail has made it possible for residents to continue their love of reading at no expense. Even those with poor vision or a physical limitation can enjoy a talking book by mail (equipment is supplied, depending on availability, via the Talking Books by Mail service).

Most residents involved enjoy a good mystery read, one or two are Debbie Macomber fans, but all feel a sense of accomplishment when finishing their stack of novels. Their joy of reading probably came from their past influences as well.

The Hillsborough Public Library provides reading/auditory material and is a valuable service to our residents. Images of characters and stories help distract people from their everyday concerns. The library is inviting youth to participate in a summer reading club, but for the residents of Forest Dale Home, reading is part of our wellness activities, an endless joy that has no season.

Kimberly McKinley is the Activity Director/ Volunteer Co-ordinator at Forest Dale Home Inc.

*If you place holds through the library catalogue, simply select 'Mail to Me' as the pick-up location for books you want delivered to the address on your account. You can also contact any public library in New Brunswick and the staff will be happy to help. For information on Books by Mail and Talking Books by Mail, visit www.gnb.ca/publiclibraries → Accessible Services.

Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722

Hillsborough.publiclibrary@gnb.ca

Facebook: *Bibliothèque Publique de Hillsborough Public Library*

Starting Tuesday, July 6th we will have new hours!

Tuesdays: 12pm-4pm and 5pm-7pm;

Wednesday to Saturday: 10am-12pm and 1pm-5pm.

One family/bubble at a time, with masks and social distancing. Curbside pickup will still be available upon request anytime during open hours. Library staff encourage people to use the online resources and services at

www.gnb.ca/publiclibraries

Youth at Risk and the Drug Intervention Program *By Jennifer Shelby*

If you, or a young person you care about, is struggling with drug addiction, the free Drug Intervention Program (DIP) can help. Specifically tailored for youth aged 15-24, DIP is an outreach program from Youth Impact Jeunesse, which recently extended into Albert County with funding from the Bennett and Albert County Health Care (BACH) Foundation. Program Manager Jonathan Thibodeau explains that “there is a rise in addiction in most regions of the province and some of this seems to be correlated to the pandemic.”

Some clients contact DIP on their own, while others are referred to the program. “We offer help with alcohol, marijuana, and, of course, all the harder substances.” DIP can be reached by calling 506-856-2633 or by visiting youthimpact.org.

Families, caregivers, and loved ones of at-risk youth are also welcome to contact the program. “They don’t have to convince the youth to join the program, that’s our job,” says Thibodeau. “They can refer a youth who they think could use our help and we can connect with them.”

These services are confidential. “Youth need to be able to access counselling without the stigma that can come with addiction issues. Of course, safety comes first and if the youth is a danger to themselves or others, we have a duty to report,” explains Thibodeau.

“We always ask the client if they have a preference in gender for their worker as [that] is the best approach to trauma-informed care,” says Thibodeau. In this case, trauma-informed care reflects the recognition that past traumas are often linked to a youth’s drug use. “A lot of our clients have been through trauma. The youth are typically contacted as soon as we receive the referral. There is no waitlist.”

“All our staff members have a different style and personalities and sometimes our referral services will recommend a certain worker for the youth,” he continues. “One of the workers knows a lot about nature and its healing properties, one is a stand-up comedian, one is a great emphatic listener, but all are greatly experienced in working with youth.”

Since every youth’s addiction and situation is unique, “every aspect of the program is tailored to the youth, from meeting frequency, location and duration. It will

take the time it takes and we support them through the process. Some youths are in the program for a few months, some for a few years,” Thibodeau adds.

An 18-year-old in the program tells potential clients, “Don’t be afraid to be open and honest. I needed someone to talk to about my addiction and the program helped me understand what I wanted to know about.”

After James (not his real name) overdosed on prescription medicines, he began working with DIP to eliminate negative influences and focus on the positive aspects of his life. He met and began a relationship with a new romantic partner. Things

were going well until he lost his full-time job. Stressful life events, such as unexpected unemployment, can challenge recovery, but James stuck with the program. DIP helped him search for employment and consider new educational goals. He found a new job and has plans to return to school, but more significantly, James navigated through his stress without relapsing into prescription medicine abuse. He credits this accomplishment to the program’s consistent and reliable help.

“We help [our clients] establish their own goals in various areas of their lives as the drug use is typically a symptom of other issues,” says Thibodeau. Some youths in the program have asked for help in cutting back marijuana use to improve their grades for graduation, while others worked on ending addictions to amphetamines and securing employment to leverage themselves out of prostitution.

“The program is actually really helpful,” writes a 17-year-old in the program. Another admits, “I thought it wouldn’t help, but just try. Things will work out.”

(Continued on next page.)

Since every youth’s addiction and situation is unique, “every aspect of the program is tailored to the youth,” Thibodeau says.



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("Youth Drug Intervention" continued from last page.)

The youth care workers offer a no-pressure approach to overcoming the youth's challenges. Many counselling sessions are as casual as going for a drive and drinking coffee while chatting. "Our focus is on building a supportive relationship," says Thibodeau. "We encourage the youth by reminding them of their goals, offering a different perspective and non-judgmental approach. A youth can leave the program and come back if things take a turn for the worse."

"We also remind them that at the end of the day, they have to make their own decisions in life and we can't always be there to stop them from using drugs. The cycle of addiction offers many ups and downs. We try to be the one true constant in their lives."

Thibodeau goes on to advise that "we can also assist families through the [detox/rehab] process. We visit clients in rehab and help them stay connected to their community and assist them with discharge planning and reintegration. We also help clients and families navigate the court system."

As Thibodeau points out, for every youth they are able to help, the help goes beyond the life of that one person.

Youth Impact Jeunesse is located in the Youth QUEST Central building at 199 St. George Blvd. in Moncton. "Youth QUEST Central is a drop-in center that hosts several programs to help youth in a variety of areas such as food insecurities, hygiene supplies, employment and education, as well as hosting activities and group workshops. These programs are open to any youth from 16-24 and youth from anywhere can access them. If youth from the Drug Intervention Program want to access the services, we can help with transportation," says Thibodeau.

If you would like to access the Drug Intervention Program services, you are encouraged to call 506-856-2633 or visit youthimpact.org to learn more.

If you would like to volunteer with Youth Impact Jeunesse or make donations of needed goods, such as hand sanitizer and deodorant, please visit youthimpact.org to learn more.

As Thibodeau points out, for every youth they are able to help, the help goes beyond the life of that one person.

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www.ConnectingAlbertCounty.org ~ 8

Connecting Albert County's Guide to Healthy Eating

Diversity in the Kitchen: Philippines

by Lynne Greenblatt

This month, "Diversity in the Kitchen" features the Philippines, my native country. Born and raised in Manila, my parents, younger brother and I moved to Wolfville, NS, when I was in high school. We lived there for a few years until we moved to the U.S., where I finished university and spent my career as a research scientist. I never forgot my love for the Maritimes and the Bay of Fundy area. For more than 30 years, we visited my sister and her family in Waterside almost every summer. My husband and I are now happy to have made our permanent home in Waterside!

The Philippines is an archipelago of more than 7000 islands located in Southeast Asia in the western Pacific Ocean. There are greater than one hundred distinct, indigenous ethno-linguistic tribes. Add to that the influence from over 300 years of Spanish rule, trade with China, India and Arabia, and westernization from the United States – and you have a wonderful, delicious amalgamation of flavours, colours, aromas and textures that make up the Filipino cuisine.

Filipino food centers on fresh and local ingredients. Thanks to the tropical climate and the surrounding ocean, you will find lots of seafood and a dizzying array of tropical fruits and vegetables on the menu. Pork, chicken and, to a lesser extent, beef are also popular. The Philippines is also a rice-producing nation, so rice is the staple of choice. Because refrigeration can be scarce in the rural areas, meats and seafood are preserved by curing, salting, drying, smoking or pickling/fermenting, resulting in strong, distinct flavours.

One of my favourite activities as a child was to accompany my mom on her shopping trips to the wet market to pick out ingredients for the next several meals. I still remember the sensory overload – the smells, the colours, the cacophony of vendors hawking their wares and customers haggling over prices... I make it a point to visit a wet market, as shown in the picture,



whenever I go back to the Philippines. (A wet market sells fresh meats, fish, produce and other perishable goods, as opposed to a dry market that sells durable

goods such as fabrics, plastics, housewares, electronics, etc. Supermarkets are now mainstream in the larger cities, but most rural areas and even sections of the cities still have thriving wet markets.)

Everyday food tends to be simple, based on whatever happens to be available. In general, a small amount of protein (fish, shellfish, chicken or

pork) is sautéed or stewed with a variety of fresh local vegetables and/or fruit. Commonly, sautéing is done with a "sofrito" of garlic, onions and tomatoes. Other common seasonings include ginger, vinegar, coconut milk, fish sauce, soy sauce and a variety of fermented fish or seafood pastes, which are definitely an acquired taste not immediately appreciated by westerners.

Festive occasions call for more elaborate preparation. At a Filipino party, you might find Filipino style egg rolls (lumpia), several types of noodle dishes (pancit), stewed goat (kaldereta), maybe a fish or seafood dish such as escabeche (fried fish in a sweet-sour gingery sauce), and, if you're lucky, the king of party dishes, lechon (whole roast suckling pig). Side dishes might include salads of seaweed and tomatoes, bitter melon and tomatoes, pickled green papaya and green mango. And, of course, lots and lots of steamed rice.

An advertisement for a community market. The top part features the text "COMMUNITY MARKET" in large yellow letters, followed by "MAKE IT - BAKE IT - GROW IT!" in white. Below this, it lists "Meat - Produce - Eggs - Preserves Baked Goods - Handmade Items and much much more!". The address "2861 Main Street, Hillsborough, NB" is displayed in a yellow banner. At the bottom, it says "Brought to you by: Foods Of The Fundy Valley 506-878-9285 foodsofthefundyvalley@gmail.com". To the right, it says "Open 7 days a week 11:30 am - 7:30 pm" and "SHOP LOCAL" in a stylized font. A small image of a market stall is in the bottom left corner, and a basket of fresh vegetables is in the top right corner.

Connecting Albert County's Guide to

The classic Filipino dish is adobo. Ask any Filipino – they will undoubtedly tell you their mom made the best adobo ever. I know my mom did! Many cultures have their own versions of adobo, since the term is derived from Spanish for “marinate.” The version I will share though, is uniquely Filipino. It is incredibly simple to make – I learned to make it at my mother’s knee somewhere around age four or five. I would mix everything in the pot, and she would put it on the stove for me. Later, when I was tall enough to reach the burners, she taught me the rest of her culinary secrets – how to make up stuff on the fly, use any available ingredients and cook by the senses – smell, taste, feel, sight and sound. I owe my love of food and cooking to my mom, who managed to feed 13 kids healthy, nutritious meals on a budget.



Connecting Albert County's Guide to Healthy Meals project is supported with a Community Food Action Grant from the Province of New Brunswick.

Above: Chicken Adobo

From the kitchen of Lynne Greenblatt **Adobong Manok (Chicken Adobo)**

Ingredients

- 2 lbs. chicken pieces (bone-in, skin-on thighs are my favourite for this)
- 1 bulb (5-6 cloves) garlic, peeled and crushed
- 1/2 cup vinegar (any strongly acidic vinegar such as white, apple cider or red wine)
- 1/4 cup soy sauce (Mom liked to use 1-2 teaspoons of coarse sea salt instead)
- 1 tbsp. black peppercorns, lightly crushed
- 2-3 bay leaves (optional)

Directions

Mix everything in a non-reactive (e.g., stainless steel or enamel) pot and allow to sit for an hour or so.

Cook in the same pot, starting over medium-high heat, then covering and simmering for 30-45 minutes until the chicken is tender. At this point, you can remove the cover and continue cooking to let the sauce thicken. You can even let it evaporate all the way and allow the chicken to brown in the pot. Serve over (what else...) rice.

Variations and notes:

Any kind of meat, fish or even hardy vegetables will work in this recipe. Pork belly, cut into cubes, is another favourite. You can also add quartered or halved little red potatoes.

I sometimes add a tablespoon or so of extra-virgin coconut oil for some flavour. Others add coconut milk and let it cook down.

Experiment to your heart’s content!



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From the kitchen of Lynne Greenblatt

Seaweed Salad

This works for any seaweed, fresh or dried. Dulse is a Maritime delicacy, and this is one of my favourite ways to prepare it.

Ingredients

2 oz. dried dulse
Juice and zest of 1/2 lemon
1 tbsp. olive oil
1 shallot or 1/4 red onion, thinly sliced
1 tsp. fresh ginger, finely chopped
1 large ripe tomato, diced (or handful of cherry tomatoes, cut in half)

Directions

Soak the dulse in cold water for a few minutes until softened. Drain well.

Toss the dulse with the rest of the ingredients. If necessary, add salt or soy sauce to taste. You can also add a drizzle of sesame oil and/or some chopped scallions or chives.



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Canada Day!



ROB MOORE MP, Fundy Royal

506-832-4200
Rob.Moore@parl.gc.ca

From the kitchen of Jim Kitts

Camp Toast

Camp toast is a nutrient- and energy-dense fast food for people on the fly who want to wash as few dishes as possible. If you just rolled out of the sleeping bag in Fundy, woke up at a construction camp, or are on the run after another Zombie attack - this is for you.

Ingredients

3 local, farm-fresh eggs
(the ones with stand-up-
and-be-counted yolks)
3 slices whole wheat bread
(e.g., from Oliver's
German Bakery)
Too much butter
Salt and pepper
Black Sheep maple syrup
or your preferred local
maple libation
Key utensils: Spatula,
frying pan, heat source
Nice to have: Plate or
facsimile (such as the
lid of last night's pizza
box), knife, fork

*Note: Connecting Albert
County suggests that you
follow Jim's directions for
flipping the toast and
dishwashing advice at your
own discretion and risk to
health and reputation.*

Directions

Turn the heat all the way up, put a lump of butter in the pan and swirl it around. Use the spatula to butter one side of each slice of bread.

Put slices of bread in the pan butter-side down in a way that fills the pan with as much bread as possible. Beat it all in flat, if necessary.

When the bread starts to fry and is just slightly golden (when you peek under a raised corner), break eggs on top. Try to keep the eggs (especially the yolks) on top of the bread. Depending on your heat source, this is the time to turn the heat down below medium. (If you smell burning toast, you overshot a bit. Remove from heat for a few moments, but don't worry, a little char helps this dish and fortifies your morning attitude.)

Break the yolks with the corner of the spatula and stir the yolk around on the top of the bread. Shake the pan a moment to settle the whites and runny bits down into the spaces between the slices. Nip off several corners of butter and put them (shotgun-pattern) onto the top of the egg swirl. Salt and pepper everything.

Now the tricky bit: Slide the spatula under the bread, pull the pan off the heat and down below your waist. Gently move the pan upwards and away from you, flipping the meal over into the pan. The top of the mixture is wet and sippy, so the risk is that you will splatter egg on yourself or the bunk-house wall, but the way you're dressed and the way the wall looks, nobody will notice. This I know.

Return the pan to less than medium heat, lightly salt and pepper the top and take a minute or two to cook the egg underneath. Remove from heat. If you have the luxury of a plate, flip it out and proceed as usual. If not, chop up the fried egg and bread mixture in the pan with the spatula, flood it with maple syrup, and scarf it all down with your fingers while you get your boots on.

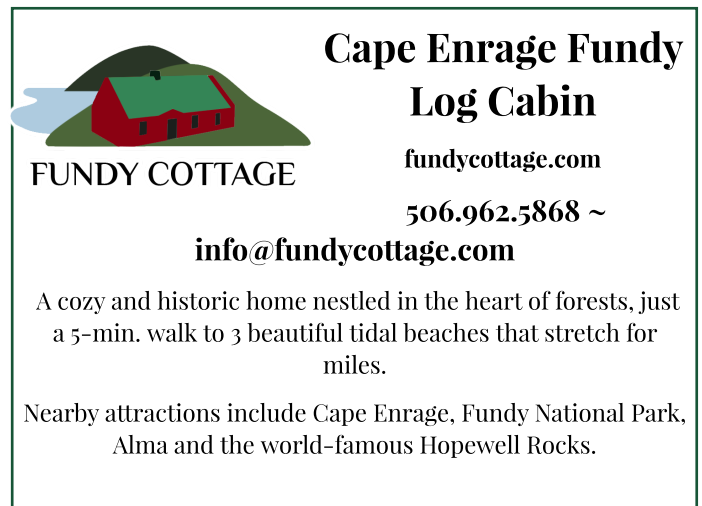
The pan and the spatula are a bit of a mess now, so pour your leftover King Cole tea into the pan, and walk outside to the 'dishwasher.' Swirl light clean gravel in the tea puddle with the spatula, scrape and rinse everything over, put it all away. Wash your face and go get 'em, tiger...



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**Cape Enrage Fundy
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A cozy and historic home nestled in the heart of forests, just a 5-min. walk to 3 beautiful tidal beaches that stretch for miles.

Nearby attractions include Cape Enrage, Fundy National Park, Alma and the world-famous Hopewell Rocks.

What's Your Favourite Vegetable?

Writing Contest Winner:

Evening O'Reilly!

Congratulations Evening! Evening O'Reilly describes and depicts her favourite vegetable to the right. She is 9 years old and in grade 3. She receives the book *Gardening is Awesome!* as a prize.

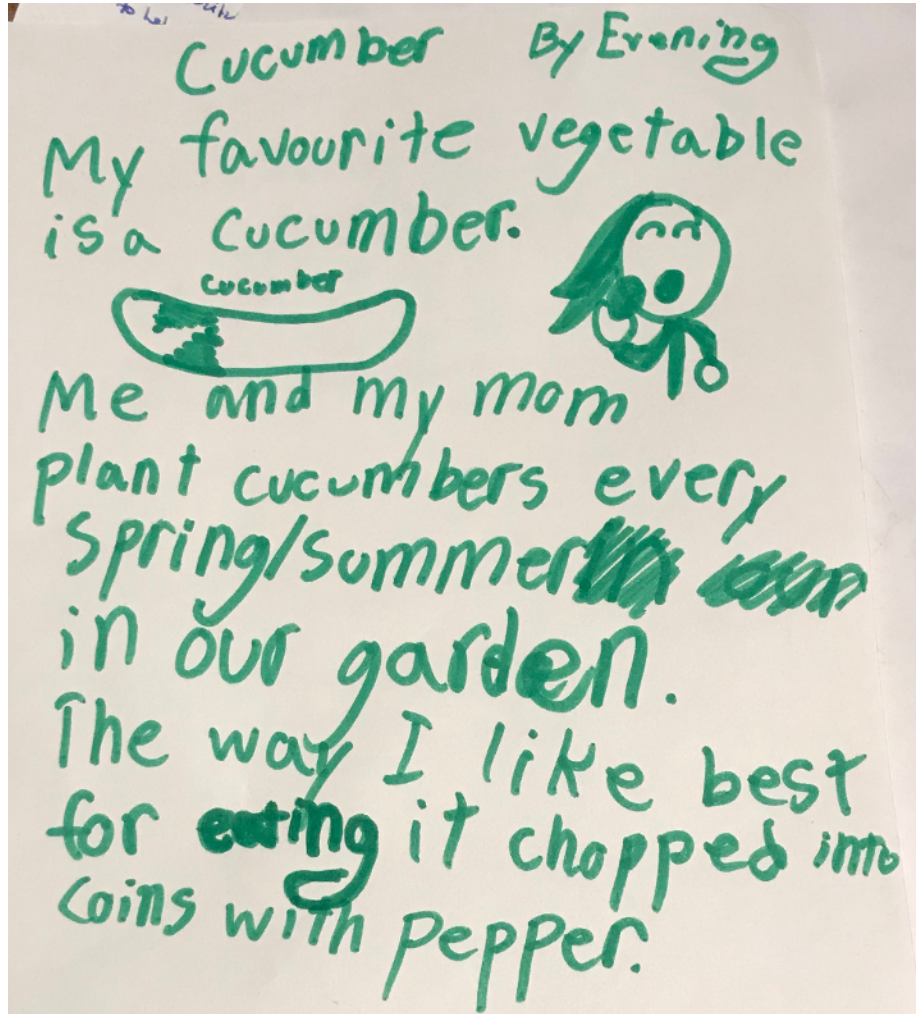
NEW Writing contest for students from grades 1-12

Tell us about your favourite vegetable that can be grown in Albert County. Let us know why you like it and how you like to eat it. Feel free to add pictures, recipes or stories about gardening or cooking the vegetable.

The contest is open for kids in rural Albert County from grades 1 to 12.

Participants are eligible to win prizes including gardening books for kids or adults, gift certificates for The Old Church Farmers' Market, maple syrup and more. We also welcome volunteers to help with the contest. A selection of the entries will be included in upcoming issues of *Connecting Albert County* and posted on our website. This is part of Connecting Albert County's Guide to Healthy Meals project, in collaboration with The Old Church Farmers' Market, made possible with a Community Food Action Grant from the Province of New Brunswick.

Please email entries by July 11th to info@ConnectingAlbertCounty.org or drop off pictures and stories at Fundy Farms: Local Harvest's stand at The Old Church Farmers' Market, 2807 Main Street, Hillsborough (Saturdays 9am-2pm).



2021 Summer Reading Club

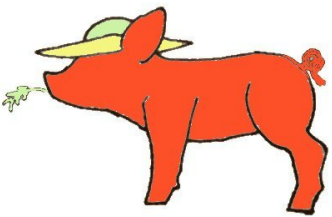
This year, children are invited to celebrate fantasy at the library under the slogan "Reading is Fantastic!" The Summer Reading Club is designed to encourage young people to read over the summer holidays. When they register, participants receive a reading logbook to keep track of their reading throughout the summer. Participants will receive a certificate of achievement at the end of the summer.

During July and August, all public libraries in the province will present various in-person or online/virtual fun and entertaining activities. The Summer Reading Club is intended for all young New Brunswickers.

Registration for the 2021 Summer Reading Club has started at the Hillsborough Public Library. Children who do not know how to read can participate by having a parent/guardian read to them. Also, children can register online at gnb.ca/publiclibraries.

Follow the Hillsborough Public Library on Facebook or sign up for its email newsletter to keep up to date with the latest information.

Victoria Stroud-Arsenault



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!

Albert County Food Forest: *Help bring food security and education to Albert County!*

Story and images by Tessa Wissink

Hello! My name is Tessa Wissink and I am 28 years old. Over the past five years, I have become increasingly interested in the intersection of food, environmentalism and quality of life. I have found the experiences of starting to grow my own food at home, foraging for wild food, and learning to hunt, trap and fish extremely rewarding. I feel a much greater connection to the food I eat and the land around me, much more than I ever had before, and would like to share these experiences with others wherever and whenever I can.

I am currently fundraising for a project in my hometown of Hillsborough in partnership with local food security organizations and Nature Canada. I am looking for monetary donations to continue to develop a **food forest** downtown, adjacent to the public library. A food forest can be defined as a 'low-maintenance, sustainable, plant-based food production system centered on the principles of how woodland ecosystems function.'

Food forests incorporate plants that produce food for humans, such as fruit and nut trees, shrubs, herbs, vines and perennial vegetables. In contrast with regular community gardens, food forests are almost completely self-sustainable ecosystems (once established) and provide



but the goal is for the project to continue and grow for many years. With the proper investment of time and care, the food forest will not only produce local, sustainable food, but it will also provide an educational greenspace. Urban greenspaces provide a multitude of positive benefits including benefits for physical and mental health (e.g., reduction of stress, lower blood pressure, improved mental function, increased immune function, etc.). Anyone will be able to access the food forest at any time of year to learn about growing their own food, pollinators and the functioning of healthy forest ecosystems. Community volunteers will act as stewards. The possibilities for community programs, partnerships, events and engagement are endless.

There is a clear link between access to healthy food and quality of life and I believe the current disconnect between people and the food they eat is dangerous to our health, our environment and our humanity overall. The importance of connecting people to where their food comes from cannot be overstated, especially during the current climate crisis.



the greatest yield of food for the least amount of effort and maintenance. I believe this food forest will provide an important space for the community and surrounding areas where many families experience food insecurity.

Food forests, much like natural forest ecosystems, take time to go through the stages of ecological succession. This funding will be used to help kick-start the project,

If you would like to donate, learn more about food forests or volunteer, check out amplify.e-activist.com/15221/grow-green/114598/rural-new-brunswick-community-food-forest. We also welcome donations of gardening supplies, tools and plants. Please contact me at wissinkt@mcft.ca if you have questions or concerns.

Celebrate Canada and RB Bennett Days with the Albert County Historical Society

By Janet Clouston

The Albert County Historical Society invites you and your family to take part in a special program that begins with Canada Day on Thursday, July 1st and ends with RB Bennett Day on Saturday, July 3rd. We will welcome visitors from New Brunswick and the Atlantic Bubble in recognition of Canada's 11th Prime Minister and the 90th Anniversary of the Statute of Westminster, which forever changed Canada's role in the British Commonwealth.

When Prime Minister Bennett signed the Statute of Westminster in 1931, Canada gained its independence from Britain. Canada acquired formal control over its external affairs and the British laws no longer applied to Canada (with the notable exception of the British North America Act of 1867). After signing the Statute of Westminster, RB Bennett said, "I realize that this is the culmination of a long, long effort that has been made since we were a colony, to become the self-governing Dominion."

On Canada Day, the Albert County Museum will be open 9:30am-5:30pm and admission that day is by donation. A festive BBQ lunch will be provided for visitors, also by donation. Share the legacy of WH Steeves who was a Father of Confederation and represented New

Brunswick's interests during the formation of Canada as a nation in 1867. On Friday, July 2nd, the museum will be open for visitors with regular admission.

On Saturday, July 3rd, join us as we honour the only Prime Minister born in New Brunswick, Hopewell Cape's RB Bennett. We will celebrate his 151st Birthday by offering visitors complimentary ice cream and one of 151 cupcakes (he had a sweet tooth). Regular admission rates apply. This day will also launch "Canada Historic Places Days" and we are proud to be one of the sites involved.

Known affectionately as "RB," Richard Bedford Bennett studied law at Dalhousie University in Halifax and moved to Calgary in 1897 to begin his successful law practice. Entering politics in 1898, he eventually became an MP in Calgary and rose to great heights in the Conservative Party. He became Prime Minister of Canada in 1930. In addition to signing the Statute of Westminster in 1931, he led the formation of the Bank of Canada; Canada Wheat Board; *Canadian Broadcasting Act* (which led to the formation of CBC); Unemployment Insurance; Minimum Wage Legislation, and *Relief Act* (part of Canada's New Deal). Much of this legislation is still in effect, and is credited for steering us through many economic problems of our times.

The Albert County Museum and RB Bennett Centre, operated under provincial health and safety guidelines, is open daily 9:30am-5:30pm until end of September and on Saturdays during October. Admission: \$10 for adults, \$8 for students and seniors, \$25 for families, and free for children under 5. Memberships and Group rates available. Join us and "Discover the People of the Tides"!

We gratefully acknowledge support provided by Tourism, Heritage and Culture, New Brunswick. Learn more about the Albert County Museum & RB Bennett Centre, visit albertcountymuseum.com.

To learn about events in rural Albert County, visit www.ConnectingAlbertCounty.org/Calendar. Feel free to add a community event.

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(506) 856-4961
mike.holland@gnb.ca

Community Calendar

Monday, June 28

Curryville Cemetery Annual General Meeting. 6pm. (Change in date). Meeting at the cemetery (768 Albert Mines Rd.) Open to the public. Bring a lawn chair. Seeking active board members. Contact Heather Alward: 506-233-1875/curryvillecemetery@gmail.com.

Thursday, July 1

Canada Day Celebrations. 9:30am-5:30pm. Albert County Museum (3940 Rte.114). Admission and food by donation. albertcountymuseum.com. See page 15.

Saturday, July 3

The Old Church Farmers' Market. 9am-2pm. 2807 Main St. Hillsborough. See page 2.

RB Bennett Day. 9:30am-5:30pm. Albert County Museum. See page 15.

Kevin Chase Concert. 7-10pm. Broadleaf Ranch Restaurant (5526 Rte.114). Live music kitchen party.

Wednesday, July 7- 14

Quilters of Albert County Exhibit. 9:30am-5:30pm. Albert County Museum Court House. albertcountymuseum.com.

Saturday, July 10

The Old Church Farmers' Market. 9am-2pm.

Saturday, July 17

The Old Church Farmers' Market. 9am-2pm.

Golf Tournament. 2-8:30pm. Hillsborough Golf Club (443 Golf Club Rd.) in support of the Riverside-Albert Playground project. Sign up at Pro Shop or call to reserve/pre-pay at 734-6000.

Saturday, July 24

The Old Church Farmers' Market. 9am-2pm.

Saturday, July 24 to Monday, August 2

Artisan Showcase and Sale. 9:30am-5:30pm. Albert County Museum Court House.

Saturday, July 31

The Old Church Farmers' Market. 9am-2pm.

Sunday, August 1

Love Your Covered Bridge Day at Sawmill Creek Bridge. 2-4pm. 5431 Rte. 114, Hopewell Hill. Sponsored by the Albert County Museum. Details to follow. albertcountymuseum.com.

Monday, August 2

NB Day Family Day. 9:30am- 5:30pm. Albert County Museum. albertcountymuseum.com.

Saturday, August 7

The Old Church Farmers' Market. 9am-2pm.

Saturday, August 7 to Sunday, August 15

Rising Tides, Trails & Tunes. A weeklong festival filled with music, storytelling, trails and 'Fundy Fresh' food and drink. Events hosted from Hillsborough to Alma, as well as in Sussex and St. Martins. For details, see Facebook @RisingTideFestival.

Sunday, August 8

Rising Tide Festival Outdoor Concert. 9:30am-5:30pm. Albert County Museum Grounds. Suggested donation of \$10/person includes admission to museum and concert. albertcountymuseum.com.



RIVERSIDE-ALBERT PLAYGROUND PROJECT

 Hillsborough Golf Club

R-A PLAYGROUND GOLF TOURNAMENT

4 Man Scramble - Carts Included
Members with cart pass: 30\$
Members: 50\$
Non Members: 85\$
Games • Prizes • 50/50

**JULY 17, 2021 | 2PM SHOTGUN
HILLSBOROUGH GOLF CLUB**

Must be registered by July 10th
ProShop: (506)734-6000

 Riverside-Albert Playground Goal

**DISCOVER
THE PEOPLE
OF THE TIDES.
DÉCOUVREZ
LE PEUPLE
DES MARÉES.**



24 Exhibits in 8 Historic Buildings on a 6 acre site.

Open Daily 9:30 am to 5:30 pm Victoria Day Weekend to September 30th

The history of the people of Albert County is as powerful as the mighty tides that shape its coast! Just 2 minutes from the Hopewell Rocks, we're home to stories of amazing pioneers, explorers, innovators, war heroes, sea captains, a prime minister, a pirate and a convicted axe murderer – who many feel was innocent! Come visit us today.

MUSEUM HOSTED EVENTS AND PROGRAMS:

**NEW FOR
THE 2021
SEASON**

"History of Grindstone Island and its Lighthouse" New Interpretive Panel in the Exhibition Hall near the Shipbuilding Exhibit

**NEW FOR
THE 2021
SEASON**

Display of First Nations Artefacts Special Display of Mi'kmaq History and Culture with art peices from artist Nicole Dube Community Hall

**THURSDAY,
JULY 1**

Canada Day Celebrations - Attendance and Food by Donation

**SATURDAY,
JULY 3**

RB Bennett Day with free ice cream and 151 cupcakes Happy Birthday RB!

**JULY 7 TO
JULY 14**

"Quilters of Albert County" Exhibit Special Quilting Exhibit. By Donation or Admission to ACM Albert County Court House

**JULY 24 TO
AUGUST 2**

Artisan Showcase and Sale. By Donation or Admission to ACM Local artwork and artists who are "Inspired by Nature" - Albert County Court House

**SUNDAY,
AUGUST 1**

Love Your Covered Bridge Day at Sawmill Creek Bridge 2-4 pm

**MONDAY,
AUGUST 2**

Join us at the Albert County Museum for NB DAY

**SUNDAY,
AUGUST 8**

Outdoor Concert and "Rising Tide Festival" Event - \$15 per person or \$10 for seniors and youth. includes Admission to Albert County Museum and Concert. Ticket info available soon Museum Grounds

**SATURDAY,
AUGUST 21**

Heritage Talk - John Leroux - "Reid Brothers Architects - From Harvey to Hollywood" By Donation or Admission to ACM Albert County Court House

**SATURDAY,
SEPTEMBER
25**

World Ghost Hunting Day. Tickets are \$25 per person or \$45 per couple. Presented by Canadian Paranormal Expeditions as a fundraiser for the Albert County Museum

**THURSDAY,
NOVEMBER 11**

Flag Lowering at Sunrise and Remembrance Day Open House 1-4pm By Donation with funds raised going to the Hillsborough Legion's Poppy Fund

**DECEMBER 4
& 5**

Christmas in the Country 2021 Community Hall

**SATURDAY,
DECEMBER
4TH**

At Dusk - Christmas Tree Lighting with free hot chocolate and carolling!

**TO BE
ANNOUNCED**

Heritage Talk in the Albert County Court House - Dianne Carmel Leger - "Acadian History of Albert County"

Visit "Between the tides" or during your next trip to Fundy National Park. You and your family will love this learning adventure!

Albert County Museum & RB Bennett Commemorative Centre

3940 Route 114, Hopewell Cape, NB - 506-734-2003 - info@albertcountymuseum.com

www.albertcountymuseum.com

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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

Broadleaf Ranch BroadleafRanch.ca

Cape Enrage Fundy Log Cabin fundycottage.com

Chipoudy Communities Revitalization Committee Facebook.com/communityrevitalization

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

Friends of Fundy www.FriendsofFundy.ca

Fundy Mud Pottery fundymudpottery.com

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

Village of Alma villageofalma.ca