

Connecting Albert County

January 2022



Growlers
on the beach
(by Janet Wallace)

CAC's Spotlight on Frontline Workers: Beverly Stevens & Anne Terris

By Janet Wallace

Connecting Albert County is highlighting the contribution of frontline workers who provide essential services to the community.

"At first, it was really scary," says Beverly Stevens. "So much was unknown."

When Horizon Health Network asked for nurses to help with COVID-19 testing, she and Anne Terris immediately offered to go. They were initially told they would be working at the Moncton testing site for a few weeks, then their term was extended another few weeks, and again and again. In the end, they conducted COVID tests from mid-April to December 2020.



Beverly Stevens (L) and Anne Terris (R) at the COVID Testing Centre, Nov. 11th, 2020.

"I'm very glad I did it," Bev says. "It feels good to help our community and our province. Anne and I are the type that when there's a need, we go."

The work was uncomfortable. The women were standing on cold cement for twelve-hour shifts and wearing masks the whole time except for their lunch breaks. The site was in the arena next to the Moncton

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Connecting Albert County

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Changes in the New Year

After working for Connecting Albert County for eight years, I have decided to step down from my part-time position as editor and coordinator. It has been an exciting adventure to see the idea of a community publication evolve into a monthly mini-magazine. I think it's time for someone new to take over the helm. (The position will be posted at www.ConnectingAlbertCounty.org/jobs.html.)

I want to thank the many volunteers who have contributed to the success of Connecting Albert County. There is not enough space to list all the people who have helped, but I would like to highlight the contributions of Joanne Butland, Susan Quinn and Joseph Gallant. I also want to thank our advertisers for supporting us, even during COVID.

I look forward to producing the Rural Albert County Community Directory in February as my last issue and helping a new person take the lead. After that, I will continue my writing and editing work with the Organic Federation of Canada, Canadian Organic Growers, and Organic Agriculture Centre of Canada, and focus more on my freelance writing.

Happy New Year!
Janet Wallace

Letter: Albert County Chamber of Commerce (ACCC)

Dear Friends,

As we move into a new year, we look to the future with hope. Many of us went into 2021 feeling uncertain of our region's stability and I want to take this opportunity to reassure you things are going to get better. Our COVID figures are not to be taken lightly, but I believe strongly that 2022 will be better. We as a community will make it so.

2021 continued to have significant challenges for the people of Albert County and their businesses, but we also continued to show the resilience and community spirit that are so embedded in our area. We continued to move businesses online, handle restrictions and safety measures, and make great use of opportunities provided by government schemes, sector-specific grants, and our Chamber's very own Shop Local scheme. We were innovative with our businesses, supportive of our neighbours and endlessly hopeful when the skies looked bleak.

2022 may look like a year of promises. Everyone from politicians to industry bodies are keen to let us know that with effective business strategies and health measures we can be as we once were. I say we aim higher. As recovery begins, so does our chance to put Albert County on the map. I promise you that we will do our utmost to help and support Albert County's businesses as we create new opportunities to connect with each other and move into a brighter tomorrow. I take my role as ACCC President very seriously and am proud to be a part of the journey to make Albert County the best that it can be.

Stay safe and let's make this our year.

Annick Robichaud Butland, President, Albert County Chamber of Commerce
For information about the ACCC, visit www.albertcountychamber.com

("Frontline Workers" Continued from page 1.)
Coliseum. The huge doors at each end let in outside air whenever a car entered or left. In the spring and fall, it was often a cold and drafty work environment.

"But we made the best of a bad situation," says Bev. "It was fun."

"You know you're talking to nurses when they say that twelve hours of sticking swabs up people's noses is fun," Anne adds, laughing.

The experience reminded Anne of the stories of people being in the trenches in WWI. "We were part of a team. We worked with new people and strong friendships developed quickly."

"Every day was different," adds Bev. Knowledge about COVID was constantly evolving and government policies were changing to adapt to the latest information. On top of that, the team kept changing as workers came and left. Each morning, the team reviewed the latest updates and developed the day's plan accordingly.

"It was sad at times," Bev says. "We tested people who were suffering because they had family members who were very sick with COVID. Some

people came from other provinces to visit loved ones, but were too late; their family members had passed away before they could visit."

Most (99% according to Bev) of the people tested were supportive of the nurses' work. When many people left the facility, they would tell Bev and Anne to "stay safe." Other people dropped off coffee, chocolates and thank-you cards.

"It really made us feel appreciated," Bev says.

After a while, the two nurses became the experienced ones at the testing clinic and started to train new staff. Later, their expertise helped establish the satellite testing facility at Horizon's Albert County Community Health Centre.

Rural Albert County has had several small outbreaks and, Anne says, "It's great that people don't have to go to Moncton to get tested."

After nearly eight months of working in Moncton, Anne and Bev were relieved to return to their jobs at Horizon's Albert County Health Centre in Riverside-Albert. Bev, however, just worked through the winter and early spring before retiring from her position.

"Doing the COVID testing was one of the highlights of my career," says Bev. "I'm so very thankful to have had the opportunity to do that before I retired."
(Continued on page 4.)



Backgrounds

Beverly (Bev) Stevens (LPN) has practiced in Riverside-Albert for her entire nursing career. She began work as a Licensed Practical Nurse in the Albert County Hospital which eventually became Horizon's Albert County Community Health Centre. She retired from her role in June 2021 but continues to give COVID vaccines at the Guardian Albert County Pharmacy in Riverside-Albert.

Anne Terris (RN), on the other hand, just began work at the centre two years ago. Originally from Albert County, Anne had been working as a Registered Nurse in Horizon's The Moncton Hospital. With retirement in her near future, she wanted to "leave the rat race," come back home and work at Horizon's Albert County Community Health Centre.

("Frontline Workers" Continued from page 3.)

Since May 2021, Bev has been giving COVID-19 vaccines at the Albert County Pharmacy in Riverside-Albert. Bev praises Kelly and Jackie (staff at the Albert County Pharmacy) for doing an excellent job of scheduling vaccine appointments to make the best use of her time and avoid the waste of a vaccine.

One of Anne's new jobs as a nurse at Horizon's Albert County Community Health Centre is vaccine counselling.

She encourages people to contact the centre (882-3100) if they have any questions about vaccines, about COVID or even if they just need someone to talk to. She stresses that she doesn't try to coerce anyone into getting vaccinated; she just provides a safe place where people can talk about their concerns.

Anne wants people to realize that the health centre is **their** health centre and people shouldn't hesitate to call if they have any questions. People can talk to her, another nurse, the social worker or other staff.

She also recommends that people don't try to learn about the virus and the vaccine from Facebook or other social media. Instead, Anne suggests people go to the New Brunswick website for information (www2.gnb.ca/content/gnb/en/corporate/promo/covid-19.html).

Connecting Albert County invites readers to submit profiles of other Albert County frontline workers. Please email info@ConnectingAlbertCounty.org if you are interested in writing an article.



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www.ConnectingAlbertCounty.org ~ 5

Anniversary of the Albert County Museum *By Janet Clouston*

The Albert County Historical Society is pleased to announce the 60th Anniversary of the Albert County Museum will take place in 2022. The Museum, located in Hopewell Cape, NB, opened to the public in 1962 on the site of the historic 1845 "Shiretown" of Albert County, the once-bustling municipality capital.

"The Albert County Museum came into existence because a group of Albert County citizens knew the importance of preserving the history and artefacts of past generations," expressed Dawne McLean, President of the Albert County Historical Society. "Without the Museum, valuable information of our past would have been erased....never to be appreciated by future generations."

Throughout 2022, the amazing history of the area will be shared through in-person events, as well as by digital means, including the Albert County Museum (ACM) website, social media and special videos. Programming will be for history lovers of all ages and, where possible, will be free of charge, available at a nominal fee, or included with paid admission to the Museum.

A kick-off event will take place during the Victoria Day Weekend season opening, 60 years after the Official Grand Opening, when the first guests signed the guest book which remains in our collection.

New exhibits will feature a Lieutenant Governor Abner Reid McClelan Exhibit and refurbished Prime Minister RB Bennett Exhibit. An educational Heritage Activity Booklet will be created to engage children with fun heritage facts and activities, stories, pictures to colour and riddles to solve. These will be available free of charge or by donation.

The Albert County Museum is owned and operated by the Albert County Historical Society Inc. (ACHS), a federally recognized non-profit charitable organization. We appreciate the ongoing support from community members, volunteers and donors. ACHS is funded in part by the Government of Canada and the Province of New Brunswick, with community support from Friends of Fundy (Fundy Guild), Albert County Tourism Association, AC Chamber of Commerce and Connecting Albert County.

See poster on the page 7 for more details.

Albert County Historical Society, Museum & RB Bennett Centre
3940 Route 114, Hopewell Cape, NB E4H 3J8
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Albert County
Museum

Hillsborough Supports Local Food Entrepreneurs *By Deborah Carr*

When Byron Gourley first purchased a beautiful heritage home in Hillsborough, he envisioned an art studio in his future, not a grocery store. He and his life partner had been living in Moncton, but sought a larger home that afforded space to expand his artistic endeavours. Although it needed work, the Hillsborough house was an incredible deal. Too good to pass up. They hired a local contractor to start the repairs.

“Then I fell in love with the people,” Gourley says. “The warmth and welcoming we received...our neighbours brought us welcoming gifts. In Moncton, we didn’t even know our neighbours.”

In discussions with neighbours and workers, he heard how much residents missed the grocery store that closed in 2019. In his role as an economic development officer for Metepenagiag First Nation, he brought in businesses to meet the needs of the community. Now, he saw a niche that could be filled in Hillsborough. He reconnected with an old friend—Greg Hopper—who already owned a grocery store. Within thirty minutes, the pair had formed a business partnership.

Gourley purchased Hillsborough’s former FreshMart location, found commercial renters for the



Ryan Smith & Angela MacDougall of Fundy Farms: Local Harvest

attached building next door—RevelYouthsion, Fundy Undies and Jazzfest Consulting—and got to work on renovation plans for the Hillsborough Gateway Market. He sought advice from former Freshmart operator, Terry Stafford, scored a good deal with the Sobeys chain as a supplier of product, and began talking to other business owners about how they could work together to complement rather than compete.

After his plans went public, he was both floored and encouraged by a tsunami of community response. Facebook exploded with enthusiastic comments. Former grocery store employees contacted him hoping to be hired back. Someone sent him a photo of what the building once looked like and he wants to eventually restore the original look.

“Everyone I’ve hired for renovation work was from the community. Even neighbours came down to help. Jeff Cooke sent his staff with a forklift and loader to help me unload, even offered to help me hire staff.”

Gourley hoped to open in September, but no one was manufacturing equipment during COVID. Sobeys offered to ship refrigeration, cashier stations and shelving from a store that was closing in Saskatchewan, but he’d have to wait until the new year. So he pushed plans forward, but wants the public to know that COVID may have slowed



Oliver Hofer of Oliver's German Bakery

Connecting Albert County's Guide to Healthy Eating

the opening, but has not diminished his plans or enthusiasm. "I want to see Main Street revitalized," he says. "It will take time, but in five years you'll see a big change in Hillsborough."

As stated, proper economic development meets the needs of the community. When COVID first shut down all but essential services, many Hillsborough residents discovered how much they could buy locally. In the first few months, Cooke's Quick Mart converted hardware shelves to common grocery items, and Oliver's German Bakery supplied meat, eggs, flour and winter vegetables, in addition to baked goods.

From spring to fall, the Old Church Farmers' Market on Saturdays offered vegetables from Fundy Farms: Local Harvest, as well as a variety of preserves, baked goods, and crafts from local vendors. The Foods of the Fundy Valley outlet near the wetland park supplied fresh vegetables all week. In Edgetts Landing, Fundy Farms: Local Harvest maintained a seasonal farm store with fruit, vegetables, meat, preserves, ice cream, herbal teas, syrup and other food products from their own farm and other Maritime farms.

In the months to come, we gained a greater appreciation for the services our local businesses provided; especially for the options of dining out. As businesses slowly reopened, take-out orders from Rocco's Cucina, Cinnamon Soul Café, The Railway Diner and The Hills Restaurant provided variety to home cooking. When indoor dining reopened, these were a welcome change of scenery.

Pre-COVID, the family-owned Cinnamon Soul Café and Bakery—operated by Joe and Heather Mitchell, and their daughter, Brittney Hawkins—was already a popular gathering place for locals all year, and a busy stop for tourist traffic in summer. Its combination of Asian fusion, Greek, and Mediterranean cuisine and desserts, with weekly specials as varied as Newfoundland Jiggs dinner or lamb, appealed to a wide range of diners who appreciate meals made from local ingredients.

"Everything shut down in March, and we stayed closed till June. But then, business was almost right back to where we'd been. Local support was amazing," says Joe Mitchell. He also saw an upsurge in seniors meeting for coffee and family groups sharing special meals. Although food supply had become tenuous, Cinnamon Soul had an advantage because their family farm produces many of their ingredients.

It was still challenging keeping abreast of public health requirements as well as the uncertainty of demand. "You don't know how to prepare, you don't know how many groceries, and if you don't get enough, it means more trips to town," says Mitchell. But local entrepreneurs worked together, and this helped considerably in those first uncertain months. Angela MacDougall at Fundy Farm: Local Harvest sold food boxes at the city markets that included Cinnamon Soul products.

"It was a way to keep us going, and shows how



Pumpkin Hill Farm at The Old Church Farmer's Market

Connecting Albert County's Guide to Healthy Eating



The Old Church Farmer's Market

businesses worked together to help each other," Mitchell says. It also helped to have an outdoor patio for those who were still uncomfortable with indoor dining. "A lot of people sit outside when the weather's good, even into fall and winter."

Rocco's Cucina, which had also gained recognition throughout the region for both ambiance and fine dining, re-opened first with take-out, and then indoor dining. Lovers of authentic Italian cuisine sought flavourful artisan pizzas, pasta, panini, Rocco's signature arancino, daily specials and decadent desserts within the cozy, intimate atmosphere.

The Railway Diner, a popular family restaurant and meeting place for small groups, continued offering hot and cold sandwiches and wraps, fish and chips, fried chicken, burger platters, soups and salads at affordable prices.

Just down the road, Tanya Fisher and Jason Pugh, owners of Hillsborough Golf Club and The Hills Restaurant, were unsure what to expect in 2020, or whether they'd even be able to operate. But despite a last minute scramble, they opened on time. Although they had to reduce capacity in the restaurant by 50% and cancel larger events and weddings, they enjoyed two very good years.

"I think people were growing more and more tired of being cooped up at home," says Pugh. "Many were taking advantage of any place they could visit to get out of the house for a bit."

He says running a small business in a small community has its share of challenges, and even more so in the past two years. They experienced
(Continued on page 11.)

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some supply chain issues, but the pricing increase in food items was more difficult to manage. Regardless, "We've been very fortunate since we started our business to have a tremendous amount of support from the community...not only with people coming in to eat or golf, but also with helping us with countless projects that have helped our business grow. It has been very humbling."

An increase in traffic at White Rock Recreational Area spilled over to the restaurant and hungry customers piled in after a day on the trails to enjoy hearty grass-fed Angus beef burgers on brioche buns, fresh Fundy seafood (including seafood chowder from a secret family recipe), delicious appetizers, New York style cheesecakes, or a cold drink on the deck overlooking the course.

"We have a great relationship with the Codiac Cycling Trails group and they have been very supportive of the restaurant for a number of years and the great work they are doing is certainly driving a tremendous amount of traffic to our community that we

all benefit from," says Pugh. "The last two years we've seen an even bigger increase with people wanting to 'support local' and I think more and more people are realizing the impact that choosing to spend their money locally has, not only on the business they are supporting, but the community as a whole."

In late October, Jessica Steeves opened the Wacky Wonderful Waffle ice cream shop on Main Street. She'd already earned a local reputation for her cakes and sweets, but she wanted to expand with ice cream and waffles. "Making sandwiches on waffles would enable us to open all year round," she says. Opening late in the season gave her a chance to start slowly, but she's already getting drop-ins from the wider community.

In her storefront on Main Street in Edgetts Landing, Steeves offers ice cream waffles and a variety of chicken, turkey, beef, pulled pork, and donair sandwiches on waffles. "So far, our best sellers are chicken bacon ranch, and donair," she says. As well, customers can find sweets.

In the best of times, small town restaurants and coffee shops are gathering places in our communities—places where we connect with family and friends while filling our bellies. But in the new pandemic world, these gathering places have taken on greater significance.

They held us together. And we held them together.

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



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Coming soon: Community Directory for Rural Albert County

In February, Connecting Albert County and Friends of Fundy will publish the Community Directory for Rural Albert County. A draft is available at www.ConnectingAlbertCounty.org/guide.html.

If you represent a community organization or offer a service that contributes to community health, please check the directory. To add an organization, please complete the form at airtable.com/shrY3f8cufkrNcWE. To correct a listing, please email info@connectingalbertcounty.org.

Healthy Habits for a Happy New Year

By Brittany Butland, RD

New Year, new you... right? Now that the holiday season has wrapped up and the New Year has begun, we tend to have an urge to start fresh and work on our new personal goals, which may include weight loss. Weight loss is a common resolution, especially if we believe we overeat throughout the holidays. The wellness industry capitalizes on this way of thinking by bombarding us with messages about diets, detoxes, weight loss challenges and other food-based resolutions. Not that there is necessarily anything wrong with wanting to lose some weight, but the problem lies in the way that we approach it. If weight loss is your goal, ending up at a weight you can comfortably maintain is more important than starving yourself to reach a specific number on the scale.

Instead of going on a new restrictive diet or extreme exercise program, consider these five tips:

1. Add foods back into your diet: We're always focusing on what we shouldn't eat, you know, those "bad" foods that we cut from our diet when we're trying to be "good." Restricting foods often leads to feelings of deprivation that can lead to intense cravings and eventually binge eating. Instead, stop unnecessarily cutting out foods and give yourself unconditional permission to eat all foods.

2. Enjoy your food: If you aren't getting enjoyment and satisfaction from the foods you eat, healthy eating will only get you so far. In fact,

not enjoying the healthy food may even lead to overeating. Being full and being satisfied are two very different things. Eating enough satiating foods like protein, fibre and healthy fats can make a big difference to feeling satisfied, as well as eating foods you actually enjoy. Remember, your diet doesn't need to be perfect. Aim to nourish both your body and mind for ultimate satisfaction.

3. Listen to your body: Pay attention to your hunger and fullness cues, and eat when you are hungry. Contrary to popular belief, a growling stomach is not a good thing. It means you have waited too long to eat and have missed the early signs of hunger. This can lead to increased cravings and decreased energy. There is nothing wrong with adding a mid-morning or mid-afternoon snack if you are hungry; this can help tide you over to the next meal and help prevent overeating later in the day.

4. Move your body: Exercise doesn't have to be unenjoyable. Instead of exercising only to burn calories or "work off" the food you ate, shift your mindset around exercise and think of it as a form of self-care. Exercise because you enjoy it and its positive effects, such as increased energy, improved mood, improved sleep quality, etc. Any form of movement you enjoy counts, such as walking, yard work, yoga, dancing, etc. The best exercise for you is the one you enjoy!

5. Get back to the basics: Healthy eating doesn't need to be complicated. Instead of jumping on the latest diet craze, supplement or "superfood," aim to balance your plate with whole grains, healthy fats, fruits/vegetables and lean protein.

Remember, you don't have to eat perfectly to be healthy. One snack, one meal, or one day of eating is not going to make or break anything. In other words, it's your overall eating pattern, what you consistently eat over time, that counts. If you want



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to adjust your eating pattern, take it one step at a time. Small steps can make a big difference in creating lasting change. For example, if you currently don't eat a lot of fruits or vegetables, try adding a fruit or vegetable to one meal or snack once a day.

The bottom line: Quick weight loss is often not sustainable and building new healthier habits doesn't happen overnight. Our bodies change over time, so maybe your goal weight from when you were in your 20s or 30s is no longer realistic.

Remember, your best weight is the weight that you can achieve when you are living the healthiest lifestyle you can sustain AND enjoy.

Brittany Butland provides Dietitian Services at Horizon's Albert County Community Health Centre. For more tips on nutrition and healthy eating, you can book an appointment with Brittany at 506-882-3100.

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

From the kitchen of Jim Kitts

Cheesed Off Eggs & Toast

Have you, like me, been putting the cheese in the fridge without one of those nifty beeswax wraps to cover the cut end, and then finding the end of your cheese is all dried out? Rather than repent and change our ways, let's find a recipe to cope with our sins and pretend we meant to dry out the cheese all along. This is another fast recipe: you can make it in the time it takes for toast to pop out of the toaster.

We need just a bit of special fry pan technology to make this easy. I have somebody's new ceramic frypan that I promised never to put on high, but you could use a good condition Teflon pan, the type that tears a big hole in the Ozone Layer. But for a real 'scorcher,' switch to a good old black cast iron frying pan and use a real man's steel spatula.

Ingredients (to serve two)

4 farm-fresh eggs
4 slices of bread (e.g.,
from Oliver's
German Bakery,
Hearth & Hive or
other local bakers)
Butter, salt and
pepper to your
preference
2-4 slices of semi-dry
cheddar cheese,
crumbled

Directions

Put the pan on medium, with a gob of butter to slurry around... when the butter is a few moments past melting, put the toast down. (I mean start up the toaster, not verbally abuse it.) Crack four eggs into the pan, proceeding as normal for cooking eggs over easy with salt and pepper. Thinly pare off a few strips of semi-dry cheese, crumble that around those farm-fresh yolks looking back up at you. I like to make little cheese eyelashes to pretend I have company. Just before flipping the eggs, put a small nib of butter on each yolk. Flip the eggs so they are cheese-side down, turn down the heat and butter your toast. In a few moments, flip the eggs cheese-side up on a plate beside, or on the toast, and you're done. For a little added risk: when the cheese is frying under the egg, turn up the heat, scorch the cheese (which improves its flavour, but you may have to scrape it off the pan with a bit of extra energy, and there will be more scrubbing needed at wash-up time...something to consider if you can pawn off the clean-up on your partner).

Take the Challenge! The January Pantry Challenge *By Angela MacDougall*

January seems to have crept up on us quickly this year. Maybe it is due to the fact we were able to work in the garden through November and even on several warm days in December.

We hope you will join us in our January Pantry Challenge. It's a great way to save money on groceries after the holidays and use up items in your cupboards and freezer that keep getting passed over.



Angela's preserves

For this challenge, you try to eat only the food you already have in your house for the month, or the time frame you set for yourself. Of course, you can make your own rules if there are things you really need or can't go without. The goal is not to make your life too uncomfortable but to simply build awareness and reduce food waste.

To take the challenge, all you need to do is:

1. Set your time frame (ours is one month).
2. Decide your rules, whether you will allow yourself to go to the store, and what, if any, items you allow yourself to buy (usually we allow ourselves to buy dairy, but we won't buy anything this year).
3. Clean out your cupboards and freezer and make a rough inventory of what you have to work with. Try not to eat all the good stuff in the first week.


For inspiration, you can follow along with us on our journey through the month. We will post recipes, meal ideas, and progress as we go along at www.facebook.com/FundyFarmslocalharvest.

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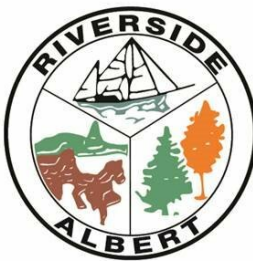
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BCS at work at Cordia Organics, Manchu NB
Photo courtesy of Really Local Harvest

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Grass Roots CEDC *By Wendy Keats*

The Grass Roots Community Economic Development Co-operative (CEDC) would like to thank everyone who participated in our webinars and meetings over the summer as we explained the Community Economic Development investment fund being developed for rural communities in Albert and Westmorland counties.

CEDCs are a way for ordinary New Brunswickers to invest in their local businesses and economy and receive 50% of their investment back through a tax credit on their provincial income tax. These funds are RRSP and TFSA eligible so you may be able to redirect your existing investments and get the benefits of both.

While the Grassroots CED Co-operative received approval from the Dept. of Finance and the Financial and Consumer Services Commission to raise

funds in 2021, due to the challenges of meeting with people during COVID, we decided to wait until restrictions are lifted; however, we wanted people to know that plans are definitely in the works. We'd love to hear from you if you have any questions.

You can write us at info@grassroots.coop or check out www.grassroots.coop. You can find information about the investment tax credit from Financial and Consumer Services www.fcnb.ca/en/capital-markets/community-economic-development-corporations-and-cooperatives-cedcs.

We'll be back in touch in the new year with webinars and more information on the CEDC program and our plans for Albert and Westmorland counties. In the meantime, we want to wish everyone very Happy Holidays and please don't forget to support our local businesses!

(See infographic on page 17.)



Community Business Development Corporation

WESTMORLAND ALBERT

Business financing, support and advice

SELF-EMPLOYMENT BENEFIT PROGRAM (SEB)

The Workforce Expansion Self-Employment Benefit Program helps unemployed individuals create a job for themselves by starting a new business. The program provides various types of support during the initial development phase of the business including financial assistance, coaching and ongoing technical advice. Coaching is tailored to meet individual needs and can include subjects such as business plan development, accounting, and marketing.

Contact us today for more information! CBDC Westmorland Albert



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Canada

Funded by the Government of Canada and the Province of New Brunswick through the Canada-New Brunswick Labour Market Agreements.

New Brunswick
Nouveau Brunswick

Grass Roots Community Economic Development Co-operative

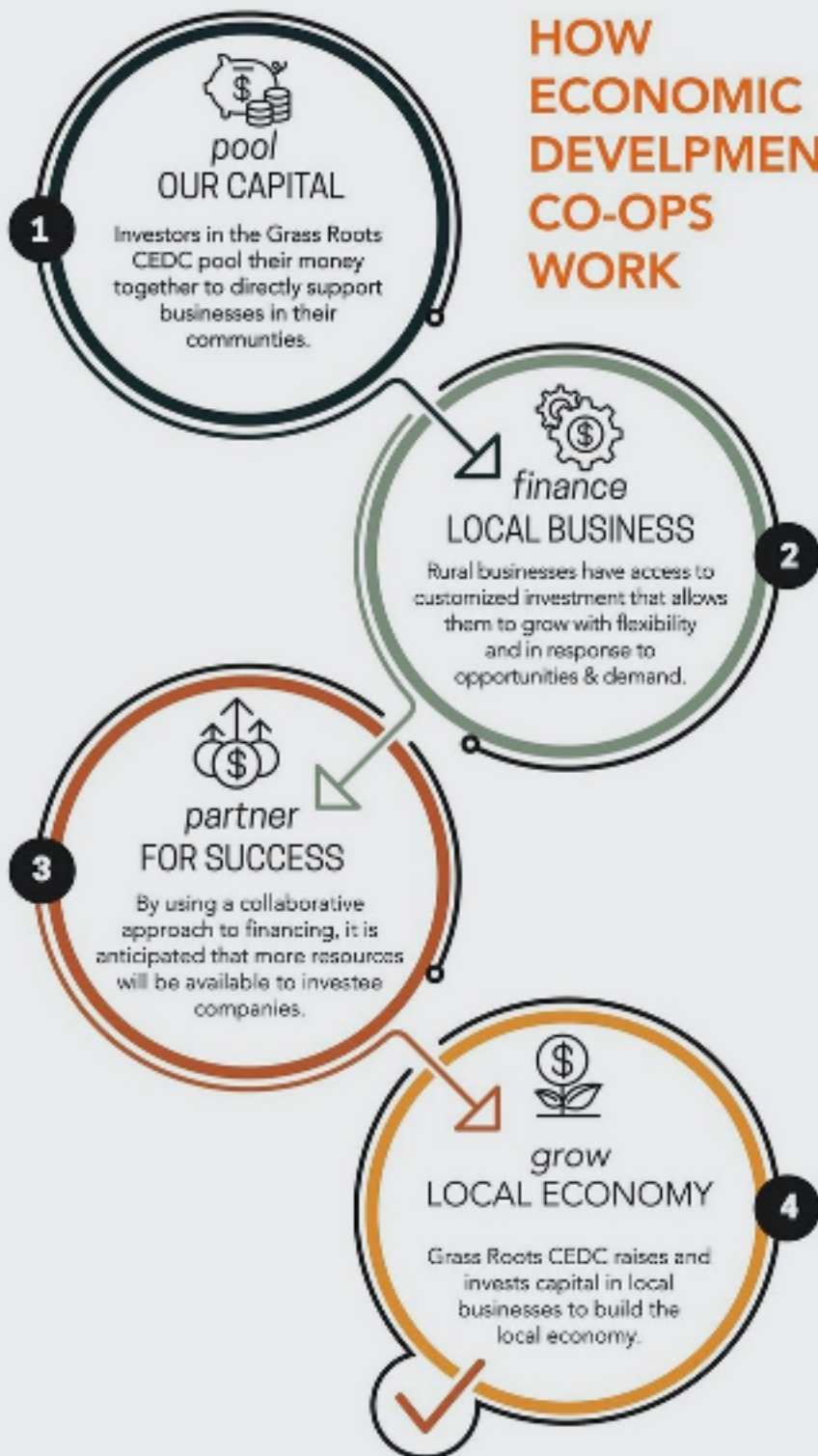
The Grass Roots Community Economic Development Co-operative's purpose is to raise & invest capital in rural businesses in Westmorland & Albert Counties in order to build the local economy.

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 WORK



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