

# Connecting Albert County

October 2019



## Fall Colours: From the Rivers to the Treetops and Beyond

By Kat Hallett

October brings many changes. The nights are cool and the afternoon sun doesn't warm us up quite the same way it does in September. The days continue to shorten, and the leaves turn to brilliant red, orange and yellow. This change in colour is the result of a chemical process triggered by changes in the temperature and changes in the length of daylight. The leaves stop their food-making process, and as chlorophyll breaks down, the greens fade and give way to a fiery display of fall colours. By looking closely in nature, it is fascinating to realize that many animals follow suit and change colour in the fall.

The fall is an important time in the life cycle of many fish native to Albert County. Both Brook Trout and Atlantic Salmon are fall spawners, a process triggered by the lower fall temperatures. As adult fish prepare to spawn, they begin to undergo changes in behaviour, physiology and colour. Brook Trout, found in essentially every river, lake or stream in the county, appear silvery most of the year as they dart around below the surface, hunting for flies, smaller fish and other prey. In the fall, male Brook Trout shift from

*(Continued on p. 3.)*

*Images by Denis Doucet.*

*Top of page: Common Merganser*

*Left: Weasel changing colour*

*Both images taken at Fundy National Park.*

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## Connecting Albert County

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To advertise, submit articles or letters, email [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org) or mail CAC, 8 Forestdale Rd., Riverside-Albert, NB E4H 3Y7

Letters and articles may be edited.

Statements in our publication and website do not necessarily reflect the views and opinions of Connecting Albert County's volunteers and staff.

### Distribution sites:

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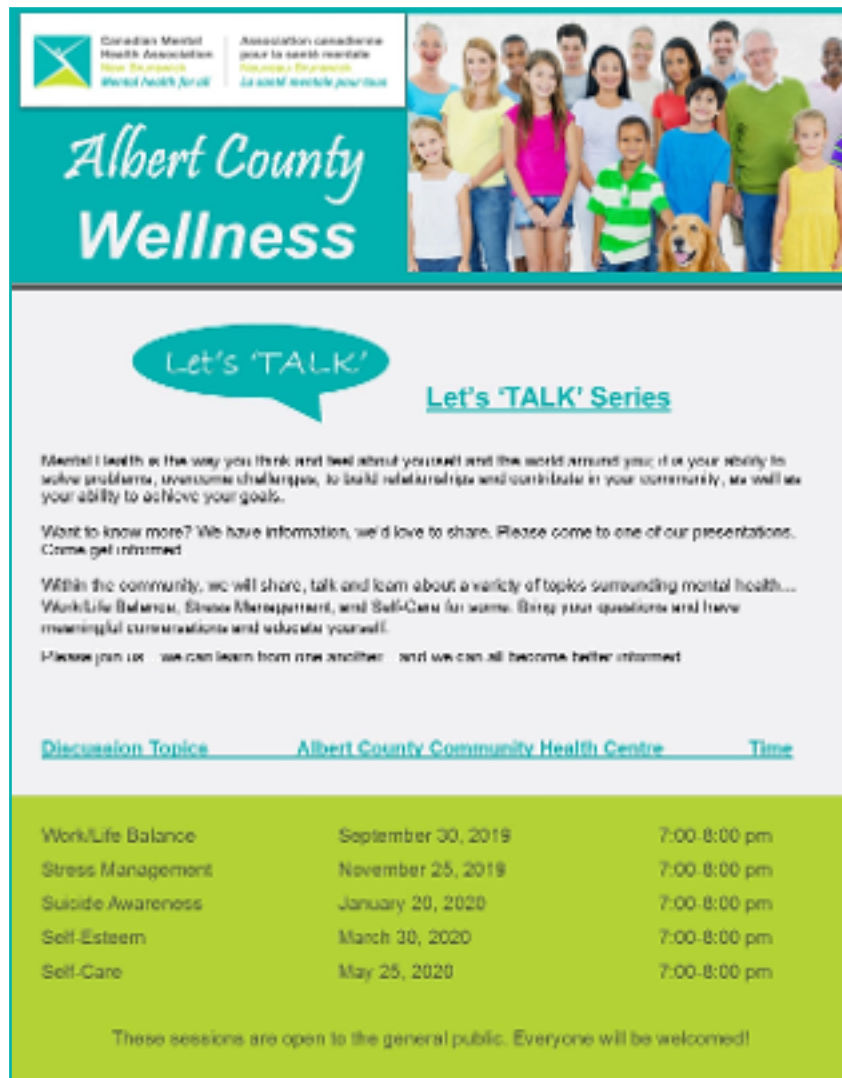
## Letters to the Editor

Sometimes, readers email comments or letters to us; other times, people comment on the online posts. (All the articles in our publication are posted on [www.connectingalbertcounty.org](http://www.connectingalbertcounty.org).) We have decided to include these comments in our Letters to the Editor section.

As always, we welcome all feedback. Please send comments to [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org).

Re: Why would I want to talk to a social worker? ([www.connectingalbertcounty.org/wellness/why-would-i-want-to-talk-to-a-social-worker](http://www.connectingalbertcounty.org/wellness/why-would-i-want-to-talk-to-a-social-worker)). "Sounds good Alicia , I feel like this is needed in our community."

Re: Merci, ([www.connectingalbertcounty.org/culture--heritage/merci](http://www.connectingalbertcounty.org/culture--heritage/merci)). "Hi Janet: Thank you for the beautiful article depicting the Acadian heritage in the Riverside-Albert region. I myself and others were personally touched by the events of the day and the speeches by the different dignitaries. I will always have a special thought in my heart for Riverside Albert and will make it a point to stop there when I am in the region."



The poster features the Canadian Mental Health Association logo and the text 'Association canadienne pour la santé mentale'. It includes a photo of a diverse group of people and a dog. The main title is 'Albert County Wellness' and the subtitle is 'Let's TALK' Series'. Below the title, there is a description of mental health and a list of discussion topics with dates and times.

**Let's TALK' Series**

Mental health is the way you think and feel about yourself and the world around you; it is your ability to solve problems, overcome challenges, to build relationships and contribute in your community, as well as your ability to achieve your goals.

Want to know more? We have information, we'd love to share. Please come to one of our presentations. Come get informed!

Within the community, we will share, talk and learn about a variety of topics surrounding mental health... Work-Life Balance, Stress Management, and Self-Care for some. Bring your questions and have meaningful conversations and educate yourself.

Please join us - we can learn from one another - and we can all become better informed!

Discussion Topics	Albert County Community Health Centre	Time
Work-Life Balance	September 30, 2019	7:00-8:00 pm
Stress Management	November 25, 2019	7:00-8:00 pm
Suicide Awareness	January 20, 2020	7:00-8:00 pm
Self-Esteem	March 30, 2020	7:00-8:00 pm
Self-Care	May 25, 2020	7:00-8:00 pm

These sessions are open to the general public. Everyone will be welcomed!



*("Fall Colours" Continued from page 1.)*

hues of silver to bright reds, pinks and greens. They are particularly well known for their brilliant orange bellies during the spawn. Atlantic Salmon, found in the rivers of Fundy National Park and the mighty Petitcodiac River, typically exhibit a silver-blue sheen, but at spawning time in the fall, the males take on an iridescent green or red hue.



A male Mallard duck in breeding plumage is perhaps one of the most recognizable species in our area. A distinct white collar separates the browns and greys of its body from its dazzling emerald head. Of course, this impressive colouring is only temporary, and as the spring turns to summer they moult the majority of the green feathers and take on a more neutral façade. But, there's a twist. Even though ducks do not breed again in the fall, male mallards will be back in their classic breeding plumage by October. Just like the leaves in the trees, this process is triggered by colder temperatures and shorter days. There are several other types of ducks that exhibit spectacular fall colours, too—such as the Wood Duck, the Blue Winged Teal, and the Northern Pintail.

While most animals tend to change colour in the fall to help them camouflage into their changing surroundings—like the Arctic Hare that becomes white to blend in with the coming snow—these examples show that



some fish and birds aren't done showing off just because the cold has arrived. What other animals have you noticed changing colours in the fall?

*Kat has recently moved away from Albert County, but still has tons to say about the 2.5 years she spent living in Alma. She enjoys hiking, camping and fishing, and this love of nature is reflected in most of her writing.*

*Photos by Denis Doucet. The weasel and hare were photographed in November at Fundy National Park and are starting to turn white. The Brook Trout was photographed from the bridge on the trail from Riverside-Albert to the Crooked Creek Look-off.*

An advertisement for The Hopewell Rocks. The top part features the title "The Hopewell Rocks" in a large, white, serif font. Below it, the slogan "Walk on the Ocean Floor! / Marchez sur le fond marin!" is written in a smaller, italicized font. The background is a scenic view of the Hopewell Rocks coastline with large, rounded rock formations and a forest of evergreen trees. In the bottom right corner, there is a diamond-shaped logo with a silhouette of a person walking on rocks, surrounded by the text "HOPEWELL ROCKS". Below the logo, the address "Route 114, Hopewell Cape / Albert County/Comte d'Albert" is listed. At the bottom left, the phone number "1 877 734-3429" and the website "www.thehopewellrocks.ca" are provided. At the bottom right, there are several icons representing accessibility services: a question mark, a person in a wheelchair, a person with a white cane, a person with a hearing aid, and a person with a service dog.

# Connecting Albert County's Political Forum

We asked readers "What matters to you in the upcoming federal election?" We sent the questions to all candidates running on Sept. 11 and have printed their responses, unedited, in the order we received them. We did not receive responses from Rudolf Neumayer, People's Party of Canada, or Daniel Patrick Grogan, Rhinoceros Party.

## Question 1: What is your party's position on electoral reform?

**Tim Thompson, Green Party of Canada:** The Green Party of Canada believes that every Canadian deserves a voice, especially those in rural New Brunswick who have been left behind by politics as usual in Ottawa. We will fight for electoral reform to ensure that every voter has a voice in our government. The results of the current first-past-the-post system produce leaders who are not represented by the majority of the population. Electoral reform will be a priority of the Green Party and we will not support any other party unless we can work together to achieve a new voting system of proportional representation that gives all Canadians a real voice in Ottawa.

**Rob Moore, Conservative Party of Canada:** Members of Parliament are elected to represent their constituents in Ottawa. Too often, MPs simply tow the party line and do not reflect the values and priorities of their constituents. Conservatives believe there must be free votes in the House of Commons so MPs can vote for their constituents wishes. Conservatives also believe that when you change the rules of democracy, everyone gets to have a say. Our position remains that any change to the way we elect Members of Parliament must only be decided in a referendum where Canadians decide.

**John Evans, National Citizens Alliance:** End the corporate globalist misinformation and control over federal politics. Empower the Canadian people through citizen-initiated reform, citizen-initiated legislation and recall of any MP and new measures to reign in conflict of interest and special interest control over federal policy including the revolving door between federal government and corporate boardrooms.

**Alaina Lockhart, Liberal Party of Canada:** When we were elected, we engaged in conversations across the country with Canadians about our democracy. From these conversations came the conclusion, there was a wide range of opinions, but no clear consensus on an alternative voting system. In my conversations with the people of Fundy Royal the broad support for change was not there. The Liberal view has always been clear: Major reforms to the electoral system and changes of this magnitude, should only be made if they have the broad support of Canadians. We remain committed to improving this country's electoral system and moved forward with legislation to repeal undemocratic elements of the previous government's Fair Elections Act. Including, increasing transparency in political fundraising and protecting our democratic institutions from cyber-attacks.

## Election Day

### Election day is:

**Monday, October 21, 2019**

Advance voting takes place on:

Friday, October 11, 2019

Saturday, October 12, 2019

Sunday, October 13, 2019

Monday, October 14, 2019

To find out where to vote, see your voter information card or go to [www.elections.ca](http://www.elections.ca) and enter your postal code.

### Three options for ID

1: Show one of these pieces of ID: your driver's licence OR any other card issued by a Canadian government (federal or provincial) with your photo, name and current address.

2: Show two pieces of ID. Both must have your name and at least one must have your current address (e.g., voter information card and bank statement)

3: You can still vote if you declare your identity and address in writing and have someone who knows you and who is assigned to your polling station vouch for you. See details at [www.elections.ca](http://www.elections.ca)

### Elections Canada

[www.elections.ca](http://www.elections.ca)

1120 Findlay Boulevard, Suite  
145. Riverview NB E1B 0J6

Toll-free: 1 866 214-3672



# Connecting Albert County's Political Forum *(cont. from last page)*

## What is your party's position on guaranteed annual income as a means to reduce poverty?

**Tim Thompson, Green Party of Canada:** Unlike the other parties, the Greens do not support big corporate welfare and loopholes that allow the wealthy to dodge taxes and collect government handouts. We believe the wealthy should pay their fair share of taxes, and that money should be used to help hardworking Canadians get ahead. We support a guaranteed basic income that will lift people out of poverty and put them back to work. A basic income creates more jobs and boosts local economies. We know that New Brunswickers are hardworking people, and a guaranteed basic income would allow people to meet their basic needs while putting money back into local economies, rather than the pockets of wealthy transnational corporations.

**Rob Moore, Conservative Party of Canada:** We provide a guaranteed annual income to seniors in Canada through the Guaranteed Income Supplement and Old Age Security. Our plan to help New Brunswickers get ahead is to lower taxes, scrap the carbon tax, take the GST off home heating and make parental leave benefits tax free. For working age people, we need to let people keep more of the money they earn. We also need to encourage job creation and invest in infrastructure so employment is available in our region.

**John Evans, National Citizens Alliance:** First and foremost, poverty will never be totally eradicated from the earth. NCA identifies five (5) core areas of poverty. Pertaining to federal jurisdiction. 1) Aboriginal Affairs 2) Child Care 3) Income (including annual income, minimum wage, welfare and related taxation) 4) Food insecurity 5) Social Services (including immigration/integration services). NCA has a number of policies such as Employment, Economic Growth, Health Care and Food security that overlap the issue of poverty. NCA believes equal and fairness for all Canadians and ensuring middle- and lower-income individuals and families have equal and fair opportunity.

**Alaina Lockhart, Liberal Party of Canada:** I believe that all Canadians want to see poverty eradicated in our communities. It is something we have taken concrete action on over the past four years with policies to improve the quality of life for Canadians at all stages of life. These policies and benefits are all part of Canada's first ever National Poverty Reduction Strategy that includes the Canada Child Benefit, the strengthening of CPP, GIS and OAS and the Canada Workers Benefit. These investments have already cut poverty rates in half helping lift more than 825,000 Canadians out of poverty including 31,000 New Brunswickers. We know there is still more work to do and are committed to staying focused on investments in Canadians so that everyone has a fair chance of success.



5823 King St., Riverside-Albert  
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**Village of  
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506-882-3022  
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# Moore for Fundy Royal

Conservative Candidate for Fundy Royal

**As Member of Parliament, Rob Moore delivered strong results for Albert County including:**

- ✓ Funding for the Albert County Exhibition Centre Complete with a New Roof
- ✓ Funding for a New Wharf in Alma
- ✓ Funding to Complete the Fundy Trail
- ✓ Funding for the RB Bennett Museum
- ✓ Funding for Road Upgrades
- ✓ Funding for Major Upgrades to Drinking Water and Wastewater Infrastructure for Hillsborough
- ✓ Funding for New Attractions in Fundy National Park



[www.RobMoore.ca](http://www.RobMoore.ca) | Follow us on facebook 

Rob is fighting against the Liberal Carbon Tax, fighting for Families, Small Businesses and Communities in our Region.

 **VOTE Rob Moore**   
Conservative Candidate for Fundy Royal

Authorized by the official agent for Rob Moore



# Have a Healthy Hallowe'en

By Jillian Reid, RD

Hallowe'en is a holiday children look forward to, but it is also fun for people of all ages, even dietitians! How can that be? Hallowe'en isn't all about treats! You can demonstrate this to children by emphasizing other aspects of the holiday, such as parties, carving pumpkins, costumes and decorations. It is also a good opportunity for teaching moderation.

Not only children struggle to balance health and Hallowe'en, many adults do too. A simple tip is avoid buying treats too early. Having goodies in the house can be tempting and you may end up needing to re-stock for the trick-or-treaters!

You can offer healthier treats. Although it can be a challenge to find healthy, pre-packaged, individual-sized offerings, there are options such as mini granola bars or mandarin oranges. Another possibility is to hand out non-food items like pens or stickers; this provides kids with food allergies a safe option. However, knowing that kids will be most excited over the chocolate, candy or chips, there are ways to fit these into a healthy diet if you prefer to go that route.

Providing a well-balanced supper before trick-or-treating is important so your kids have a healthy start to the evening. If your family's schedule is tight between getting off work and going trick-or-treating, plan ahead and have supper ready so that you can avoid the drive-thru. Cauliflower Cheese 'Brain' is an example of a fun holiday-appropriate supper option. To reduce the sodium in this recipe, use unsalted butter and choose a lower sodium sauce.

To avoid candy overload, limit the number of houses you stop at. Of course, if you stop at every house in the neighbourhood, your kids will end up with an overabundance of treats! Consider the size of the bag for collecting treats; avoid a large pillowcase and choose a mid-sized Hallowe'en bag.

To help manage candy consumption, sort the candy with your kids at the end of the night. Allow them to choose their favourites to enjoy that night, after all, it is Hallowe'en! Then set boundaries for the rest of the goodies. For example, allow a treat after supper for the following two weeks. The rule of thumb is to remember that a healthy diet is all about moderation; eating healthy 80% of the time and allowing treats the other 20% is okay, especially during the holidays.

## Recipe for Cauliflower Cheese 'Brain'

Ingredients:

1 cauliflower  
2 tbsp (25 mL) PC Salted Country Churned Butter  
2 tbsp (25 mL) PC Organics All Purpose Flour-  
Unbleached

1 1/2 cups (375 mL) 2% milk

3 tbsp (45 mL) shredded mozzarella cheese

Half 450-g pkg capelli d'angelo pasta

1 cup (250 mL) PC Sweet Basil Pasta Sauce

Trim leaves from cauliflower. Cut in half vertically.

Gently pull away a few small florets at cut edges to make it look less cut and more 'brain-like.' Trim stalk so both pieces will sit flat. Place 1/2 in. (1 cm) water and 1/2 tsp (2 mL) salt in large saucepan. Add cauliflower halves. Bring to a boil. Reduce heat, cover and simmer for 5 minutes or until tender. Drain. Place on rimmed baking sheet, floret side up.

In saucepan, melt butter over medium heat. Stir in flour; cook, stirring, for 15 seconds. Gradually whisk in milk. Cook, stirring, for 3 minutes or until thick. Remove from heat. Stir in mozzarella until melted.

Preheat broiler. Drizzle about half of cheese sauce all over cauliflower. Broil 3 to 4 minutes or until browned in spots. Meanwhile, in large saucepan of boiling, salted water, cook pasta for 3 minutes or until just tender. Drain. Return to saucepan. Add pasta sauce; toss to coat. Arrange pasta on platter and drizzle with remaining cheese sauce. Place broiled cauliflower in the centre. Drape a few strands of pasta over cauliflower to make 'veins.'

Makes 6 servings. Per serving: 350 calories, fat 13 g, sodium 830 mg, carbohydrate 43 g, fibre 7 g, protein 16 g. Recipe source: pc.ca

*Jillian Reid is a Registered Dietitian with Atlantic Superstore in Riverview, New Brunswick.*

*Do you have a nutrition health goal in mind? The Atlantic Superstore dietitian team can coach you to success! Set up a personalized appointment at [bookadietitian.ca](http://bookadietitian.ca) or email for more information at [dietitian@loblaw.ca](mailto:dietitian@loblaw.ca). Dietitian services are also available for schools, and business and community groups!*



# The Cleanest Energy of All: Reduce

By Amy Woodard

Over the past year, I have done a lot of soul-searching regarding the impact of my lifestyle on the planet. I've learned a lot about government and politics, the environment, who does good and who does bad, and the shifts that are taking place in the energy sector around the world. I'm also a SAHM ("stay at home mom") to two pre-school toddlers, a gardener and a wannabe minimalist so I don't have a lot of time to engage in a great deal of environmental action.

I've found the most satisfying way for me to make a difference is to take what I've learned about big environmental issues, trace my tiny actions in everyday life towards their source, and determine if what I'm doing is right according to my core values. I've made many changes; the most exciting has been to reduce my power bill by more than 30% just by changing my habits. I hope you'll join me in a "Bring Down the Average Challenge."

You know those occasional, irritating, power consumption report cards from NB Power that pit you against those elusive "most efficient" neighbours? I love them! Admittedly, our home is smaller and newer than most of the neighbours so it looked like I was doing very well. I set a goal of 30% reduction, and checked out as many resources as possible to find small ways to save energy. We didn't make any major upgrades to our home. We simply changed our seasonal and daily habits to use less energy. I hope to reduce a further 10-15% next year. I'd like to share some resources and tips with you:

-The NB Power/ Efficiency NB Program: When we were designing our house, an energy efficiency evaluation revealed that insulating the sunroom would add another 10% R-value to that side of the house even if it wasn't heated. We did that many years ago and that's what got me started on this challenge.



-NB Power energy report cards: These can be accessed online to save paper ([www.nbpower.com](http://www.nbpower.com)). You can access even more data about your last consumption, charts about the temperature in relation to your consumption and lots more. I like looking at the raw data under these charts because numbers don't lie!

-The NB Power website also has many suggestions on how to save energy. Some ways cost a lot (like system upgrades) and others cost nothing (like habitual daily habits).

-Kill-a-Watt: I borrowed this device from the Hillsborough Library. I plugged it into various appliances and wrote down the average monthly consumption of everything in my home. I was surprised by some things and that helped me set my goals. Our new stand-up freezer uses less energy than our tiny LED TV! That helps me to focus on switching off the TV (which is on a wall switch).





-Facebook groups: I've found ideas and support in Facebook groups such as The Non-Consumer Advocate, Zero Waste NB, Frugal Minimalists and Join the Degrowth Revolution.

### What I've done:

-I shade the house in the summer with blinds and blankets. I planted deciduous vines outside to provide shade. (It's better to prevent the sun from touching the windows from the outside than curtains from the inside.)

- I pull the blinds closed at night to keep the heat in. I'd like insulated curtains but those cost money.

- I unscrewed bulbs from our bathroom so now we use only one instead of four. We use task lighting when needed rather than lighting a big room.

- I shut off lights, and unplug anything when not in use. The wall switch for the TV is great because with two kids who know how to turn it on, it seems like I flip that switch off all day long! Phone chargers left plugged in draw power when you're not even using them. It's called phantom power. I don't want any ghosts in my house stealing my energy!

- With laundry, we use lower temperature water and don't use the dryer. To remove the build-up of detergents and minerals from the well water, I once

soaked clothes in washing soda, borax, calgon salt and very hot water. That removed the well water sediment build-up and now I no longer rely on the sanitize setting. We invested in a 149-foot clothesline and it has paid for itself many times. I love hanging clothes! This has made the biggest difference.

-I hand-wash dishes instead of the dishwasher. When I was using the dishwasher, I used to have a sink full of water to wash the plastic lids and wipe counters. Now I use a sink full to wash all the dishes.

- I sweep instead of vacuum most of the time even the carpets and in the shop. This is also easier on the vacuum.

- We dry laundry inside by the woodstove. It adds needed humidity.

- We cook on the woodstove a lot or use a smaller appliance like a crock pot instead of the big oven.

*(Continued on next page.)*



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- Before winter, I need to clean the windows so more light will shine in and provide heat.
- We cover the outside of the sunroom with 6mm poly secured with lathes each winter.
- We all shower consecutively before bed. This way, we only heat the bathroom upstairs once a day. We go to bed clean, which means I wash bedding less often. We try to take more baths than showers in the winter to use heat radiating from the tub.
- We checked all the wall plates for outlets and light switches to make sure there were no drafts.
- We installed a bath/outdoor shower on the balcony outside for the summer; instead of the water going down the drain, we used it to water the garden.
- In the future, we would like to switch to a heat pump water heater to save 50% of the cost of heating water and find a passive, renewable way to heat the slab with the hydronic heat. We may look at using a big hot compost pile (which would later go on the garden) or somehow use the woodstove in the garage as

a boiler. Ideally, we would drill for geothermal. There are many ways to save electricity and each month I'm rewarded for my efforts as I lower my bill. I've learned that nearly all of the things I do to help the environment are also good for my health. For example, cooking on a woodstove doesn't degrade the quality of food like a microwave does, hanging laundry creates fresher clothes and it's a great time to pause and enjoy the day outside, and we all know watching too much TV is bad for your health! I don't know what's really going on with our power grid and all the outages we've been experiencing, but I do know that I am guilty of using more than I need. In the future, when the government follows the NS and PEI leadership initiatives with subsidizing solar panels by rebating 40% of the cost, we might get those, but our first step is to reduce.

As a rule, it's best to transfer energy rather than create it. Heat pumps to retrofit and geothermal for new construction are excellent ways to save money and

*(Continued on next page.)*

**ALBERT COUNTY PHARMACY**

**Guardian**  
Feeling Better Starts Here

**Save Smart, Shop Local.**

**THE FLU CAN BE SERIOUS**

"The flu? I'll be just fine after a few days of rest." That might be true for the common cold, but the flu is much more serious. If you get the influenza virus, you're likely to experience high fevers, extreme fatigue, muscle aches and severe headaches, in addition to the usual cough and runny nose. The flu shot is the best way to protect you and your family against getting the flu in the first place.

**THE FLU VIRUS CHANGES EVERY YEAR, AND SO DOES THE FLU VACCINE**

The flu virus circulates all around the world, and evolves very quickly. So quickly, in fact, that new strains of the flu are constantly emerging. Every year, scientists and health experts create a new flu vaccine designed to fight the most prevalent flu strains. For the best protection for the current flu season, get your up-to-date flu shot.

**YOUR FLU SHOT HELPS EVERYONE, NOT JUST YOU**

Some groups, such as infants, seniors, and those with weakened immune systems, are much more vulnerable to getting the flu. By not getting the flu shot, you're increasing their chances of getting sick as well. To minimize their risk, you can do your part by getting the flu shot. You won't just protect yourself, but you'll also help protect others around you.

**IT'S EASY!**

Getting a flu shot is quick and easy. Just call Albert County Pharmacy at 882-2226 and leave your name, family members names, and phone number to receive your vaccine as soon as it is available! Availability in October 2019.

**Albert County Pharmacy**

**Store Hours:**  
Monday-Friday  
9am-6pm  
Saturdays  
9am-3pm

**Pharmacist on Duty:**  
Monday-Friday  
9am-6pm

**ALBERT COUNTY PHARMACY**

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

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



( "Energy" Cont. from last page.)

resources. It's exciting to talk to federal leaders as they help provinces work together to sustain the country's renewable energy needs. It's also uniting at the community level as co-operatives start up with the goal to help municipalities become energy sustainable. If everyone uses less energy, surely that will help our government with the massive job of supplying us all with renewable energy for generations to come as well as helping us take action in alignment with our core values. I hope you'll join me in my uniting and exciting "Bring Down the Average Challenge."

*Amy Woodard is a wife and mother who enjoys raising two young children while being involved with church and community groups, environmentalism, research, design, gardening and teaching. Images on page 9 by Deborah Carr.*



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NB. E4H 4W5

## Healthy Smiles Dental Hygiene in Riverside-Albert

Healthy Smiles Dental Hygiene offers a dental hygiene service at Forest Dale Home in Riverside-Albert.

Healthy Smiles services are covered by most dental plans (please be sure to verify coverage with your carrier).

### What does this mean for you?

- Competitive pricing;
- Choice: choose your dental hygienist and dentist separately
- Decreased appointment wait times
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For appointments, call 389-3496 or email [healthysmilesmdhs@gmail.com](mailto:healthysmilesmdhs@gmail.com).

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## The Origin of Elgin *By Idella Steeves/Lazar*

As we travel the roads of Albert County by car or truck—not by train, as you could at one time—we can take Route 895 down the hill by the old cemetery into Elgin. Regardless of which way we take, we go down to Elgin, which at one time was a bustling community.

Situated at "The Corner" as we call it, or "The Four Corners," were stores, small shops, hotels, factories and even a race track! Grist mills and saw mills were operating farther up the river. There was activity everywhere in my time, especially on Saturday nights.

How did Elgin get its name? Elgin was named in honour of James Bruce, the 8th Earl of Elgin (1811-1862), who was the Governor General of Canada from 1846-1854. Did the Earl ever visit the Elgin area or was that name, probably along with other suggestions, chosen at the Shiretown at Hopewell Cape?

Albert County was so named in honour of the Prince Consort. Many people know about Gordon Falls in Elgin, but how did that name come about? Originally called Pollett River Falls, they were re-named after Arthur Hamilton Gordon, the Lieutenant Governor of New Brunswick, who visited in 1864.

How did Elgin begin? The first settler was John Gildart (Geldart) in 1812, who was 32 at the time. He had emigrated from Yorkshire, England, in 1811. He probably came up the river by canoe or on a trail by horseback. In those days, canoes were made from hollowed-out pine trees wide enough to lay a barrel of flour endwise across them. I wonder if he reached the falls and gorge, turned back a short distance because of the terrain, then picked a spot at the base of what is now Gowland Mountain. At that time, it was dense forest with immense trees. (On my grandfather's farm, one board on the woodhouse door is 36" wide.)

I am sure John Gildart would have noted a lot of wildlife and fish. I picture him coming ashore at a small meadow and wonder how he marked the place that he hoped to return to and start his farm. Here was land by the river, a good source of water, with many possibilities to expand with plenty of resources, and no neighbours encroaching. (I don't think his wife would be so impressed, though!) He could spread out in any direction and the land looked good for crops.

He returned to build his house and, later sent for his family. He and his wife, Elizabeth Mary Lutz, according to the 1851 Elgin Parish Census, had children born in 1810, 1812 and 1815.

What was John's occupation in England? Did he build his home by himself? How did he begin farming—a colt and calf brought up the river on a raft? Did he make a trail through the woods when he couldn't travel by water? Did he have any contact with the Mi'kmaq? A few miles distant, there was a portage over the hills in Portage Vale; that is how it got its name.

Robert Smith, also from England, arrived the next year and settled near John. Perhaps they worked together on his house and Smith decided to join his friend in this land of opportunity. We don't know.

Pioneers had to help each other out because life was hard with only hand tools to clear land and plant crops. The pioneers survived, persevered and many prospered. We don't find other settlers mentioned until 1825 when Frank Gray and Robert Colpitts arrived. Robert Colpitts was a pioneer in making maple sugar in Albert County. In 1814, George Jonah moved from Hillsborough to what is now Portage Vale. In 1824, James Hayward was the first settler in Goshen, a very short distance away.

In the 1851 Census, John is 71 years old with the notation "sick and infirm." He died in 1854 at the age of 74. His wife, Elizabeth, was still living in 1861 at 87 years, which was very old in those days!

*There is more to come about the history of Elgin. This article is subject to errors.*

*References: 1851 & 1861 Censuses; Memories of Yesterday: The History of Elgin by Marianne Steeves; Elgin Revisited by Alyssa Martin.*



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# Early Diagnosis of COPD

By Janet Wallace

COPD is “a life-threatening illness that drastically affects many New Brunswickers' quality of life by damaging their lungs making it more and more difficult to breathe.”<sup>1</sup> COPD (Chronic Obstructive Pulmonary Disease) can show up as chronic bronchitis or emphysema. Unfortunately, many people end up being diagnosed after their condition is so bad that they end up in the emergency ward.

A new program called Upstream aims for an early diagnosis of patients so people can begin treatment **before** their condition brings them to the hospital. It is estimated that “1 in 10 New Brunswickers has COPD” but many don't know it.<sup>1</sup> Early diagnosis can “drastically reduce the effects of COPD” through treatment and lifestyle changes.<sup>1</sup> We are fortunate in rural Albert County to have Upstream available in Riverside-Albert.

If you have any of the signs of COPD listed in the box below or are concerned that you might have COPD, just call the Albert County Community Health Centre at 882-3100. At your appointment, you might be asked to do a simple breathing test.

## Your action plan

If you are diagnosed with COPD or pre-COPD, a respiratory therapist at the Albert County Community Health Centre will help you develop an action plan. This may involve medication to reduce symptoms; vaccines to help prevent pneumonia, flu and other diseases; and lifestyle changes. If you smoke, you can get support to help you quit smoking. You might also get ideas on how to get more exercise.

The action plan is your own personal guide to dealing with COPD. It will include advice on how to prevent flare-ups based on your own situation. The plan will describe how to use your maintenance medication (what to take on a good day) and how to adjust your medication if you are having a flare-up or if you expect to be exposed to triggers that might worsen your COPD.

## A team approach

COPD symptoms don't just come during office hours. You need to be prepared to deal with breathing problems when you can't make an appointment

at the health centre. Your Action Plan will help provide guidance, but if you want to talk to someone without an appointment, call Tele-Care (dial 811). Upstream has partnered with Tele-Care to share the Action Plans of patients. If you aren't sure of what to do, call 811 and a nurse can find your own Action Plan and give you advice. Afterwards, information from the call will be added to your medical record and Action Plan.

Your pharmacist is another member of your team. Upstream establishes automatic renewals for your COPD-related prescriptions.

Through Upstream, more people can be diagnosed with COPD before they need to go to the hospital. But the first step is with you. Check out the signs of COPD below. If you have any concerns, call the Albert County Community Health Centre at 882-3100.

<sup>1</sup> [www.copdknowthesigns.ca](http://www.copdknowthesigns.ca)

*This article is based on interviews with Phyllis Hudson, Facility Administrator at Albert County Community Health Centre, and Emily Kitts, Upstream COPD Manager.*

## The Signs of COPD<sup>1</sup>

Shortness of breath, especially during physical activities (getting dressed, walking up steps, etc.)

- Wheezing and chest tightness while breathing
- A cough that won't go away and can sometimes cause you to cough up mucus (phlegm) that may be clear, white, yellow or greenish
- Frequent colds that tend to last longer than other people's

If you have any of these symptoms:

- Take the quick COPD Test at [www.copdknowthesigns.ca](http://www.copdknowthesigns.ca)
- See your family physician
- Call Tele-Care by dialing 811

Contact one of Horizon Health Network or Vitalité Health Network's respiratory clinics in your area (e.g., Albert County Community Health Centre: 882-3100).

<sup>1</sup> [www.copdknowthesigns.ca](http://www.copdknowthesigns.ca)

# Telehealth: Completing the Circle of Care *By Janet Wallace*

Imagine this scenario. You're recovering from an operation and have a follow-up appointment with a specialist in Saint John. Due to your injury, you can't drive; even just sitting in a car for an extended period of time is painful and might make your problem worse. But you live in rural Albert County... what can you do?

Thanks to Telehealth, you might be able to avoid the painful drive. You may be able to have the appointment at the Albert County Community Health Centre in Riverside-Albert or even in your own home!

## How it works

For most Telehealth appointments, you will go to the community health centre in Riverside-Albert to connect with one or more health providers, who could be in Moncton, Saint John, Halifax, Ottawa or elsewhere. Depending on the number of people involved, you might be in a small room upstairs or in the larger community room downstairs. The room will have a television screen linked to a computer.

In Riverside-Albert, you could be alone or joined by a member of the staff, such as your family doctor, nurse, dietitian or physiotherapist. You might even have a whole medical team in the room with you along with your spouse or other family members.

At the scheduled time, you will connect with the specialist, care provider or team over the screen. You can all see and hear each other, just like using Skype. It will feel like being in your specialist's office except you didn't need to drive a long way.

Of course, a medical appointment sometimes involves more than just talking. This is where Telehealth offers far more than Skype. The nurse, doctor or nurse practitioner (NP) in Riverside-Albert can take measurements, such as blood pressure and pulse, before or during the appointment.

The distant doctor can even conduct parts of an examination. For example, a local nurse can put an electronic stethoscope on your chest and the specialist in Saint John can hear your heartbeat. If the specialist wants a close-up view of a part of your body, the team in Riverside-Albert can use peripheral cameras.

## Home visits

If getting to Riverside-Albert is difficult, you can have a Telehealth appointment in your own home. Arrangements can be made to connect to the care provider by using your own tablet, iPad or cellphone. This service is particularly valuable for people who have mobility issues (e.g., require a wheelchair or walker). It's also helpful for patients with dementia who might get upset and confused by a trip to the hospital; this way, their health can be assessed when they are in the comfort of their own homes with their family. A home visit might also be appropriate for a mental health consultation, particularly if more than one family member is involved.

## Who can use Telehealth

Telehealth at Riverside-Albert is available to all New Brunswickers; you don't need to be a patient at the Albert County Community Health Centre. The service isn't appropriate for all appointments, but is often a viable option for follow-up appointments with care providers, such as cardiologists, respirologists, geriatricians, psychiatrists or social workers. You can attend classes, such as those for cardiac rehabilitation. It may even be possible to use the Telehealth service in the evenings or outside the Centre's regular hours.

## Your role as a patient

Many medical specialists don't offer the option of using Telehealth; they'll just set up regular appointments in the city. Instead, it's up to you to ask for the service. You can ask the care provider or call the Albert County Community Health Centre at 882-3100.

## Circle of care

Telehealth is convenient for you as a patient, but it can also play a pivotal role in your circle of care. Normally when you visit a specialist, a follow-up report will be sent to your family doctor or nurse practitioner. When you meet with your specialist through Telehealth with your family doctor or NP at your side, your doctor can ask questions. Your doctor/NP will find out more about your case by being part of the appointment. Also, the long distance appointments provide educational opportunities for local medical staff, who might learn from the specialists.



## Beyond patient care

Medicine is always evolving and it's important that medical professionals stay in the loop when it comes to new technology and the latest research. The staff at the Albert County Community Health Centre can attend workshops, classes and conferences without even leaving Riverside-Albert. Participating through Telehealth eliminates travel costs and travel time, which is time the staff aren't available to local patients. With Telehealth, a doctor can attend a seminar in Toronto in the morning and still treat patients in Riverside-Albert at noon.

Telehealth is provided by Horizon Health Network and made possible at the Albert County Community Health Centre through the support of the Bennett and Albert County Health Care (BACH) Foundation. If you are interested in using this resource for an appointment, ask your specialist, your family doctor or nurse practitioner, or call the Albert County Community Health Centre (882-3100).

*This article was based on interviews with Phyllis Hudson, Facility Administrator at Albert County Health and Wellness Centre, and Krisan Palmer, Regional Telehealth Manager for Horizon Health.*

## 2019 Flu Vaccine Campaign

The Albert County Community Health Centre will hold Flu Vaccine Clinics late October in Hillsborough, Riverside-Albert and Alma. Stay tuned for dates and times!

## Monthly Wellness Meetings

Go Ahead Seniors meet the **first Friday of the month** at the Riverside-Albert Rec. Centre at 2pm. Topics include Healthy Active Living, Wise Medication Use, Managing Stress, Prevention of Falls, and Understanding Hearing Loss.

*Submitted by Jacquelyn DuPlessis*



My job over the last four years has been to spend time in Fundy Royal communities working along side of you to understand the needs of people, the challenges, and the opportunities so that we can build a bright future for our children here in Albert County and I have delivered.

The pride and dedication shown by municipalities, local organizations, and community leaders has inspired historic investments in the building blocks for even more vibrant communities from clean water, to recreation facilities like the Hillsborough Arena and the Albert County Exhibition Hall, to highspeed internet connectivity, to local business investments, to the upgrading of local tourism attractions.

It's also meant investments in Canadians at all stages of life to make sure everyone benefits from Canada's prosperity. Investments in health care, the Canada Child Benefit, youth employment, job training, and rolling the age of retirement back to 65 from 67 while enriching CPP, OAS, & GIS.

Working together we have made a difference over the last four years and there is more work to do. On October 21st, Canadians face an important choice. I choose forward and I hope you will support me to continue as your voice for Fundy Royal.

## The Elgin Mountain Bike Marathon *By Moranda van Geest*



The Elgin Mountain Bike Marathon is the official name for what started out as “The Elgin Eighty” and also goes by “The Elgin Mountain Bike Race, the Toughest Mountain Bike Race in Atlantic Canada.” We created the race to raise funds for the Elgin Eco Association. Members of the biking community believe in our event and their support is vital for our community projects.

The mountain bike marathon is an entire day of bike race activities for young and old. There is a choice of the 20-km, 40-km, 80-km plus the brutal 120-km race. All riders have a chance to win a door prize.

Starting at 7am on October 5th, racers and non-racers can start with a hearty breakfast at the Maple Tree Café in Elgin. The seniors hold this every year and are a great help on race day.

The 120-km starts early and has a cut-off time at the halfway mark; if you can't make that time, you're not allowed to continue. The last race is the 20-km, which starts at 12:15pm.



A free children's race starts at 12:45 pm in the Elgin Eco Park. Bring your bike for this fun and exciting event. On the Elgin Eco Park's Pump Track, young and old can practice bike skills or race each other.

Around 3 pm, the awards dinner starts. During this great get-together, the racers devour the many delicious dishes served up by our community. This meal is included in the price of the three longer races. Observers and participants in the 20-km race can buy a ticket for the dinner if there is space available. (For details, see [raceroster.com/events/2019/24610/elgin-mountain-bike-marathon-2019](http://raceroster.com/events/2019/24610/elgin-mountain-bike-marathon-2019).)

This is a big event for a small community. Everybody in our community contributes to its success from the year-round work of making trails to many people working on race day. We are proud of this accomplishment; it fosters community connectedness. We have great sponsors who are needed to help defray the cost of organizing the event.

Not a mountain biker? Why not come and ride your recreational bike along the beautiful Pollett River or hike in our Mapleton Acadian Forest Nature Preserve and enjoy the fall colours. Still not convinced, you can rent a kayak to paddle up the Ducks Unlimited pond.

For details, visit [www.eeanb.com](http://www.eeanb.com), [www.facebook.com/groups/elgineco](https://www.facebook.com/groups/elgineco) or email [info@eeanb.com](mailto:info@eeanb.com). Register for the race at [www.raceroster.com](http://www.raceroster.com) or in person on the day of the event.

Photos by Alyssa Martin and Idella Lazar.



# Hillsborough Public Library

## Regular Events

**Community Coffee Hour** Every Friday, 10am-12pm. Visit the library for a free cup of coffee/tea and chance to socialize. Adult colouring books, puzzles and games will be available. Come and get to know your community. All ages welcome!

**Story Time** Tuesday, Oct. 8 & 22, 11:15-11:45am. Story time for newborns to 5-year-olds. Fun stories, songs and more.

**After School Creative Writing Club** Weds., Oct. 9 & 23, 3:45-4:45 pm. Kids in grades 3 and above are invited to learn different styles of writing starting with paragraphs and working up to short stories and poems. Get your creative juices flowing onto paper.

**After School STEAM Club** Tues. Oct. 1, 15 & 29, 3:45-4:45pm. Explore Science-Technology-Engineering-Arts-Math (STEAM). Each month we will focus on different areas from coding to robots and more. Ages 7 and older.

**Toddler Time** Weds. Oct. 2, 16 & 30, 10-10:45am. Children from 18 months to 3 yrs. old are invited with a parent/ guardian to participate in songs, stories, crafts and socializing. *October 30 is a Hallowe' en Party with a special guest from Talk with Me. Costumes are welcome and healthy snacks will be provided.*

## Special Events

**Drop-in Technology Day** Sat., Oct. 5 during open hours (9am-12pm, 1pm-5pm). Stop into the library to find out about the various technologies the library offers. Learn about STEAM activities for kids and try your hand at some. Learn about our catalogue, on-line databases, Overdrive and more.

**Classic Movie Night** Thurs., Oct. 10, 6-8pm. Watch the classic family movie *Beetlejuice* (PG). Some snacks will be provided.

**Technology Help** Tues., Oct 22, 1:30-4:30pm. Are you having trouble using your iPad or tablet? Want to learn how to use the library online catalogue or databases? Have questions about email or social media? We are here to help! Drop in or contact us to set up a one-on-one appointment.

**Kids Crafternoon** Thurs., Oct 24, 2:45-4:45pm. A fun Hallowe'en-themed craft for kids of all ages.

**Hallowe'en Family Movies** Sat., Oct. 26. We have two family features: 10am *Scooby Doo meets the Boo Brothers* (animated for younger children); 2pm *The Addams Family* (PG)

**Trick or Treat at the Library** Thurs., October 31, 5-8pm. It's Hallowe'en Night! Stop into the library for a non-candy treat; coffee and hot chocolate will be available.

## **Hillsborough Public Library 55th Anniversary Open House** Sat., October 19, 1-5pm

Celebrate the Hillsborough Public Library's 55th Anniversary of joining the New Brunswick Public Library Service. We will be serving coffee, tea, juice and other refreshments all afternoon. There will be a special story time and craft, and a photo booth good for all ages. Learn about the library, its history and its services, and meet the members of the Hillsborough Public Library Board.

Keep up to date with what is happening at the library by following Hillsborough Public Library-N.B. Canada on Facebook or by subscribing to one of the monthly email newsletters.

## **Hillsborough Public Library**

2849 Main St., Hillsborough, 734-3722  
[Hillsborough.PublicLibrary@gnb.ca](mailto:Hillsborough.PublicLibrary@gnb.ca)

Tuesday, Wednesday, Friday &  
Saturday: 9am-12pm, 1pm-5pm;  
Thursday: 1pm-5pm, 6pm-8pm

*By Victoria Stroud-Arsenault*



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Play  
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# Community Calendar ~ October 2019

## Saturday, September 28

### **Hillsborough Farmers Market Harvest Fest/Free Corn Boil.**

9am-2pm. Celebrate the beginning of fall with a free corn boil, petting zoo, photo opportunities, pumpkin painting, local artisans and vendors. Market opens at 9am; corn boil starts 11am. Support your local Farmers Market.

**Elgin Women's Institute (WI) Turkey Supper.** 3-6pm. At the Elgin WI Hall. The cost is \$12 for adults; \$8 for children under 12. Tickets sold at the door (starting at 3pm). Funds raised help to support needs, programs and charities. For more information, call 756-2531.

**Albert County Historical Society Art Auction & Dinner.** 6-9pm. Fundraiser at Hopewell Cape Community Hall, supports Albert County 175. Live auction of unique works by local artists, live music, VIP museum tour with local historians; steak dinner with local foods and cash bar. Ticket purchase in advance (\$45); call 734-2003 or buy online at [www.albert-countymuseum.com](http://www.albert-countymuseum.com).

## **Albert County 175**

Albert County is celebrating its 175th Anniversary in 2020. The Albert County Historical Society has been awarded a Government of Canada grant to support a year-long celebration taking place next year! Special programs will be taking place throughout the year.

Event details will be shared at the dinner on September 28th. If you are interested in participating in the AC175 Steering Committee or would like to volunteer at events, please contact us!

*Janet Clouston, Managing Director  
Albert County Museum & RB Bennett  
Centre, [albertcountymuseum.com](http://albertcountymuseum.com)  
[janet@albertcountymuseum.com](mailto:janet@albertcountymuseum.com)  
734-2003 office; 588-4508 cellular*

## Monday, September 30

### **Pickleball\***

**Canadian Mental Health Assoc. of NB (CMHA of NB).** Denise Miller, CMHA of NB rep, holds office hours at the Albert County Community Health Centre every second Monday. If you're looking for information or resources, drop in.

**CMHA of NB-Let's TALK about Work/Life Balance presentation.** 7-8 pm. Discussion about the importance of maintaining a healthy work/life balance. Downstairs at the Albert County Community Health Centre. Come for some good conversation!

## Wednesday, October 2

### **Shepody Food Bank\***

### **Hillsborough Kiwanis Bingo\* Creative Circle\***

**Gentle Yoga.** 10:30-11:30am. Gentle restorative stretches and movements aimed at improving or maintaining flexibility, balance and most importantly, a sense of well-being. At the Hillsborough Legion. Relaxed and friendly group: no pressure and no competition! Men and women of all ages welcome. No experience required. You can expect to learn a little more about your own body and capabilities each week. For information, call or text Mona: 874-5551.

**Albert County Community Health Centre-Healthy You Group.** 6pm. Free 8-week series at Caledonia Regional High School. Guest speakers and presentations will focus on helping you achieve your personal health goals through self-care, healthy eating and exercise. There will be opportunities for individual support. Contacts: Mary Woodworth, Jacquelyn DuPlessis: 882-3100.

**\*Weekly/Biweekly Events p. 21**  
**[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)**

## Thursday, October 3

**Friends of the Hillsborough Arena-Chase the Ace\***

**Country & Gospel Music Evening\*  
Elgin Eco Association Monthly Meeting.** 7-8 pm. Women's Institute Hall. Contact: Moranda (756-2518)

## Friday, October 4

**Go Ahead Seniors Monthly Wellness Meeting\***

**Chase the Ace-Riverside-Albert\*  
Card Games-Alma Leisure Centre\***

## Saturday, October 5

**Hillsborough Farmers Market\*  
Elgin Mountain Bike Marathon.** A day of bike activities (and meals) for young and old in beautiful Elgin featuring 20km, 40km and 80km races, as well as a special children's race. *For details, see p.16.*

## Monday, October 7

### **Pickleball\***

**Grief and Bereavement Support Group-Hillsborough\***

## Wednesday, October 9

### **North of 55\***

### **Gentle Yoga\***

**Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*  
Healthy You Group\*  
Creative Circle\***

## Thursday, October 10

**Friends of the Hillsborough Arena-Chase the Ace\*  
Country & Gospel Music Evening\***

## Friday, October 11

**Chase the Ace-Riverside-Albert\***

**Card Games-Alma Leisure Centre\* Go Ahead Seniors Wellness Fair.** 2-4pm. Free Wellness Fair for people 50+. At Riverside Albert Rec. Centre. Hosted by Albert County Community Health Centre and Go Ahead Seniors. Includes Revenue Canada information, Yoga, Blood sugar/cholesterol testing, representatives from mental health, diabetes and other groups. Contact: Beverly Stevens: 882-3100.

**Alma Fleet Launch Festivities.** The start of a weekend-long celebration of the lobster fleet launch. Details at [almafleetlaunch.com](http://almafleetlaunch.com) and [Alma Fleet Launch Facebook page](#).

**Saturday, October 12**

**Hillsborough Farmers Market\***  
(final day of the season)

**Alma Fleet Launch.** Celebrate the start of our lobster season at the Alma Beach parking lot with a beer garden, live music and food. Festivities all weekend with boats leaving midnight Sunday night. Includes Portside Feast (\$25) with a beer, barbecue by Foods of the Fundy Valley followed by music. Details at [almafleetlaunch.com](http://almafleetlaunch.com), [Alma Fleet Launch Facebook page](#).

**Sunday, October 13**

**Local Artisan Market.** 10am-4pm. Alma Beach parking lot. Live music and 30+ vendors and artisans with produce, baked goods, and more.

**Low Tide Family Fun Zone.** Noon-4pm. Foods of the Fundy

**Mobile Enviro Depot**

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

**What can you drop off?**

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

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

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

Service is for residential customers only. Commercial waste or regular curbside household waste will not be accepted. Residents are asked to sort and separate their loads by material type.

Find details at [www.eco360.ca/mobile-eco-depot-program](http://www.eco360.ca/mobile-eco-depot-program)

Valley presents this free event at Alma Beach parking lot. Local vendors and family-friendly activities (bouncy castles, face painting, pumpkin painting, lego, balloon sculpting, princesses and superheroes).

**Monday, October 14**

**Grief and Bereavement Support Group-Hillsborough\*  
Pickleball\***

**Wednesday, October 16**

**Gentle Yoga\*  
Mobile Enviro Depot (see p. 19)  
Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*  
Healthy You Group\*  
Grief and Bereavement Support Group-Riverside-Albert\***

**Thursday, October 17**

**Mobile Enviro Depot (see p. 19)  
Friends of the Hillsborough Arena-Chase the Ace\*  
Country & Gospel Music\*  
Caregiver Support Group\*  
Albert County Historical Society Annual General Meeting. 7:30 pm.  
Hopewell Cape Community Hall.**

**Friday, October 18**

**Chase the Ace-Riverside-Albert\*  
Card Games-Alma\***

**Monday, October 21**

**Pickleball\*  
Grief and Bereavement Support Group-Hillsborough\***

**Wednesday, October 23**

**North of 55\*  
Gentle Yoga\*  
Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\***

**Healthy You Group\*  
Grief and Bereavement Support Group-Riverside-Albert\***

**Thursday, October 24**

**Caregiver Support Group\*  
Friends of the Hillsborough Arena-Chase the Ace\*  
Country & Gospel Music\***

**Friday, October 25**

**Chase the Ace-Riverside-Albert\*  
Card Games-Alma\***

**Monday, October 28**

**Canadian Mental Health Assoc. of NB\*  
Grief and Bereavement Support Group-Hillsborough\*  
Pickleball\***

**Wednesday, October 30**

**Gentle Yoga\*  
Shepody Food Bank\*  
Hillsborough Kiwanis Bingo\*  
Healthy You Group\*  
Grief and Bereavement Support Group-Riverside-Albert\***

**Thursday, October 31**

**Caregiver Support Group\*  
Friends of the Hillsborough Arena-Chase the Ace\*  
Country & Gospel Music\***

**SAVE THE DATE**

**Tuesday, November 25**

**Let's TALK about Stress Management presentation. 7-8pm.** Albert County Community Health Centre. We will discuss what healthy stress looks like and what bad stress looks like. We will look at the effects of stress on our health, and how to manage stress.

**[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)**

## Addresses

**In our calendar, we refer to some of the following locations.**

**Albert County Community Health Centre,** 8 Forestdale Rd., Riverside-Albert; **Satellite office,** 2807 Main St., Hillsborough

**Albert County Museum,** 3940 Rte. 114. Hopewell Cape

**Albert Mines Baptist Church,** 386 Albert Mines Rd., Albert Mines

**Alma Leisure Centre,** 8564 Main St., Alma

**Alma Village Office,** 8 School St., Alma

**Curryville Community Center,** 786 Albert Mines Rd., Curryville

**Elgin Senior Centre / Maple Tree Café,** 1866 Rte., Elgin

**Elgin Women's Institute Hall,** 32 Gowland Mountain Rd., Elgin

**Fundy Curling Club,** 16 Mill St., Riverside-Albert

**Hillsborough Baptist Church,** 26 Braam Crescent, Hillsborough

**Hillsborough Farmers Market,** 2807 Main St., Hillsborough

**Hillsborough Golf Course,** 443 Golf Club Rd., Hillsborough

**Hillsborough Kiwanis Club,** 47 Legion St., Hillsborough

**Hillsborough Legion,** 31 Legion St., Hillsborough

**Hillsborough Public Library,** 2849 Main St., Hillsborough

**Hillsborough Visitor Information Centre,** 2861 Main St., Hillsborough

**Hopewell Cape Community Hall,** Albert County Museum, 12 Hopewell Cross Rd., Hopewell Cape,

**New Brunswick Railway Museum,** 2847 Main St., Hillsborough

**Parkindale Hall,** 3434 Rte. 895, Elgin

**Riverside-Albert Recreation (Rec.) Centre,** 9 Bicentennial Rd., Riverside-Albert

**Riverside-Albert Village Office,** 5823 King St., Riverside-Albert

**Riverside Consolidated School,** 90 Water St., Riverside-Albert

**Steeves House Museum,** 40 Mill St., Hillsborough



# Weekly and Biweekly Events

## Mondays

**Pickleball** 6:30-8:30pm. Riverside-Albert Recreation Centre. Sport for all ages. \$2/night-First night is free!

**Grief Support Group** (see below)

## Wednesdays

**North of 55** *Every 2nd Weds.* 10-11:30am. For ladies & gentlemen 55+. Enjoy snacks, games, stories and prizes at Hillsborough Baptist Church. Contact Nettie Steeves at 380-2901 or 734-2900.

**Yoga** 10:30-11:30am. Hillsborough Legion. Gentle restorative stretches and movements aimed at improving/ maintaining flexibility, balance, and a sense of well being. A relaxed, friendly group who leave the class refreshed and smiling. Men and women of all ages welcome. No experience required. Contact: call or text Mona Arsenault (874-5551). \$9/wk; pay only when you attend.

**Shepody Food Bank** 1-3pm. Albert County Community Health Centre. Bring Medicare #'s for every household member.

**Hillsborough Kiwanis Bingo** Doors open at 5:30 pm, games start 6:30 pm. Hillsborough Kiwanis Center.

**Creative Circle** 6:30pm. Hillsborough Visitor Info. Centre. Learn to sew, knit, crochet or just spend time working on your craft. Gatherings until Oct. 9. Register with Chandra at 878-1636 or smithchandra2003@hotmail.com.

**Healthy You** 6pm. Caledonia Regional High School. Albert County Community Health Centre offers an 8-wk series of presentations focused on helping you achieve your personal health goals. There will be weekly opportunities for individual support and help measuring progress. Info: Mary Woodworth (882-3100).

**Grief Support Group** (see below)

## Thursdays

**Caregiver Support Group** (see below)

**Friends of the Hillsborough Arena-Chase the Ace** Ticket sales: 5pm to 7:15pm. Draw at 7:30pm. Must be present to win. Raffle Tickets: \$5 each colour (5 colours available). Proceeds for upgrades and improvements. See Facebook for info.

**Country & Gospel Music Evening** 7-9pm. \$7 Hillsborough Kiwanis Center. Featuring the Rocky Cape

Band with Jerry Richard, Darrell MacAulay, Willis McKinley, Charles O'Hara, Hazel Bulman, Tom Gould, David Smith, Ken Eagles & guests. Open mic: join us with your voice or instrument.

## Fridays

**Chase the Ace-Riverside-Albert** 6-7:30pm. Fundy Curling Club. CCRC & Curling Club raise money for curling club upgrades & community initiatives. 3 tickets/\$5. Get together with friends, enjoy a delicious supper, play cards, and have a beverage while supporting two excellent community causes! Info: facebook.com/community revitalization, 882-2653, 882-1892, 882-2626.

**Alma Weekly Card Games** 6:30-8:30pm. Alma Leisure Centre. Playing Auction 45. Refreshments served. All ages welcome.

## Saturdays

**Hillsborough Farmers Market** 9am-2pm. The market is filled with quality goods that showcase the 'Make it, Bake it, Grow it' motto. Meet with friends for a coffee and treat, chat at our sitting area & catch local musicians on stage. Contact: market@foodsofthefundyvalley.ca/ www.facebook.com/Hillsboroughnbfarmersmarket

## Caregiver and Grief Support Groups

HOSPICE Southeast New Brunswick is pleased to announce free programs coming to this area. Support groups are open to all residents in Albert County who are full or part-time caregivers for a family member or friend, and/or anyone experiencing loss and grief.

### Caregiver Support Groups (5 weeks):

Riverside-Albert: Thursdays, Oct. 17-Nov. 14. 6:30-8pm.

Albert County Community Health Centre

Hillsborough: Thursdays, Oct. 17-Nov. 14. 2-3:30 pm.

Hillsborough Municipal Visitor Information Centre

### Grief and Bereavement Support Groups (7 weeks):

Riverside-Albert: Wednesdays, Oct. 16-Nov. 27. 6:30-8pm. Albert County Community Health Centre

Hillsborough: Mondays, Oct. 7-Nov. 11. 2-3:30 pm.

Hillsborough Municipal Visitor Information Centre  
Facilitators: Ruth Bradford (734-3493) and Judy Tait

Information and Registration for both groups: Debbie Landry-Jaillet Hospice Community Coordinator (854-9530), volunteer@hospicesenb.ca, Jacquelyn DuPlessis Albert County Community Health Center (882-3100)

## Supporters of Connecting Albert County

Connecting Albert County would like to thank the following supporters. With their help, we can spread the news of rural Albert County. To spread the word about your business or organization's work in rural Albert County, see [connectingalbertcounty.org/advertising](http://connectingalbertcounty.org/advertising). We also welcome donations.

**Bennett and Albert County Health Care (BACH) Foundation**

[www.bachfoundation.com](http://www.bachfoundation.com)

**Alaina Lockhart, MP Fundy Royal** [fundyroyal.ca](http://fundyroyal.ca)

**Albert County Pharmacy** [facebook.com/AlbertCountyPharmacy](https://facebook.com/AlbertCountyPharmacy)

**Gary Steeves Insurance** [www.garysteevesinsurance.com](http://www.garysteevesinsurance.com)

**CBDC Westmorland Albert** [www.CBDC.ca](http://www.CBDC.ca)

**OMISTA Credit Union** [www.OMISTA.ca](http://www.OMISTA.ca)

**Rob Moore, PC Candidate for Fundy Royal** [www.RobMoore.ca](http://www.RobMoore.ca)

**Tele-Drive Albert County Inc.** [Tele-Drive Albert County on Facebook](https://Tele-Drive Albert County on Facebook)

**Albert County Chamber of Commerce** [www.albertcountychamber.com](http://www.albertcountychamber.com)

**Crooked Creek Convenience** [www.facebook.com/ccconvenience](https://www.facebook.com/ccconvenience)

**East Coast Kids Child Care & Learning Centre** [www.eastcoastkids.ca](http://www.eastcoastkids.ca)

**Hopewell Rocks** [www.thehopewellrocks.ca](http://www.thehopewellrocks.ca)

**The Garden Guy (Micheal McBurnie)** [www.facebook.com/thegardenguymicheal](https://www.facebook.com/thegardenguymicheal)

**Ponderosa Pines Campground** [www.ponderosapines.ca](http://www.ponderosapines.ca)

**Village of Hillsborough** [villageofhillsborough.ca](http://villageofhillsborough.ca)

**Village of Riverside-Albert** [www.riverside-albert.ca](http://www.riverside-albert.ca)

**Farmer Brown's Greenhouse** [www.farmerbrowns.ca](http://www.farmerbrowns.ca)

**Foods of the Fundy Valley** [foodsofthefundyvalley.ca](http://foodsofthefundyvalley.ca)

**Albert County Museum** [albertcountymuseum.com](http://albertcountymuseum.com)

**Broadleaf Guest Ranch** [www.broadleafranch.ca](http://www.broadleafranch.ca)

**Chipoudy Communities Revitalization Committee** [www.facebook.com/communityrevitalization](https://www.facebook.com/communityrevitalization)

**Forest Dale Home** [www.forestdalehome.ca](http://www.forestdalehome.ca)

**Friends of Fundy/Fundy Guild** [www.facebook.com/FundyGuild](https://www.facebook.com/FundyGuild)

**Fundy Highlands Motel and Chalets** [www.fundyhighlandchalets.com](http://www.fundyhighlandchalets.com)

**Jeff MacDougall, SouthEastern Mutual Insurance** [jeff.macdougall@semutual.nb.ca](mailto:jeff.macdougall@semutual.nb.ca)

**Village of Alma** [villageofalma.ca](http://villageofalma.ca)

[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)