

Connecting Albert County



Horizon's Albert County Community Health Centre & COVID-19

Please call Horizon's Albert County Community Health Centre (882-3100) in advance as changes occur daily.

Horizon's Albert County Community Health Centre has begun pre-screening clients for COVID-19 both by phone and in-person. Some services at the health centre have been reduced:

Lab services are limited to only essential testing (see list below). Please call ahead 882-3100.

Identified essential lab services: Oncology, Dialysis / Transplant, Pre-natal, PT/INR for therapeutic monitoring, Therapeutic drug level monitoring, as well as other tests to watch for contraindications and Pre-op depending on surgery decisions

- All community-based groups cancelled
- X-Ray services limited, possibly suspended
- Routine ECG, Holter Monitor and Blood Pressure Monitor postponed
- UPSTREAM COPD Spirometry and Education suspended
- Therapeutic resources (Physiotherapy, Clinical Nutrition, Diabetes Educator) limited

Primary health care services such as: dressing changes, IV antibiotics, injections, etc., will continue **by appointment only**. Scheduled appointments are being limited at the health centre and health care providers will be reaching out virtually or by phone

when deemed appropriate, (i.e., prescription renewals).

If you do come into the health centre, please use the hand sanitizer at the main entrance for your protection as well as that of our staff.

Premier Higgs has stressed the importance of following the advice of health professionals to protect New Brunswickers, especially the more vulnerable residents. He warned that if people do not act as advised, additional measures may need to be taken to ensure that everyone follows the Public Health recommendations. Those additional measures have now been put in place as a **State of Emergency** has been declared for the province of New Brunswick.

It is up to all of us to take the recommended actions from Dr. Jennifer Russell, Chief Medical Officer of Health, to slow the spread of this virus. Maintain safe physical distancing, self-isolate if you have travelled, and wash your hands!

Contributed by Phyllis Hudson, Facility Administrator, Albert County Community Health Centre.

INSIDE: A spring poem; tips on supporting mental health; news about protected forests; how to talk to kids about money; the Holmstrom's return home; Tele-Drive trips; CCRC calendar project; recollections of community radios and covered bridges.

Connecting Albert County

April 2020. Vol. 6. No. 4
ISSN 2369-1174/1182 (digital)

Our Mission:

Building connections and fostering pride of place and culture in rural Albert County by publishing in print & online. Connecting Albert County Inc. is a registered non-profit organization.

Connecting Albert County Board:

Heather Fraser, Ronda Fraser,
Joseph Gallant, Shannon Gaythorpe,
Karen Lindsay & Victoria
Stroud-Arsenault

CAC part-time coordinator/editor:

Janet Wallace

Contributors: Audrey Campbell,
Elaine & Stephen Holmstrom, Phyl-
lis Hudson, George Sinclair, Dorothy
Steeves, Kelly Taylor, Garth Wade

To advertise, submit articles or
letters, email [info@connecting-
albertcounty.org](mailto:info@connecting-albertcounty.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 the Con-
necting Albert County team.

Distribution sites:

Limited numbers of free copies are
available throughout Albert County
although this service has been dis-
continued during the COVID-19
outbreak. Digital copies can be
found at
[connectingalbertcounty.org/
newsletter](http://connectingalbertcounty.org/newsletter)

Connecting Albert County (CAC) and COVID-19

A crisis can draw a community together. In the case of COVID-19, I hope we can strengthen ties within our villages and region even while we remain physically isolated.

We are fortunate to live in such a beautiful and peaceful area where many people are resilient and self-sufficient. We have gone through long power outages and major winter storms and come out smiling. Many residents have pantries full of food and know how to prepare meals from scratch. In rural Albert County, we can be physically isolated from others while walking on a beach, hiking in a forest, or just sitting outside appreciating the sounds and sights of spring. (Note: as of March 29th, Fundy National Park and the Shepody National Wildlife Area (including Mary's Point, New Horton & Germantown Sections) are closed to visitors.)

That said, physical isolation can be challenging. Please check in with isolated neighbours by phone or email. If they need groceries or other help, try to provide these while maintaining a 2-metre distance. Keeping in touch by phone can also help keep spirits up.

During this state of emergency, we have removed the calendar from our website and we're not listing events in this publication. Also, we're not printing our April issue. We will, however, continue to publish articles at www.ConnectingAlbertCounty.org and share these through social media.

If you have extra time right now and would like to volunteer by posting stories or writing articles, please email info@ConnectingAlbertCounty.org.

To obtain the most current information on the pandemic, please visit the website of the [NB Chief Medical Officer of Health](#).

I hope you stay safe, keep healthy and find joy in the simple pleasures of life during this crisis and beyond. *Janet Wallace, Coordinator of CAC*

What we love about Albert County

When the media is filled with stories of disease and crisis, let's focus on the positive. What do you love about rural Albert County?

Please post your stories and pictures on our Facebook page or email me at info@ConnectingAlbertCounty.org.

We look forward to seeing the bright side of Albert County!

Janet Wallace



Spring in Hebron *By George Sinclair*

Now that winter is almost gone
Spring will soon be coming on
The daylight hours will get much longer
Every day the sun is getting stronger

Last night when I looked up to the sky
I saw a skein of wild geese go flying by
Honking and headed for the marsh at Waterside
Where the grass had been bared by the scouring tide

The maple sap has started to flow
We will boil it up and pour golden taffy on the snow
There is wet snow that soon will turn to rain
It is a nuisance, really a pain

The leaves on the trees start to sprout
The pussy willows come busting out
The spring peepers begin their nightly chorus
The yellow spotted salamanders come from the forest

We will put away our toques, woollen socks and warm mittens
And soon in the barn will be new kittens
Calves and lambs gambol across the paddock
The barn is full with the new livestock

The grass and leaves will soon turn green
A prettier sight cannot be seen
The snowdrops and crocus will bloom at last
And a long winter will soon be past

Will the Hebron Maypole be resurrected
It has been a while since one has been erected
Oh how well I remember the days of old
When we laughed, loved and danced around the old maypole

I'll plant a garden in the fresh turned earth
I love this season for all it's worth
From the small seeds will come much food
For us to enjoy and all is good



Rare Forest in Albert County Saved for Wildlife

Project protects habitat along with community's water supply

The Nature Conservancy of Canada (NCC) has expanded a key nature reserve in southern New Brunswick. The not-for-profit group has purchased another 69.5 hectares (147 acres) of rare and mature Acadian forest near Riverside-Albert. Two thirds of the newly protected forest is made up of trees more than 80 years old. Had it not been conserved, the forest was in danger of being lost to logging due to its high timber value.

Known as "Acadian forest," the Maritimes' native forest has been heavily harvested, and less than five percent of older forest remains intact, making it a natural treasure and priority for conservation. With the help of its partners and supporters, NCC purchased the forested land to conserve habitat for wildlife, in particular the many species of birds that depend on the rich diversity of plants and food sources found in older Acadian forests. The area also provides habitat for eastern wood-pewee, designated as a species of special concern under Canada's Species at Risk Act, along with many other types of wildlife.

In addition to protecting the forest for habitat, NCC acquired the land to help protect drinking water reservoirs for nearby Riverside-Albert. NCC's nature reserve conserves forest around sections of Arabian Vault Brook, upstream of Riverside-Albert's reservoirs, protecting the wellfield and both the quality and quantity of the water supply for the community's 400 residents.

The newly protected forest features large tracts of older sugar maple, red maple, yellow birch and red spruce, some of the more than 40 tree species that make up the original Acadian forest.

This acquisition expands the size of NCC's existing Caledonia Gorge Nature Reserve, established in 2018, to 191 hectares (473 acres). Due to its proximity to Caledonia Gorge Provincial Natural Area, NCC's expanded nature reserve creates a wider corridor of connected, conserved wildlife habitat in Albert County. NCC is continuing to work with partners and local landowners to conserve additional old forest within this watershed and the Caledonia Gorge area.



This conservation project was made possible by the Government of Canada through the Natural Heritage Conservation Program, part of Canada's Nature Fund. The project was also supported by the Province of New Brunswick, New Brunswick Wildlife Trust Fund, Shepody Fish and Game Association, Hewitt Foundation, Lockhart Foundation, American Friends of Canadian Nature, and many private donors.

Coming Home *By Elaine and Stephen Holmstrom*

Pursuing a childhood dream of picking blueberries on land formerly owned by Abiel Peck, Stephen Holmstrom returned to New Brunswick in 1989. Leaving behind four married children, Stephen and his wife Elaine left Victoria, BC, in 1989 with their youngest son Christopher. The three travelled across Canada in a rented van with all their possessions to come to their new home: the "Old Peck Place." Elaine had never been east of Saskatchewan, the place of her birth.

Stephen is the 9th-generation descendant of Abiel Peck through his mother Kathleen, née Calhoun Harper. Abiel settled in Albert County in 1765. It is believed that the original home of Abiel was in the Holmstrom's blueberry fields across from their house (Peck Colonial House) in Hopewell Hill.

In Riverside-Albert's Pioneer Cemetery, the inscription on Abiel's tombstone reads: "Here lies interred the body of Abiel Peck, a native of Boston, and one of the first settlers in this place, who, on the 16th day of December, 1802, unfortunately perished in a boat, in the 73rd year of his age, leaving upwards of three-score descendants to lament his melancholy fate."

In 1768, Abiel Peck's daughter Rachel married Thomas Calhoun. Calhoun had been a trapper and trader in the area now known as the State of Ohio. Calhoun became acquainted with General Haldimand, Commander-in-Chief of the British Army in North America. Calhoun and Haldimand later settled along the south bank of the Petitcodiac River.



Rachel (Peck) Calhoun's grave lies behind the Hopewell Rocks Motel on land that was part of a 100,000-acre parcel given to Thomas Calhoun. King George III granted the land to Calhoun in appreciation of services rendered during the "French and Indian Wars" (1756-60).

Thomas Calhoun, along with his brother-in-law William Peck, mined grindstone from Grindstone Island. The stone was shipped by sloop via the Bay of Fundy and down the East Coast of North America. (Stone from the island was used in the construction of buildings in Halifax, New York City, Philadelphia and many other cities.) In the spring of 1772, their boat capsized while they were loading grindstone. Thomas, his brother-in-law William Peck, and other crew members drowned. They are buried in the Pioneer Cemetery within view of Grindstone Island.

Abiel Peck acquired 5,500 acres of the Calhoun grant. Stephen and Elaine consider themselves very fortunate to now own 340 acres of Abiel Peck's land, the only parcel of the grant to remain in family hands. They have a copy of the original grant, which they obtained from the archives in Fredericton.

Stephen Holmstrom grew up with his six siblings and his parents, Ernest Holmstrom and Kathleen Calhoun Harper, on a farm located near the Hopewell Hill Cemetery (the house is now painted blue). This is where Gilford Peck, a son of Abiel, developed one of the first apple tree nurseries in the area. By 1880, more than 200,000 trees per year were shipped from the nursery. In 1901, Gilbert



(Continued from last page.)

moved to Wolfville, NS, where he carried on his fruit tree nursery.

In 1970, Ernest and Kathleen Holmstrom sold the farm and moved westward. Stephen left for the West Coast after attending community college in Moncton.

In 1994, Stephen, Elaine and Chris began restoring their new home, previously owned by Hilyard Peck and his daughter-in-law Helen. The Holmstroms cut timber on their property and brought in a portable sawmill to make their own lumber, including 10x10 inch and 4x8 inch beams. They searched for old windows, doors and moldings to make the restoration as authentic as possible. In 1995, they opened a tea-room, which they operated until fall 2010.

For more than 30 years, the Holmstroms have opened their home as Peck Colonial House B&B, welcoming everyone who enjoys a warm, comfortable atmosphere, good homemade food, and interesting conversations. They have hosted guests from around the world, entertaining second and third generations of guests. Recently, a couple from Switzerland who had stayed with them 20 years ago came back for a return visit.

The Holmstroms have hosted many descendants of the Pecks and Calhouns. These guests often bring charts, maps and pictures of tombstones to make connections with their ancestors. One guest of note was Edward Peck, the son of Cyrus Peck who was born in Hopewell Hill; Cyrus was awarded the Victoria Cross after World War I for feats of bravery.

Stephen has taken cuttings (called scions) from many of the old apple trees on Gilbert Peck's original property where Stephen himself grew up. (Note, Stephen received permission from the current owners to do this.) Stephen has grafted scions from the old trees onto wild apple trees on his property.

As much as possible, the Holmstroms have used their land responsibly. With the wonderful opportunity they have been given, they have grown blueberries, strawberries, raspberries, rhubarb, cranberries and vegetables, as well as tapped trees to make their own maple syrup. From this bounty, Elaine makes jams, jellies, pickles and pies (her speciality), which are in much demand. During the summer, excess produce is sold from a small tent by the roadside.

Stephen is known for his beautiful yard and garden full of flowers of every description. Many people stop to take pictures and the garden is particularly enjoyed by their many guests.

They are very grateful to their son Chris who has much sweat equity invested in the old place, alongside his wife, Mindy, and their children, Jade (15), Tyler (13) and Danaleigh (10), who have all supported this endeavour.

Stephen and Elaine are trying to cut back on their workload, but they find it difficult to do so as they have been blessed with good health and a love of what they do.

Stephen and Elaine Holmstrom are the owners/operators of Peck Colonial House B&B, 5566 Rte. 114, Hopewell Hill, NB. 506-882-2114. www.peckcolonial.com

The Hillsborough Public Library is closed until further notice. When it opens, however, the hours will be changing to the following:

Starting Tuesday, April 7th (or later) , the library will be open:

Tuesday: 1pm-5pm & 6pm-8pm and

Wednesday-Saturday: 10am-noon & 1-5pm.



*...promoting economic and commercial prosperity in
Albert County.*

Contact us today to find out the full range of benefits & services we have to offer you & your business.

www.albertcountychamber.com
accofc@gmail.com
P.O. Box 3051, Hillsborough
NB. E4H 4W5

Mental Health and Coping During COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

It is natural to feel stress, anxiety, grief, and worry during and after a stressful situation. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during a disease outbreak will help you think clearly and protect yourself and your family. Self-care during a stressful situation will help your long-term healing.

Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disease outbreak.

People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

Things you can do to support yourself:

- Take care of your body - Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep. Avoid alcohol and other drugs.
- Take breaks - Take deep breaths, stretch or meditate. Make time to unwind and remind yourself that strong feelings will fade. Try to do activities you enjoy. Maintain a sense of hope and positive thinking.
- Connect with others - Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Stay informed - When you feel you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumours during a crisis, especially on social media. Always check your sources and turn to reliable

sources of information such as public health authorities.

- Avoid too much exposure to media coverage of COVID-19 - Take breaks from watching, reading or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible. Check for updates between breaks.
- Seek help when needed - If you experience stress reactions (feelings or behaviours) in response to the COVID-19 outbreak for several days in a row and are unable to carry out normal responsibilities because of them, contact your health care provider or your local addictions and mental health centre.

For kids

We know that COVID-19 is probably on your mind. Everyone is talking and worrying about it. And all your favourite activities and places are being cancelled or closed. So how are you supposed to deal with all of this? Here are some tips:

1. **Keep active.** It is important for both your physical and mental health to do 30 minutes of exercise a day. This can include going for a walk, stretching, yoga, playing active video games, or having a virtual dance party! It doesn't matter what it is, as long as it gets you moving! Do something you already love to do or try something new! Maybe even set a new goal for yourself, such as being able to do 10 push-ups, being able to touch your toes, or learning a new dance routine. Share your goal with others and post pictures or updates of your progress so others can cheer you on!



East Coast Kids
Child Care & Learning Centre

Play
Laugh
Learn

Safe & fun environments that offer quality care & programs/activities for children ages 2-12 yrs.

Licensed Centres in Hillsborough & Riverside-Albert

childcare@eastcoastkids.ca 506-962-5868

2. **Have fun.** Do things that make you feel good. You could go outside and play or stay in to read a book. Be creative and make a craft. Draw, write or make music. All of these things can help you feel good and relax. You might even find some fun things online that will allow you to continue to participate in activities you enjoy. For example, some dance companies are starting to offer free live dance classes online. Or some musical artists are streaming live concerts. See what you can find!



Spending time in nature is good for mental health. Image by Jennifer Shelby

3. **Keep a routine.** Even though you may have nowhere to go with school and activities cancelled, it's important to keep a fairly regular routine. On weekdays, change into daytime clothes (save the pajamas for the weekend). Create a schedule for each day, including things like physical activity, learning, fun, connecting with friends and family, and quiet time. If you need help, check out mommyhood101.com/daily-schedule-for-kids for ideas. It's also very important to sleep, exercise, and eat healthy food every day.

4. **Exercise your brain.** Just because school is cancelled, doesn't mean you have to stop learning. Continue doing some form of learning every week-day. Your teachers may send home some things that you could do or you can find learning activities online. For example, Khan Academy offers free and fun online learning for kids (www.khanacademy.org).

5. **Try to stay calm.** It is normal to feel worried about COVID-19 or sad about how it is affecting your life. Learn some ways to cope with the feelings by checking out www.kidshelpphone.ca.

If you think you are getting too stressed and might need some help, here are some options:

1. Talk to your parents, or another adult that you trust
2. Contact Kids Help Phone for help
3. Visit their website at www.kidshelpphone.ca
4. Text TALK to 686868 to chat with a volunteer Crisis Responder 24/7.

5. Call 1-800-668-6868.

6. **Keep in Touch.** Even though we are all being asked to keep our distance from each other, that doesn't mean you can't connect with family and friends. In fact, it's very important for your mental health to keep in touch. Use technology to help you contact your friends and family regularly. Connect using the phone, social media, FaceTime or WhatsApp, etc., (whatever works for you and your family). Maybe you can even teach a grandparent how to use one of these options so that they can stay in touch!

7. **Help Out.** Knowing your family has a plan can help you feel more safe and secure. Talk to your family about the plans they are making to keep your family as safe as possible. Ask them if there is something you can do to help. They might put you in charge of some tasks around the house, like making sure everything is kept clean.

8. **Know the Facts.** It can be helpful to learn more about COVID-19, how to protect yourself, what the symptoms are and what to do if you feel sick. There is a lot of information out there about COVID-19; it's important to make sure you are getting your information from trustworthy sources.

Don't spend too much time watching, reading, or listening to news stories. It can be upsetting to hear about it too much.

(Continued on next page.)

(Continued from last page.)

For parents

Children react, in part, to what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children respond to stress in the same way. Some common changes to watch for in children:

- Excessive crying and irritation
- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain

- Use of alcohol, tobacco, or other drugs

Things you can do to support your child:

- Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your child's exposure to media coverage of the event. Children may misinterpret what they hear and can be frightened about something they don't understand.
- Help your child to have a sense of structure. Once it is safe to return to school or child care, help them return to their regular activity.
- Be a role model; take breaks, get plenty of sleep, exercise and eat well. Connect with friends and family members and rely on your social support system.

Source: www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/mental-

ALBERT
COUNTY
PHARMACY

Guardian

Feeling Better Starts Here

Save Smart, Shop Local.

****Please be assured that as an essential service, Albert County Pharmacy will remain open to meet your medication-related needs during this uncertain time. ****

Given the current health climate, we have made the following adjustments to our practices:

- Frequently touched surfaces are sanitized every 30-60 minutes. General areas are sanitized a minimum of two times per day.
- With rare exceptions and according to the pharmacist's judgement, we will provide patients with medication for 30 days. This measure will help to ensure a stable supply for all.
- Whenever possible, we request that you please call ahead for refills, use our Guardian app, or use our e-refill site on our website: www.albertcountypharmacy.ca
- If you are sick, have a fever, sore throat or cough, we ask that you stay home and reach the pharmacist by phone with any questions and, if possible, arrange for someone else to pick up your medication.

Thank you for your understanding and cooperation as we work to keep our staff and customers safe.

Copies of our flyer are available on our Facebook page and in store.

**Albert County
Pharmacy**

Store Hours:
Monday-Friday
9am-6pm
Closed Saturdays
until further notice

Pharmacist
on Duty:
Monday-Friday
9:30am-6pm

ALBERT COUNTY PHARMACY
5883 King Street, Riverside-Albert, NB, E4H 4B5
Ph: (506) 882-2226 Fax: (506) 882-2101

www.ConnectingAlbertCounty.org

Community Radios, Covered Bridges and One-room Schoolhouses

From the memoirs of Dorothy (DeMille) Steeves (1917-2017) contributed by her daughter Idella Lazar

We had no radio but I remember a family who did. Sometimes Dad would harness the team, take a wagon and we would all go to their house to hear the radio. We used earphones, and I remember well the static when putting them on my head. Then, to our great astonishment and wonder, we heard. Later, the family got a loudspeaker, and everyone in the room could hear at the same time. Sound came from a large horn. It must have been run by battery.

#

The roads were not ploughed. People didn't drive cars in the winter so cars were jacked up off their tires until spring. Different men were each responsible to "break out" a certain length of road after a big snow storm. Each farmer would drive over the road with his team. Dad would braid the horses' tails and put some sort of a band on them, which looked nice and kept their tails up out of the snow. On cold or

stormy days, or if the horses had to stand long, he put plaid storm blankets on them. There were night blankets (barn blankets) too.

#

Our one-room school at Goshen Corner was over a mile from our home. We had to go through woods on our way to school. For a fair distance, we could not see a house. After we got through the woods, we went through a covered bridge that crossed the Kennebecasis River. Covered bridges are dear to my heart! On our way home, we would linger in the covered bridge and climb up inside it. Once we saw a moose when we were just beyond the bridge—we hurried back to the bridge, climbed up inside and waited until it left. Then we got down and ran for home.

#

ROB MOORE
MP, Fundy Royal

Constituency Office
599 Main Street, Hampton
Rob.Moore@parl.gc.ca
506-832-4200

Here For You

Keep up to date on
News & Events
in Fundy Royal

Like our
facebook page
RobMooreFundyRoyal

www.RobMoore.ca

Seniors Learning on the Go *By Kelly Taylor, Executive Manager of Urban/Rural Rides*

On February 4th, we held the fourth and final activity in the "Seniors Learning on the Go" project, funded by the Government of Canada's New Horizons Grant for Seniors. Each of the activities or trips involved learning combined with fun and socializing. The final trip was to the Coverdale Centre in Riverview for a day of learning. A total of 60 seniors travelled by bus to Riverview for the day.

The day began with an informative presentation by Erin King of the New Brunswick Financial and Consumer Services Commission. The seniors learned about ongoing scams in the area, how they work, what to watch for and how to protect themselves. "If it sounds too good to be true, it probably is."

They also learned about the importance of establishing a "Power of Attorney," how to select someone, what to expect and that person's responsibilities. Did you know you can assign power of attorney on a short-term basis if you are going in for a surgery or treatment and will be unable to look after your affairs for a specific time period?

Erin finished out her talk with information on elder financial abuse—how to recognize it, how to report it and how to protect yourself from it. Indicators of increased vulnerability to financial abuse include: social isolation, bereavement, dependence on another to provide care, alcohol or drug use, and depression or mental illness. Information can be found at www.FCNB.ca or 1-866-933-2222.

Following a healthy Asian-themed lunch prepared and served by Foods of the Fundy Valley, Michelle Lajoie, a dietician from the Atlantic Superstore, talked about food safety, food preparation for one or two, and healthy eating. After a full day of information, door prizes were drawn and the seniors returned home on the buses. Feedback for all the trips in the series has been very positive. People especially appreciated that the entire program, including transportation, was free. This allowed many to participate who would not normally get a chance to participate in day trips.

Our mission at Urban/Rural Rides is to provide transportation to those who need it. While the bus trips were more recreational and informational than a necessity, it is important for people to get out and socialize and enjoy time with others to fight feelings of isolation and loneliness. Our volunteer drivers help do that every day when they give someone a ride. If you have a few hours a month or more and want to be part of a team on a mission to help others get where they need to go, please call 215-2100 or email r.r.ruralrides@gmail.com for more information. Drivers need to be over the age of 21, have a reliable automobile, carry \$2 million liability (we will reimburse the extra charge up to \$80 per year), sign an oath of confidentiality and clear a police record check.

Attention Camera Buffs *By Audrey Campbell*

The Chipoudy Communities Revitalization Committee (CCRC) Calendar Committee is in the process of organizing another fantastic calendar for 2021. This follows the success of last year's calendar sales, of which half the profits (~\$2500) were donated to the Riverside Playground Project. The 2021 theme will be pictures of native wildlife (fur, feathers or fins) displaying, we hope, beautiful Albert County surroundings. Our previous calendars have been so popular that they have been purchased for gifts and souvenirs to be sent around the world.

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

Pictures of any or all seasons will be accepted for consideration. Note, we are limited to 14 pics (one for each month plus front and back covers).

Specifications: 1.5MB; no cropping; description of picture and location. Please submit pics to email: jaecams@nb.sympatico.ca or deliver disk or memory stick to 156 Water St., RiversideAlbert, NB. Deadline for submissions is June 1, 2020.

If you require further information, please contact Audrey at 381-2770.

Talk With Our Kids About Money *By Garth Wade*

'Talk With Our Kids About Money Day' (TWOKAM) is April 15th. This day, which is celebrated across Canada, encourages parents, guardians and educators to take time to talk with children and youth on any aspect of finance. The Canadian Foundation for Economic Education (CFEE), a non-profit organization, coordinates this initiative. This will be the sixth year that TWOKAM has been in New Brunswick. Below are a number of points that you may wish to consider and may assist in sparking the conversation.

A Financially Responsible Person knows:

- **The Basics of Money and Financial Matters:** Knows what we use as money, how to make good money decisions, basic banking, and how to make choices when it comes to using money.
- **How to Access Good Information and Help:** Knows about reliable sources of information, how to get the information, and how to use the information to help make good money decisions.
- **How to Be a Wise Consumer:** Knows how to make choices about products and services wisely, including taking time to think about quality, price, affordability and options.
- **How to Save Effectively:** Knows that saving helps a person to meet future needs, achieve goals, be prepared for the unexpected, and knows how to find ways to save and use "compound interest" to help build savings for the future.
- **How to Invest Wisely:** Knows how to invest funds (when and if they are available) that fit with their goals, their comfort with risk, and their situation and make investments they understand that can help them achieve their goals.
- **How to Protect Their Income and People Who Depend on Them:** Knows how to use insurance to protect income in case of a sudden loss of their ability to earn an income due to illness, disability, or death.
- **How to Protect Things of Value That They Own and Acquire:** Knows how to use insurance to pro-

tect things of value (e.g., car, home, valuables) and knows how to avoid frauds and scams and to protect one's identity.

A Financially Responsible Person Is Able To:

- **Ask Good Questions:** Ask good questions before making important economic and financial decisions and aim to get answers from reliable sources.
- **Track Expenses and Keep Up With Payments:** Track how they use their money to know where it is going and be able to work with a budget to keep good control of their money—and pay bills on time to avoid unnecessary late fees, penalties, and interest charges.
- **Borrow Money Responsibly:** Borrow only when necessary and limit borrowing to the level that can



**LOOKING FOR A NEW ADVENTURE
IN BUSINESS**

Come & meet our team to discuss our programs

Loan Programs: <ul style="list-style-type: none">- CBDC Youth Loan- CBDC First-Time Entrepreneur Loan- CBDC General Business Loan- CBDC Innovation Loan- CBDC Social Enterprise Loan	Also offering other programs: <ul style="list-style-type: none">- The Self-Employment Benefit Program (SEB)- Business Development Seminars (BDS)
---	--

 **Community Business Development Corporation**
Corporation au bénéfice de développement communautaire
Westmorland Albert

337, rue Main Street, Shediac, NB E4P 2B1
506-532-8312 • Toll Free 1-800-925-6677 • www.cbdc.ca

(Continued from last page.)

be afforded, compare and know the costs of borrowing, pick the best option, and pay back the highest cost debt first.

- Obtain an Income If Desired or Required: Know how to look for work, keep a job if employed, or how to set up and operate a business if they are interested in being self-employed.

- Use Financial Services Wisely: Know, and know how to use, financial services and products that are available that can help with managing money—and know how to keep the costs and fees as low as possible.

A Financially Responsible Person Undertakes Actions To:

- Consider Needs Versus Wants and Trade-offs: When thinking of buying something, think whether it is “needed” or “wanted” and the trade-offs that would be made—that is, what would be given up—both today and in the future.

- Live Within One’s Means: Manage money so that it does not lead to great stress, buy what is needed/wanted—but not what can’t be afforded—i.e., where spending is continually greater than income—and keep a good credit rating.

- Think About the Costs—Today and in the Future: Make major money decisions (e.g., having children, buying a home) only after careful consideration of the costs there will be— both today and possibly in the future.

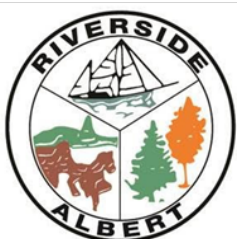
- Pay Required Taxes and Obtain Available Benefits: Pay one’s fair share of taxes, know about tax deductions and tax credits that are available—and also government benefits that may be available to help.

- Consider the Needs of Others: Consider the situations and needs of others, how decisions and actions may affect others, and ways in which people can help others in need.

- Consider the Possible Impact of Decisions: Consider the possible impact of their actions and decisions on the lives of others and their community—including the environment.

- Set Goals and Seek Balance in Life: Think what is important in their life and set goals, and develop a plan to achieve a balance between material things and other things that will affect their quality of life and happiness.

Garth Wade is the NB representative for the Canadian Foundation for Economic Education, a non-profit organization that promotes financial literacy across Canada. cfee.org. Resources are available at no cost via the website: talkwithourkidsabout-money.com.



5823 King St., Riverside-Albert
NB E4H 4B4

**Village of
Riverside-Albert**
Fundy Historic Village

506-882-3022
villra@nbnet.nb.ca www.riverside-albert.ca



**CROOKED
CREEK**

CONVENIENCE

NB Liquor Agency & Gas
Coffee, Groceries, Gas, Gluten-free food
Produce, Lotto tickets **882-2918**

Celebrate 175 Years of the Land, the Sea & the People of Albert County, NB

Greetings from the Albert County 175 (AC175) Committee. We have an amazing year planned, with something for everyone! Here are the highlights, but be prepared for special “surprise” activities as the year goes forward. We will also join other events and activities across the county by adding a heritage touch to them. Please check our website and Facebook (@albertco175) often! **All events tentative or postponed until further notice.**

Event Highlights

Saturday, May 16. Annual Opening Day of the Albert County Museum. View the new Albert County 175 Mobile Exhibit along with recently donated unique artifacts. Free to attend, with snacks and drinks.

Saturday, June 13. Re-dedication of WWI Cannons on the Centennial Anniversary of their arrival in Albert County. One gun was awarded to Albert County for winning the 1919 Victory Loans competition; the other was awarded in recognition of the large number of men who enlisted. The event will feature current Canadian Armed Forces, flyovers by an RCAF plane and First World War bi-plane, and historical weapons from the 8th Hussars (Sussex). A Pipe and Drum Band will perform during a parade of our veterans and the cannons will be ceremoniously fired. An AC175 Heritage Talk and reception to follow with the full history of the guns captured at Vimy Ridge in France and their journey to Hopewell Cape. Free.

Wednesday, July 1. RB Bennett's 150th Birthday Celebration. Celebrate the 150th Birthday of Canada's 11th Prime Minister, who was born and raised in Albert County! Featuring a classical concert by the Moncton Youth Orchestra and Sistema Hillsborough. Meet RB Bennett “in person” as an actor portrays him. Free birthday cake and ice cream. An evening birthday event* for RB Bennett will feature dinner and Big Band Music from the 1930s.

July 7-11. 44th Annual Quilt Show and Sale with the theme “If These Quilts Could Talk,” sharing the stories behind the quilts. Part of the 2020 quilt and fibre show and sale will be the introduction of the Albert



County Barn Quilt Project. Get involved and put yours up in 2020! Admission is \$3.

July 25-26. Artisan Showcase. Art Show in the Court House at the museum displaying the best works of local artisans. Artists will showcase their best piece, and the story behind it. Free to attend.

Saturday, August 8. 175th Birthday Bash Festival of Live Music at Albert County Fairgrounds. This is the big day: Albert County turns 175 and you're going to want to be there! A showcase of activities and local talent featuring great NB musicians. A highlight will be musicians performing an original composition written about Albert County. Along with birthday cake, there will be a beer garden. Free to attend.

Thursday, August 13. 10th Annual Royalty Tea.* The focus of this British High Tea is Prince Albert and Queen Victoria. In 1845, Queen Victoria signed the proclamation making this a county and naming it after the love of her life, Albert.

August 21 & 22. An Evening in the Parlour.* Music and historical drama in a lamp-lit Victorian parlour in the Court House. The play is based on actual events of the time in Albert County. Local actors and musicians entertain the audience in this not-to-be-missed event held over two evenings.

September 11-13. Albert County Exhibition. The Albert County 175 Mobile Exhibit will be on site highlighting the Land, the Sea and the People of Albert County. Presentations will be given on interesting historical topics. Admission at the gate.

Saturday, October 17. 1845 Albert County Dinner.* Traditional meal including menu items found in 1845 with heritage meats, vegetables, desserts and drinks. Local musicians will entertain the audience featuring songs of old. We are pleased to share the agricultural stories of this region.

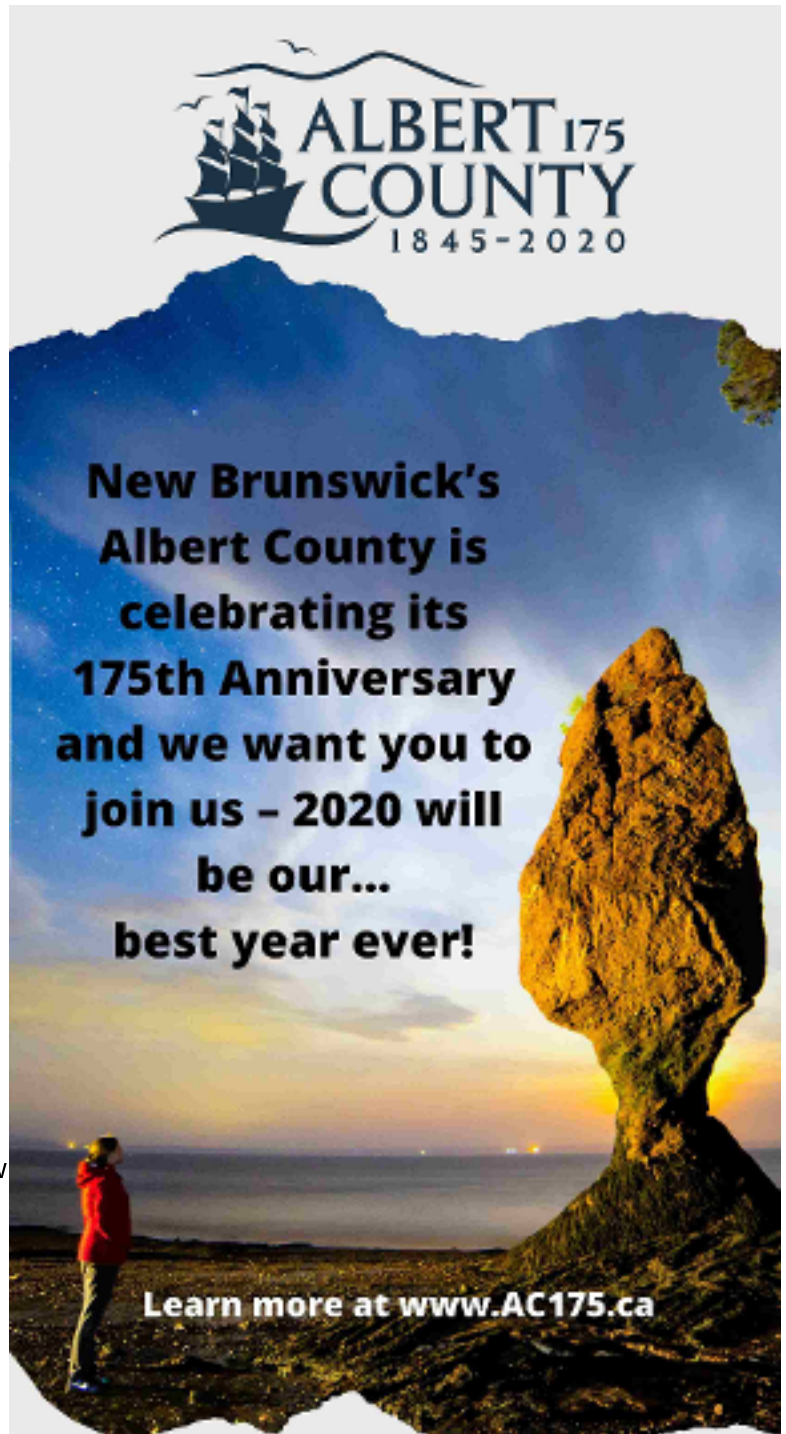
Wednesday, November 11. Flag Lowering Ceremony at the Hopewell Cape Square. Ceremony at the Bennett Monument beside the Albert County Cannons as part of the region's Remembrance Day events. Free to attend.

December 28-30. Photo Show AC175 Finale Event. Display of photos taken by residents of Albert County showcasing life from 1845 to 2020. Participate by sending your photos from years past and your love for our community today! The photos will be collected and added to the Albert County Museum's permanent collection. The show will feature some of the best entries. Prizes will be awarded in the categories: Historic; Albert County Today; and Youth Photos (18 and under). What a great way to celebrate the year! Free to attend.

* Tickets must be purchased in advance.

In addition to these events, we will host **AC175 Heritage Talks**, monthly talks in communities throughout the county. Local and visiting historians will share the incredible tales of founding families, merchants, ship builders, historic figures and people of the tides who established Albert County—175 years of stories! All historic talks are free to attend.

For details and the full event calendar, see AC175.ca or Facebook/AlbertCo175. Presented by the Albert County Historical Society and supported by the Government of Canada, the Province of New Brunswick, and local supporters including: Friends of Fundy, Albert County Tourism Association and Chamber of Commerce, Connecting Albert County, Ponderosa Pines Campground, Broadleaf Guest Ranch, Bayview Chalets and local community members.



2849 Main St Unit 1 Hillsborough NB E4H 2X7
www.villageofhillsborough.ca

Village of Hillsborough

Tel: (506) 734-3733
Fax: (506) 734-3711

Email:
hillsboroughnb@rogers.com

Presented by:



Supported by:



Connecting Albert County: Exploring Our Trails

We are pleased to announce that in late spring, we will publish *Connecting Albert County: Exploring Our Trails*. This special issue will be full of articles about using trails—whether walking, snowshoeing, fatbiking or skiing.

There will be information for both beginners and advanced trail users on getting started, staying safe and using trail apps. Stories include personal accounts of hiking with small kids, how exploring the trails by foot and snowshoe has changed a man's life, and much more.



Connecting Albert County: Exploring Our Trails will feature a directory of trail systems in Albert County and extending to St. Martins and Sussex, including descriptions of trail characteristics and highlights.

The special issue is made possible, in part, with the generous support of the Fundy ULTRA Community Trail Micro-Grant, as well NB Tourism, Heritage and Culture-Sports.

The digital issue will be sent to our subscribers and print copies will be distributed throughout Albert County. For this special issue, however, we will have a much larger print run and scope of distribution.

We invite you to become involved in *Connecting Albert County: Exploring Our Trails* in the following ways:

- Tell us what your favourite trail is and why, or share a memorable experience on a trail.*
- Let us know what your favourite trail app is and what you like about it.*
- Help print copies. We are looking for businesses with colour printers to help out.
- Consider advertising in the issue. (Note that a 15% discount is applied to all full-year advertisers with a business card ad or larger. See details on page 18.)
- Volunteer with editing, proofreading or distribution.

If you would like to be involved in any way, email Janet Wallace at info@ConnectingAlbertCounty.org.

*Note submissions may be edited and we may not have space to include all submissions.

Image: Herring Cove, Fundy National Park by J. Wallace.

Subscribe to Connecting Albert County

Sign up at www.ConnectingAlbertCounty.org/newsletter to receive a link to this publication every month in your email inbox.

Better yet, get involved! We welcome volunteers to help edit and proofread, post articles online, or join our Board of Directors.

We also welcome articles, photographs, letters, as well as donations and advertisements.

Visit www.ConnectingAlbertCounty.org to find articles and past issues of our publication.

Do you want to promote your business in rural Albert County?

Show the community you care and reach a target audience by advertising in Connecting Albert County



For six years, Connecting Albert County has provided our community with information on people, places and events in rural Albert County. Every month, hundreds of people read our publication.

The electronic issue of our mini-magazine is emailed to more than 500 subscribers and many others read the issue online. Also, hundreds of free full-colour print copies are distributed each month throughout rural Albert County. Once a year, we mail an issue to every household in rural Albert County—that’s more than 2300 homes from Stoney Creek to Alma, Parkindale and Elgin.

We hope you will consider advertising in Connecting Albert County.

CAC 2020-21 rates	Full year	Six months	Trail issue
Non-profit supporter	\$100	n/a	n/a
Business supporter	\$150	n/a	n/a
Business card ad	\$400	\$250	\$200
Quarter page ad	\$1350	\$800	\$350
Half page ad	\$1600	\$1200	\$500
Full page ad	\$2000	\$1500	\$800

If you purchase a full-year business card size ad or larger, you will receive a 15% discount on ads in the Trail issue.

We offer a 5% discount for members of the Albert County Chamber of Commerce.

Note that the quarter, half and full page ads can be changed each month; business card ads remain the same each month.

All advertisers and supporters are listed in each e-publication and back cover of printed issue. Each listing includes a link to the business or organization’s website or Facebook page.

Connecting Albert County: Exploring Our Trails (see page 16). A minimum of 1000 full-colour copies of this special issue will be distributed throughout Albert County, as well as St. Martins and Sussex. We expect that people will keep the publication and refer to it often when planning an outing by foot, snowshoe, mountain bike, fatbike or skis.

We will also send pdfs to 500+ regular subscribers and make the pdf available for download for future reference. We will share the link to the downloadable pdf on websites and Facebook pages of trail organizations, naturalist groups, local organizations, municipalities and many more places.

For details, please contact Janet Wallace at info@ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

BENNETT AND ALBERT COUNTY HEALTH CARE (BACH) FOUNDATION

The Bennett and Albert County Health Care (BACH) Foundation helps create a healthy, vibrant community. The BACH Foundation improves access to health care services in rural Albert County and supports programs that improve community health.

BACH Foundation supports:

- Albert County Community Health Centre in Riverside-Albert & satellite clinic in Hillsborough.
- Tele-Drive Albert County
- Little Rocks Curling
- School Spin Bikes
- Connecting Albert County
- Tele-Health
- Forest Dale Home Van
- Literacy Express
- Sistema Hillsborough
- Imagination Library



By donating to the Bennett and Albert County Health Care Foundation, you are investing in a healthier community.

bachfoundation@horizonnb.ca, 882-3100

bachfoundation.com

Yes, I want to help

have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre



BENNETT & ALBERT COUNTY HEALTH CARE FOUNDATION

I would like to contribute a monthly amount of \$ _____ TO BE DEDUCTED ON: 1st or 15th of the month

I would like to contribute a one-time gift of \$ _____

Name: _____ Telephone: _____

Address: _____

City/Town: _____ Province: _____ Postal Code: _____

E-mail: _____

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

I prefer to use my: VISA MasterCard

Card Number: _____

Expiry Date (month/year): _____

Signature: _____

Charitable Registration: 8690191 33 RR0001

Bennett and Albert County Health Care Foundation
8 Forestdale Road, Riverside-Albert, NB E4H 3Y7
Tel 506-882-3100 Fax: 506-882-3101

Donate online at www.bachfoundation.com



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.

We also welcome donations.

Bennett and Albert County Health Care (BACH) Foundation www.bachfoundation.com

Albert County Pharmacy www.Facebook.com/AlbertCountyPharmacy

Hon. Rob Moore, MP for Fundy Royal RobMoore.ca

Albert County 175 AC175.net

CBDC Westmorland Albert www.CBDC.ca

OMISTA Credit Union www.OMISTA.ca

Albert County Chamber of Commerce www.albertcountychamber.com

Crooked Creek Convenience www.Facebook.com/ccconvenience

East Coast Kids Child Care & Learning Centre www.eastcoastkids.ca

Village of Hillsborough villageofhillsborough.ca

Village of Riverside-Albert www.riverside-albert.ca

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

The Calvert Family (private donation)

Broadleaf Ranch www.broadleafranch.ca

Chipoudy Communities Revitalization Committee www.Facebook.com/communityrevitalization

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

Friends of Fundy/Fundy Guild www.Facebook.com/FundyGuild

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

Hillsborough Baptist Church hillsboroughbaptist.org

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

Village of Alma villageofalma.ca