

# Connecting Albert County

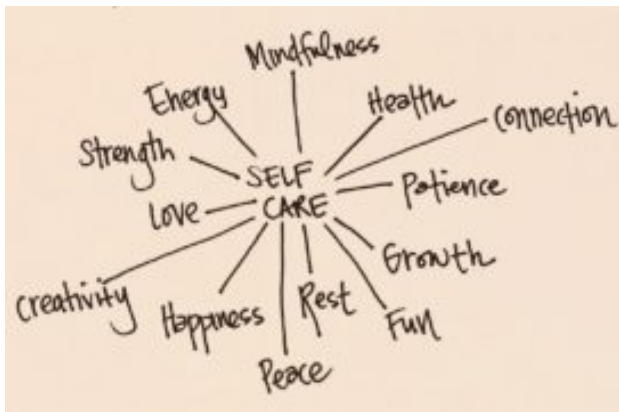
October 2020

FREE PUBLICATION

## The Myth of Self-Care *By Alicia O'Hara*

When I say 'self-care,' what's the first thing that comes to mind? Is it a bubble bath, shopping trip, indulgence in food or drink, massages or manicure? In reality, it's much less glamorous.

Self-care is simple and usually doesn't cost a cent. It is both easy to do and easy not to do. In times of uncertainty, looking after our well-being is the best time investment.



Here are my top six tips:

### 1. Routine, routine, routine!

Keep a daily or weekly routine with planned activities. Even adults thrive in routine. This is especially important during times of isolation or quarantine. Make a chart to break down the day or week with tasks or activities you would like to complete. Schedule in your shower, lunch, reading a book, taking a walk, gardening, cleaning the bathroom (I know, I know... who wants to clean their bathroom on a *good* day?), or a video date with your family.

### 2. Sleep hygiene

Sleep has a major impact on overall well-being and mood. Quality over quantity! If you struggle to fall asleep, here are six tips for maintaining healthy sleep hygiene:

- Shut off electronics one hour before bed
- Go to bed at the same time every night
- Follow a bedtime routine
  - Limit your day naps
  - Exercise during the day
  - Get some sunshine!

### 3. Journal

Write it out! The good, the bad, and the ugly. Journaling is an excellent way to let your worries out to keep them from becoming overwhelming or consuming. It doesn't have to be fancy or perfect. It doesn't even have to be neat and tidy. You don't even have to go back and reread what you've written. This is the process of just dumping the thoughts, worries and feelings somewhere to help you process them.

### 4. Identify what you can control

When life is uncertain, it's easy to be consumed with what we can't control. Try to focus on what you can control. Some examples of things you can control:

- Your routine at home
- What time you wake up in the morning
- What you eat
- Getting outside
- Your use of social media. (*Cont. on page 2.*)

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## Connecting Albert County

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### 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.

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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.

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*"Self-care" continued from last page.*

Identify the things you can't control and let them go. Examples of things you can't control (but you need to let go of):

- Trying to predict the future
- What others are or aren't doing
- Whether or not there is going to be toilet paper at the grocery store.

### 5. Avoid toxic social media and news

Limit time on social media and watching news. While it's important to stay informed, avoid becoming overloaded with information. This can contribute to feelings of anxiety and depression.

### 6. Mindfulness

I encourage everyone to make time for mindfulness every day. Mindfulness means taking time to focus on the present moment. For some, it might be drinking your coffee silently in the morning,

savouring the taste, and noticing the heat against your lips as you drink it. For others, it could be walking along the beach and noticing the feel of the sand between your toes and the cool breeze on your face.

There are many different mindfulness exercises, including meditation, deep breathing, progressive muscle relaxation, noticing with your five senses, etc. Free apps, like *Insight Timer*, have free live events, 5-minute to 20-minute guided meditations, and mini-courses you can take to improve your mindfulness skills.

*Alicia O'Hara is a social worker at Horizon's Albert County Community Health Centre.*

*The Bennett and Albert County Health Care (BACH) Foundation raises funds to support the services provided by the Albert County Community Health Centre including equipment and staff education.*

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

## Old Church Farmers' Market in Hillsborough

We would like to remind you that the Farmers' Market is open every Saturday from 9am to 2pm. The last market of the season is Saturday, October 10th, the second weekend of October (and Thanksgiving weekend).

We would also like to thank you for your dedicated patronage and support during this strange summer. Following COVID-19 regulations has made it difficult to host events and have vendors this summer, but we enjoyed seeing you nonetheless, mask-covered faces or not.

In regards to our Old-Fashioned Christmas Market, we fully intend to make this happen. We are unsure at this time what it will look like, but keep an eye out for more information.

Thanks so much and see you at the market!

Sincerely, the Farmers' Market vendors.

### The Old Church Farmers' Market: Saturdays from 9am to 2pm



2807 Main St., Hillsborough

[www.facebook.com/The-Old-Church-Farmers-Market-110454250674986/](https://www.facebook.com/The-Old-Church-Farmers-Market-110454250674986/)

## Flu Shots Coming Soon

The COVID-19 pandemic has created challenges for the delivery of the 2020 seasonal influenza vaccine. Staff from Horizon's Albert County Community Health Centre (ACCHC) will be offering flu clinics at the following locations:

- Albert County Community Health Centre
- Alma Activity Centre
- Hillsborough Kiwanis Centre.

Flu vaccines are free of charge.

Public Health guidelines around physical distancing and mask usage will be enforced.

Follow Horizon Health Network on Facebook, Twitter and Instagram to stay up to date with the vaccine's availability. Stay tuned!

Flu shots will also be available at Guardian's Albert County Pharmacy in Riverside-Albert, other pharmacies and other health centres.



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**COVID-19 will most likely be with us throughout the 2020-2021 flu season so getting a flu vaccine is more important than ever this year.**

**Getting a flu shot can:**

- decrease stress on the healthcare system by reducing flu-related hospitalizations and help preserve resources,
- reduce the risk and consequences of co-infection with two respiratory viruses,
- help doctors distinguish between flu and COVID-19 infections (which can appear very similar), and
- help protect vulnerable populations.

**It can take up to two weeks for the flu vaccine to take effect so be sure to get your flu vaccine early.**

Please call ahead to book an appointment or if you would like more information.

**Check out our monthly flyer on our Facebook page! [facebook.com/AlbertCountyPharmacy](https://facebook.com/AlbertCountyPharmacy)**

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# Help for People Facing Domestic Violence

By Janet Wallace

It's easy to feel helpless when you, or someone you know, is facing domestic violence. Fortunately, there is a new service available that can help you take the first steps, whether it is identifying what is domestic violence, learning what resources are available, or making plans to leave an unhealthy relationship.

On the first Friday of every month, Melissa Godin-Belliveau will be ready to meet people (by appointment) at the Albert County Community Health Centre in Riverside-Albert from 8am to 4pm. She can offer support, answer questions and, if she can't help, she will provide referrals to relevant services and organizations. Her goal is to ensure the people she meets feel safe, and are safe.

Melissa Godin-Belliveau is an outreach worker with Crossroads for Women, a transition house in Moncton for women and children facing domestic violence, but that doesn't mean you need to be a woman ready to leave your house before you call her. She can answer questions you may have related to domestic violence. She also provides services to men and transgender people. Melissa can provide help in many different ways; for example, she can describe the cycle of violence or go into court with you to provide support.

If you would like to talk to Melissa, you may call, text or email her to set up an appointment. If you can't see her in Riverside-Albert or would like to talk to her when she is not at the Albert County Community Health Centre, you can set up an appointment to just talk over the phone. Note that if you need to talk to someone right away, there is a 24-hour crisis line (see numbers below). If you feel you are in immediate danger, call 911.

Melissa Godin-Belliveau: call/text at 506-381-8808 or email [melissab@crossroadsforwomen.ca](mailto:melissab@crossroadsforwomen.ca).

Crisis line: 1-844-853-0811 available 24 hours, every day of the week.

## What is Domestic Violence?

When we think about domestic violence, we often first think of physical violence; however, violence can come in many different forms. It can be:

**Physical:** Causing physical harm to a partner.

**Sexual:** When a person forces their partner to perform any form of sexual activity without their consent.

**Financial:** When someone has control over your finances, either by withholding money, or by interfering with your job or credit score.

**Spiritual:** Isolating a person from their religion, faith, or beliefs. This can look like not letting a person attend religious gatherings, practice their faith, mocking the other's beliefs and/or religion.

**Psychological/emotional:** When a partner will intimidate and manipulate you. They will often isolate the person from family and friends. (insulting, humiliating, blaming, degrading, etc.)

It is hard to understand what it is like to be abused if you aren't in the situation yourself. If you think someone you know is being abused, don't be afraid to reach out.

## Signs of abuse may include:

- Second guessing yourself and not being able to make a decision
- Losing your connection with family and friends
- Loss of self-confidence
- Self-harm or sudden change in behavior
- Increased anxiety or depression.

You are not alone. Help is available. It is not your fault.

## The cycle of violence:

**Tension building:** The demands on, and the stresses in, the relationship increase. There is an increase in aggressive behavior.

**Violent episode:** Abuse can be physical, sexual, psychological, emotional, financial and spiritual.

**Honeymoon:** This is characterized by a calm, non-violent, or loving period of time after an abusive episode.

As the cycle starts, the survivor starts going in and out of the relationship. It often takes many attempts to make a final decision to leave for good. Feelings of guilt, insecurity, and concern for the well-being of children play a strong role in the survivor's decision-making process.

*The information in this column is reprinted with permission from Crossroads for Women.*



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## Autumn Dragonflies *By Denis Doucet*

This time of year, I am often asked "What is that little red dragonfly that is so common these days?".

"Probably a kind of Meadowhawk," I answer. Indeed, some folks are surprised to learn there are actually several kinds. As fall arrives, insect activity starts to decline, but there is still plenty of nice stuff to see before the snow flies. In the world of dragonflies, the fall skies are largely dominated by varieties of big blue Darners and the smaller, little red and black Meadowhawks and a sprinkling of Emeralds. Here are two Meadowhawks with their English name we have in our neck of the woods. Enjoy! I hope you will also spend a little time getting to know them at a pond, lake, or bog near you this month. You won't regret it!



Left: Black Meadowhawk (*Sympetrum danae*);  
Above: Autumn Meadowhawk (*Sympetrum vicinum*).

*Images by Denis Doucet.*



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## A Trip on the Wilfred C in 1905

Provided by Dawne (Wright) McLean

*Reprinted (with minor edits) from the June 1908 (Volume 1) issue of the Shepody Loyal, which was a quarterly publication produced by the students of Riverside Consolidated School.*

Great excitement was created at Riverside Consolidated School a short time ago when it was announced that Mr. F. W. Sumner of Moncton had promised a school trip on the Shepody Navigation Company's steamer, the *Wilfred C*. The day fixed for the excursion was Friday, June 12th. On the morning of that day, nearly all the pupils of the school, together with many of the older people interested in the school, assembled at the Riverside Wharf.



**The Wilfred C**

About eight o'clock the steamer set sail, although the weather did not look very propitious. The steamer was lined with umbrellas and one young lady had the misfortune to let her umbrella fall overboard.

We passed out of the Shepody River and landed on Grindstone Island. This is a small island scarcely a mile long and about half a mile wide. There is a lighthouse and a foghorn station on the island, and a man and his family stay there and tend them.

As the weather was still damp, we decided to stay on the island for about half an hour so that we could get off on the same tide. Most of us made good use of this half hour. We climbed to the top of the lighthouse and the lighthouse-keeper, to the great amusement of the young people, blew the foghorn several times. Many people had not yet been to the top of the lighthouse when the steamer blew for us to return. We then sailed round the island and came close up to a large steamer that was loading deals [softwood lumber or sawn boards] in the Five Fathom Hole.\*

After this, we decided to go to Pink Rock wharf, which is about three miles from Cape Maranguin [at the tip of the peninsula that separates Shepody Bay from Cumberland Basin near Rockport]. It is so-named on account of the pink rock or gypsum mined there and exported by the Albert Manufacturing Company.

Just before we landed, the sun came out and we were not sorry that we had decided to stay. No sooner had the steamer touched the wharf than the passengers, with lunch baskets in their hands, scattered over the beach and adjoining highland. The day soon passed in studying botany and mineralogy and wandering about the beach. Many of the boys went in bathing, but, as they found the water rather cold, they soon returned. About eight o'clock, the steamer's whistle announced the time for departing, and people came running in from all directions for fear of being left behind.

The return trip was delightful. The sun was just setting and its slanting rays, as they fell on the sea, made it appear beautiful indeed. The students grouped themselves all over the steamer and enjoyed the sail. Occasionally the strains of a familiar song burst forth from some merry group and some of the young ladies succeeded in getting the French cook to sing a song in his native tongue.

Amid these enjoyments, we were suddenly called to order by our principal, Mr. Trueman. It was moved by Mr. Peacock and seconded by ex-Governor McClelan<sup>†</sup>, that a vote of thanks be extended to Mr. Sumner for his generosity and kindness in giving us the boat for the trip. The vote on this motion was unanimous. It was then moved and seconded that a vote of thanks be also extended to Captain Dixon and his crew, for their efforts to make the trip pleasant. It is needless to say that the vote on this was also unanimous. All too soon, the steamer's whistle announced that we were approaching the Riverside Wharf.

Our delightful trip was at an end, but many of us look forward to the next year's trip on the *Wilfred C*, which Mr. Sumner has so kindly promised to us.

*\*Grindstone Island marks the entrance to "Five Fathom Hole," deep water that provides a safe refuge for vessels on the eastern side of the upper Shepody Bay. When ocean trading ships were sailing out of the Bay of Fundy, the ships would anchor there to load and offload cargo using smaller ships.*

*†The former Lt. Governor Abner Reid McClelan was New Brunswick's Lt. Governor from 1896-1902. After retiring, he continued to live in Riverside at his stately home called Victoria Manor. McClelan was dedicated to bringing improvements to his home community. He contributed \$5,000 (1/4 of the cost) to the building of the Riverside Consolidated School in 1905. He attended anything going on at the school; therefore, he was on the Wilfred C trip (and probably instrumental in arranging it).*

# Walking for Health and Wellness

By Nadine Chiasson-Peters

Walking is the perfect exercise for good physical and mental health. Almost anyone can do it and at any skill level—from grandparents to children. It's easy, convenient and inexpensive—all you need is a good pair of shoes.

Every spring, thousands of Canadians hit the pavement in a splurge of walking and hiking outings after being holed up inside during the winter months. This was even more difficult thanks to the COVID-19 pandemic.

Sore backs, hips, knees and leg muscles are often the result of these bursts of activity. More than six out of ten people who start an exercise program drop out within the first six weeks because of an injury.

The most important way to prevent injury is to start with a proper exercise program. When starting out, goal-setting is key. Set realistic goals based on your current health, family history and your willingness to make changes.

Health Canada tells us we should aim for a daily minimum of 30 minutes of moderate cardiovascular activity or taking 10,000 steps/day. Using a pedometer will help you achieve this goal.

Walking is one of the safest ways to condition your body aerobically. It can

boost energy, help with weight loss and reduce stress. It will also help strengthen your heart and lungs, lower cholesterol levels, control blood sugar levels and help strengthen bones.

## How do we begin?

First, establish a personal baseline: walk as much as you can comfortably for a length of time that is easily tolerated. Then, try to increase that baseline distance by 10% each week. For example, if your baseline is 1 km, then the next week, walk 1.1 km. Continue this gradual increase until you're walking 30 to 60 minutes per day.

Once this is achieved, increase the distance walked within this time frame to continue to improve your fitness.

Remember: the goal is to develop a habit of regular physical activity at a level that is right for you.

Walking works for everyone. You can do it anywhere, anytime.

So, start today and watch your fitness goals be achieved! See you on the road to health and wellness.

*Nadine Chiasson-Peters, PT, is with the Physiotherapy Department Horizon Health Network.*

*Image by Jennifer Shelby.*



**Learn more about Albert County Trails at [ConnectingAlbertCounty.org/Trails](http://ConnectingAlbertCounty.org/Trails)**



## Volunteer with Connecting Albert County

We invite you to join the Connecting Albert County team! Help us spread the news and celebrate the wonderful aspects of our community, culture and environment. You can meet new people and learn new skills (we provide training, if needed). You can be the first to find out about events and news happening in your neighbourhood. Connecting Albert County is looking for volunteers for the following positions.

**Photocopiers:** businesses or organizations that can photocopy our publication in colour or black and white.

**Proofreaders:** help proofread each issue for 2 hrs./month.

**Website helper:** post articles (written by others) on our website using Weebly. Requires 2 hrs/month, 1-2 hours of training upfront.

**Delivery people:** deliver our publication; 1-2 hrs./mo.

**Board members:** join our board of directors. Much of the work is done by email with four meetings a year.

**Community liaisons:** our hands and feet in the community. These people will help us engage with their community and share more local news, stories, and events. A community liaison can focus on one community or rural Albert County as a whole. Takes 2-4 hrs./month.

**Writers & photographers:** contribute your stories and photographs. We welcome stories on the people, history, culture and environment of rural Albert County. We also welcome articles that promote healthy living, including tips on eating healthy food, gardening, being active outside and in the community, volunteering and much more.

For details, email [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org).

[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org) ~ 7

## Recipe Corner: Potatoes

Potatoes played a role in the history of Atlantic Canada. The Lumper potato particularly was in part responsible for the immigration of many Irish settlers. When we eat potatoes today, we can thank the Incas.

The wild potatoes found in South American mountains, specifically the Andes in Peru and Ecuador, are small and somewhat toxic. However, after generations of Inca farmers selected the largest and best-tasting tubers to plant, they ended up with potatoes similar to those on our tables today.

Explorers (and/or invaders) brought potatoes from South America to Europe. At first, potatoes were a novelty. Later, people recognized that the crop could produce an incredible amount of food per acre, far more than grain. The potato is one of the few foods that can sustain humans as a sole food source.

Some historians suggest that the arrival of potatoes ended the frequent famines that afflicted Europe and, as such, may be partially responsible for the success of European colonization of many other parts of the world.

After 1845, however, people would never again see potatoes as a way to end famine... The Lumper potato was grown throughout Ireland in the early 1880s largely because of its ability to produce heavy yields in poor soil. In the early to mid-1800s, potatoes provided the bulk of the diet of many rural poor in Ireland.

The extreme dependence on one crop, and one clonal variety, set the stage for the Irish famine. Unlike most crops, potatoes are not grown from seed. Instead, tubers are planted. In this way, the original potato is cloned. Essentially, all potatoes of a certain variety are genetically identical (except for very rare mutations). As a result, potatoes and other plants propagated like this tend to be particularly vulnerable to epidemics.

Lumper was susceptible to potato late blight, which destroyed about one-third of Ireland's potato crop in 1845 and almost all of it in 1846. Potatoes rotted in the fields or in storage. The blight had catastrophic consequences, including food riots and mass death from starvation.

### Did the Lumper potato cause the potato famine?

The vulnerability of the potato to blight was only one part of the equation. The poverty that forced so many people to rely on potatoes for sustenance was the underlying factor leading to the famine. More than a million people died as a result of the Irish Potato Famine, and approximately two million people emigrated to the colonies, including what is now Canada.

*By Janet Wallace*

### Neeps and tatties (Scottish dish)

- 8 baking potatoes, peeled and cubed
- 1½-2 lbs rutabaga (Swede), peeled and cubed
- Milk
- Butter
- 1 tsp dried thyme
- 1 Tbsp maple syrup
- Salt and pepper
- ¼ cup fresh shredded parmesan (optional)

◆ Fill pot with water. Add salt and maple syrup. Bring to a boil. Add rutabaga. Boil 5 minutes; add potatoes. Boil until cubes start falling apart. Drain.

◆ Add milk and butter, mash potatoes and rutabaga until desired thickness. Add salt and pepper to taste.

◆ Spread mashed vegetables in a greased cast-iron skillet. Sprinkle with thyme and parmesan if desired. Bake at 300°F for 20 minutes or until it starts to brown. Cut into slices. Serve.

*By Angela MacDougall, Fundy Farms: local harvest, Edgett's Landing*



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## Rosemary root vegetables

“These are known in my extended family as ‘Jen’s root vegetables’ and we will almost always have them at family dinners during holiday season. There is no specified temperature for cooking them: my brother-in-law likes a hot oven and I like a long, slow cook for almost 1½-hours until they are crunchy like French fries. You can also vary the vegetable mix any way you like to suit your very own picky eaters!” says Jennifer.

“There are no firm and fast quantities specified because this recipe gets expanded to meet the size of the crowd that is coming for dinner. These make a colourful addition to ham, turkey, roast beef or whatever you’re serving. Vegetables should be cut to be uniform in size so they cook evenly. You can put tin foil over the trays to steam cook them for the first half-hour if you don’t like them too crunchy.”

- 3 large onions, cut in wedges
- 1 small bag of parsnips, peeled, cut into spears
- As many medium-size potatoes as you have people, scrubbed, cut in wedges
- 1 small bag of carrots, peeled, cut into spears
- 1 small bag of beets (optional), peeled, cut into small wedges
- Several handfuls of fresh rosemary, chopped finely
- Sea salt to taste

◆ Coat several baking trays with lots of olive oil. Place vegetables on the trays, turning them to coat with oil. I put similar vegetables together so that they cook at the same rate; you can slow down the vegetables that cook too fast by moving them to a cooler spot in the oven. Cook beets separately or everything can turn pink!

◆ Cook at 350°F for 1½ hours or in a hotter oven for shorter time (whatever temperature your roast is at).

◆ Put the timer on for 30 minutes at a time and turn the vegetables to cook evenly.

◆ Add salt and rosemary as needed each time. The vegetables will be done when they look, smell and taste done.

You can pull them out of the oven to cook the roast and then put them back in for a half-hour to finish at the end.

Jennifer McKenzie

An excerpt from the Albert County Museum cookbook: *Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*. The book is \$8 (no tax) for 200+ recipes and stories about the people and foods of Atlantic Canada. Buy at [www.albertcountymuseum.com/giftshoponline](http://www.albertcountymuseum.com/giftshoponline) or at the Albert County Museum in Hopewell Cape.



### The Old Church Farmers' Market

2807 Main Street,  
Hillsborough

**Saturdays 9am to 2pm**

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

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Tel 506-882-3100 Fax: 506-882-3101

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BENNETT & ALBERT COUNTY HEALTH CARE FOUNDATION

# Community Calendar

**Saturday, September 26**

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

**Sunday, September 27**

**Team ABConnect Walk/Run for Women-5km.** 10-11:30am. Run starts in Hillsborough at airplane close to Brain Freeze Ice Cream. ABConnect joins walkers & runners in the 1st Shoppers DrugMart™ virtual Run for Women. Event raises money to help women's mental health programs; 100% of funds raised will go directly to programs in Moncton's Beausejour Family Crisis Resource Centre, a registered charity offering counselling and support to individuals suffering from mental health issues and victims of family violence in Southeast NB.

[runforwomen.ca/Cities/Moncton.aspx](http://runforwomen.ca/Cities/Moncton.aspx)

**Thursday, October 1**

**Crossroads for Women Meet and Greet.** 6-8pm at the Visitor Information Centre, 2861 Main St., Hillsborough. Drop in to meet Melissa Godin-Belliveau, a Crossroads for Women outreach worker. Crossroads is a transition house in Moncton for women and children facing domestic violence. See article on page 4.

**Friday, October 2**

**Crossroads for Women.** 9am-3pm. Albert County Community Health Centre (Lower entrance). One-on-one support for women experiencing domestic violence. Appointments set for the 1st Friday of each month. See p. 4. Call/ text Melissa (381-8808)/email [melissab@crossroadsforwomen.ca](mailto:melissab@crossroadsforwomen.ca).

**Saturday, October 3**

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

**Saturday, October 10**

**Old Church Farmers' Market.** 9am-2pm. 2807 Main St, Hillsborough. Last market of the season!

**Wednesday, October 14**

**Launch of Alma's Lobster Fishing Fleet.** 8am.

**Thursday, October 15**

**Albert County Historical Society AGM.** See details on page 11.

**Saturday, October 17**

**1845 Albert County Dinner.** See details on page 12.

**Wednesday, October 21**

**Mobile EnviroDepot-Alma.** 12-8pm. Activity Centre parking lot. Details on the right.

**Thursday, October 22**

**Mobile EnviroDepot-Alma.** 12-8pm. Activity Centre parking lot. Details on the right.

**Saturday, October 24**

**Moonshine, Madness & Murder.** See page 11 for details.

**Monday, October 26**

**Connecting Albert County AGM.** 3:30-5pm. The public is welcome by Zoom. Please contact [info@ConnectingAlbertCounty.org](mailto:info@ConnectingAlbertCounty.org) for details.

**Friday, November 6**

**Crossroads for Women.** See October 2nd entry and article on page 4.

**Wednesday, November 11**

**Sunrise Flag Lowering.** See page 12.

**Wednesday, November 25**

**Mobile EnviroDepot-Hillsborough.** 12-8pm. Kiwanis parking lot. Details on the right.

**Thursday, November 26**

**Mobile EnviroDepot-Hillsborough.** 12-8pm. Kiwanis parking lot. Details on the right.

Check out our online calendar at [ConnectingAlbertCounty.org/Calendar](http://ConnectingAlbertCounty.org/Calendar).

## 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/truck tires (maximum of 20" diameter, limit 8/person)
- Brush, branches, 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. Details: [www.eco-360.ca/mobile-eco-depot-program](http://www.eco-360.ca/mobile-eco-depot-program)

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

Over the course of 2020, we are telling the stories of every community in Albert County, which includes River-view and hugs the shores of the Petitcodiac River to the Bay of Fundy. Albert County features some of the most iconic treasures in New Brunswick, such as the beautiful Fundy National Park, Hopewell Rocks, Cape Enrage, and inland areas stretching beyond Caledonia Mountain in all directions. This celebration is presented by the Albert County Historical Society, Government of Canada, Province of New Brunswick and Hopewell Rocks.

Digital means of storytelling will be used, including "Photo-A-Day," an AC175 Podcast, "Home Schooling" history reading lessons, social media platforms and videos. We are also working with publications, such as *Connecting Albert County* and other media outlets including tv, radio, newspapers and magazines, bringing the story of Albert County to you!

You may have received the special Albert County 175 Souvenir Booklet in your mailbox! We sent copies to every household in Albert County, all 15,000 of them according to Canada Post! An additional 5,000 copies were printed and extra copies are available at the Albert County Museum (by donation). If you did not receive a copy or have a request for several copies for your community group, school or business, please let us know and we will make arrangements to provide copies. Call us during business hours at 734-2003.

**Albert County 175 Collectors Pins!** Only 500 will be available. These are made in New Brunswick by Aitkens Pewter! Priced at only \$25, you will receive a one-of-a-kind lapel pin featuring the beautiful AC175 logo, a membership to the Albert County Historical Society, a season's pass to the Albert County Museum for both the 2020 and 2021 seasons, a copy of the Souvenir Magazine and an entry into the draw for the Albert County Prize Package. The proceeds go towards supporting the work of the Historical Society and AC175 programming. Purchase yours while supplies last at [albertcountymuseum.com/AC175Pin](http://albertcountymuseum.com/AC175Pin).

**AC175 Barn Quilt** In honour of the Annual Quilt Show & Sale and the Barn Quilt Trail that we will be working on in the coming years, we have designed and painted a special AC175 Barn Quilt. Visit the Albert County Museum to see the beautiful barn quilt featuring the iconic scenes of our county!



**Enter to win at AC175.ca!** We are drawing for an Albert County Prize Package! There are three ways to enter:

- 1) Visit our website and fill out a prize ballot.
- 2) Enter a photo or story, and your name will go into the draw.
- 3) Visit the Albert County Museum and a prize ballot will be given for every paid admission.

## Notice of Annual General Meeting

Join us for the Annual General Meeting of the Albert County Historical Society (ACHS) on Thursday, October 15th at 7:30pm in the Hopewell Cape Community Hall (12 Hopewell Cross Road, Hopewell Cape).

We will be set up for safe social distancing and masks are encouraged. Join us as we review activities and finances of the Society and the Albert County Museum, as well as a review of Albert County 175. Election of the ACHS Board of Directors will also be taking place at the Annual Meeting. If you are a member of the society or are planning to join and would like to be on our Board of Directors, please email [phyllis.sutherland@gmail.com](mailto:phyllis.sutherland@gmail.com).

*A message from the Albert County Historical Society Board of Directors*

**Moonshine, Madness & Murder** A spooky evening of history & horror  
Saturday, October 24 @ Albert County Museum

Step back in time to the days of prohibition, when the shores of Albert County hid hustlers, miscreants, moonshiners, and yes, maybe even murderers. Step back in time to a secret speakeasy and solve the mystery... if you survive long enough.

Advance Tickets Only. \$25/per person plus hst. ABConnect Travel & Tourism Services . 506.232.1057 | [hello@abconnect.ca](mailto:hello@abconnect.ca)

Event begins at 3:30pm. Complementary refreshments throughout. Cash bar with signature drinks!

## Albert County 175 Events

Saturday, October 17 - **1845 Albert County Dinner**. What were people eating here in 1845? You might be surprised! We will share information on a traditional meal including menu items found in 1845 with heritage meats, vegetables, desserts and drinks. Special menus will be shared online.

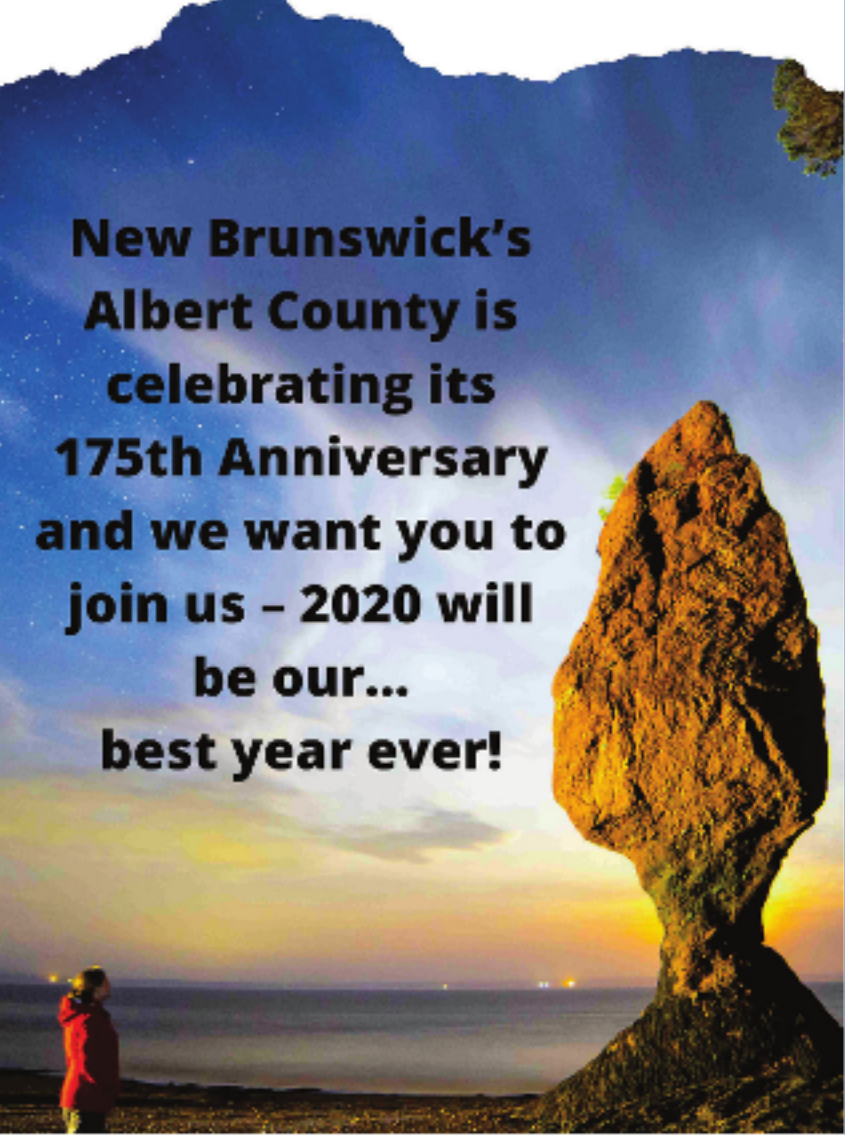

Wednesday, November 11 - **Flag Lowering** at Sunrise at the Hopewell Cape Square as part of the region's Remembrance Day events. The ceremony will be held at the Bennett Monument beside the Albert County Cannons. Show your respect for our veterans and join us (physical distancing of course).

December 28-30 - **Photo Show AC175 Finale Event**. A showcase 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 Photo Show will feature some of the best entries; prizes will be awarded in three categories: Historic, Albert County Today, and Youth Photos (18 and under).

What a great way to celebrate the year! Details to come.



The Albert County 175 celebration is presented by the Albert County Historical Society and is supported by the Governments of Canada and New Brunswick, Hopewell Rocks, Albert County Tourism Association, Albert County Chamber of Commerce, Friends of Fundy, Bayview Chalets & Motel, Connecting Albert County, Ponderosa Pines Campground, Town of Riverview, Villages of Hillsborough, Alma and Riverside-Albert, and Broadleaf Guest Ranch.

Learn more at [AC175.ca](http://AC175.ca) and at [Facebook/albert-countymuseum](https://www.facebook.com/albert-countymuseum), or call 734-2003 or email [ac175@albertcountymuseum.com](mailto:ac175@albertcountymuseum.com).





**New Brunswick's  
Albert County is  
celebrating its  
175th Anniversary  
and we want you to  
join us - 2020 will  
be our...  
best year ever!**

Presented by



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# Hillsborough Public Library

## The Hillsborough Public Library now offers Curbside Pick-up service.

Here's how it works:

- 1) Contact the library to select titles or to let us know what you like so we can select books for you.
- 2) Reserve a time to come pick up the items.
- 3) Ring the exterior doorbell when you arrive. A library employee will bring the items out to you.
- 4) Read, enjoy, repeat!

## Hillsborough Public Library

2849 Main St., Hillsborough, 734-3722

### Hours of Operation

Curbside Pick-Up: Tuesday - Saturday 10am to 12pm

Open to the Public: Tuesday - Saturday 1pm to 4pm

## What to expect when visiting your library:

- The public access computer is available but only for printing and scanning.
- Maximum Capacity. There is a limit on the number of patrons inside at a time. Please be patient as you wait.
- Face Masks. We encourage you to wear a community face mask while visiting your library.
- Physical Distancing. Let's protect each other's space and maintain a two-metre distance.
- Limited Library Hours. This library is operating on reduced hours.
- Returned items. Returned items will remain on your account during a 72-hour quarantine period. All returned items are to be placed in the outside book return.
- Grab n' Go. We encourage people to make their visit as brief as possible: 10-15 minutes.

We encourage you to use our online services at  
[www.gnb.ca/publiclibraries](http://www.gnb.ca/publiclibraries).

*Contributed by Victoria Stroud-Arsenault*

# ROB MOORE

## MP, Fundy Royal



### Constituency Office

599 Main Street, Hampton

[Rob.Moore@parl.gc.ca](mailto:Rob.Moore@parl.gc.ca)

506-832-4200

## Here For You

Keep up to date on  
News & Events  
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**Friends of Fundy** [Facebook.com/FundyFriends](https://www.facebook.com/FundyFriends)

**Hon. Rob Moore, MP for Fundy Royal** [RobMoore.ca](http://RobMoore.ca)

## Gold

**Albert County 175** [AC175.net](http://AC175.net)

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

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

## Silver

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

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

**Cape Enrage Fundy Log Cabin** [fundycottage.com](http://fundycottage.com)

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

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

**Foods of the Fundy Valley** [facebook.com/FoodsOfTheFundyValley](https://www.facebook.com/FoodsOfTheFundyValley)

**Mike's Bike Shop** [mikesbikeshop.ca](http://mikesbikeshop.ca)

**The Old Church Farmers' Market** [Facebook.com/The-Old-Church-Farmers-Market-110454250674986](https://www.facebook.com/The-Old-Church-Farmers-Market-110454250674986)

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

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

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

## Bronze

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

**Falcon Ridge Inn B&B** [www.falconridgeinn.nb.ca](http://www.falconridgeinn.nb.ca)

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

**Hillsborough Baptist Church** [hillsboroughbaptist.org](http://hillsboroughbaptist.org)

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

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

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 is emailed to 550+ subscribers and many others read the issue online. Hundreds of free print copies are distributed each month throughout rural Albert County. Once a year, we mail an issue to 2300 homes from Stoney Creek to Alma, and to Parkindale and Elgin.

To volunteer, contribute a story or find out more, email [info@ConnectingAlbertCounty.org](mailto:info@ConnectingAlbertCounty.org). To find out more about ads or donations to support our work, visit [ConnectingAlbertCounty.org](http://ConnectingAlbertCounty.org).

For details, please email [info@ConnectingAlbertCounty.org](mailto:info@ConnectingAlbertCounty.org) or mail CAC, 8 Forestdale Road, Riverside-Albert, NB E4H 3Y7.

**We hope you will consider supporting Connecting Albert County.**