

Connecting Albert County

June-July 2017



Picture by Janet Wallace

Tele-Drive. . . My, how far we've come!

By Joseph Gallant

Since the first kilometre was travelled in 2013, Tele-Drive Albert County has offered a door-to-door driving service to those who need help getting where they need to go. Most trips have been for medical appointments, but people have also received rides for banking or shopping, as well as social gatherings. In 2016 alone, we provided 484 rides, travelled 18,124 km, and volunteers gave 1435 hours of their time to this great organization!

New in 2016, people with mobility issues are able to use Tele-Drive thanks to further partnership with Forest Dale Home, which allows the use of the mobility van. This way no one is left out and all residents of Albert County can have a sense of belonging and independence. Currently, two volunteer drivers are licensed and trained to drive the van.

Tele-Drive is a registered charity. All donations are eligible for a tax receipt upon request. To donate, arrange a drive, volunteer, or to find out more, contact Kim at 875-1190.

Starting in June, we will work on a pilot project to offer a similar service to the Tantramar region. The goal is to ensure all of Westmorland and Albert Counties have access to affordable transportation. The project is in partnership with Rural Rides, the Volunteer Centre of Southeastern New Brunswick Volunteer Driver Program, and Westmorland Albert Action.

None of this work would be possible without the support of our most important resource: our volunteer drivers! We also value the generous support of the communities of Albert County, the BACH Foundation, United Way of Greater Moncton & Southeastern New Brunswick and Westmorland Albert Action. Thank you!

Joseph Gallant lives in rural Albert County. He has been a member of the Board of Directors for Tele-Drive Albert County since 2014 and is Chair of Connecting Albert County. Joseph is a Registered Nurse and the Clinical Leader and Community Developer at the Albert County Health and Wellness Centre.

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Connecting Albert County

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Our Mission: To connect rural Albert County through on-line and print communication.

Connecting Albert County

reflects the passion and hard work of many people in Albert County including Lisa Brown, Joanne Butland, Deborah Carr, Joseph Gallant, Mindy Holmstrom, Susan Quinn, Victoria Stroud & Janet Wallace (Coordinator/Editor).

To donate funds, submit articles or provide feedback, email **info@connectingalbertcounty.org** or send mail to CAC, 5836 King St., Riverside-Albert, NB E4H 4B9

Distribution sites:

Limited numbers of free copies are available at the following:

Hillsborough: Scotia Bank, Hillsborough Freshmart, Village Office

Hopewell Cape: Albert County Museum (when open)

Riverside-Albert: Albert County Pharmacy, Crooked Creek Convenience, Forest Dale Home, Albert County Health & Wellness Centre, Village Office

Alma: Harbour View Market and Restaurant, Fundy General Store, Village Office

Copies are also available at www.connectingalbertcounty.org/newsletter

The opinions in our newsletter and website do not necessarily reflect the views and opinions of the individuals who make up Connecting Albert County.

A Word from the Chair

Welcome to the second special issue of Connecting Albert County! It has been two and a half years since our first newsletter was published. It was posted online and emailed to many subscribers; print copies were made available for free at public places throughout rural Albert County. Since then, we have responded to feedback and made changes to what you see in the newsletter and how it is presented.

Last June, thanks to the generous support of the BACH Foundation, we mailed a special issue to every household from Stoney Creek to Alma. I am please to say that this year, we will expand that to include Elgin and Parkindale, again thanks to the generous support of the BACH Foundation.

If this is your first time reading an issue of Connecting Albert County (CAC), you will find it is filled with local stories and the many events happening in the communities.

As a volunteer group, with a paid part-time Coordinator, the tremendous work that you see each month, especially in our special issues, is done by CAC committee members and other people in the community. You can see a list of our committee members in the column to the left. Connecting Albert County strives to be a publication made by the community and for the community. If you would like to share a story or lo-

cal news with others in your community, we want to hear from you! Please contact us at info@connectingalbertcounty.org.

In addition to our newsletter, we also have a website, ConnectingAlbertCounty.org which houses the many great stories and local news items that fill our newsletters. There are also local job listings, information on local community groups and attractions, as well as an up-to-date calendar of events happening throughout rural Albert County.

If you have an event coming up, please visit our calendar page at connectingalbertcounty.org/calendar and enter your event. If you know of an event that is taking place that is missing, please share with others that our calendar can help spread the word and get people out to local events.

Finally, I would like to thank all of the volunteers that contributed to this special issue, as well as our Coordinator, Janet Wallace, for the extra effort she puts into these special issues. I would also like to thank you, our readers and fellow community members, for your support over the past two and a half years.

I hope you enjoy this special issue. Cheers!

Joseph Gallant, Chair

Connecting Albert County

Keep in Touch

Sign up (for free) to receive this publication by email ten times a year. In your email inbox, you will receive a link to the pdf. See past issues and subscribe at www.connectingalbertcounty.org/newsletter.

It Takes a County . . . community health care By Janet Wallace

There is an expression that “it takes a village to raise a child.” In our area, it takes a county to keep a person healthy.

Health and wellness is a community issue. No longer is health defined as simply the absence of disease or injury. Likewise, health care has evolved with the recognition that many factors affect health. For example, a person with limited reading skills might not be able to understand the labels on a medicine bottle or be able to read recipes for healthy meals. A person without a car might lack access to grocery stores or medical appointments. A person who is isolated lacks the social network that is critical to a healthy lifestyle.

What does rural Albert County need to be healthier? According to the Community Health Needs Assessment, we need to strengthen, expand or improve the following (among other factors):

- Health services in Hillsborough
- Access to mental health services

- Mental coping strategies of youth
- Safe, affordable housing
- Support for young families
- Access to affordable, healthy food
- Programs and services to allow seniors to become more engaged, connected and mobile
- Access to affordable transportation.

Various community groups work in rural Albert County to meet these needs. Many receive financial support from the Bennett and Albert County Health Care (BACH) Foundation. You can help BACH continue to fund these programs by donating to the Foundation. A pledge form is on page 6 and at www.bachfoundation.com. For a day of fun and fundraising, come to the BACH Golf Tournament June 17 (see page 12 for details).

Mix and Match Community Programs

Test your knowledge of Albert County programs that contribute to community health.

Draw a line between the program and its description. The answers are on page 4.

Program funded by BACH	Description
Tele-Drive	Expansion of health care services in Hillsborough.
Spin Bikes	Funding for Moncton Hospital services and equipment.
Literacy Express	Free music program that helps students develop self-confidence while mastering an instrument.
Connecting Albert County	Free preschool program in Hillsborough.
Forest Dale Home Van	A way you can talk with a specialist at a distant hospital while sitting in Riverside-Albert.
Friends of the Moncton Hospital	Website and newsletter featuring community news, articles and events.
Sistema Hillsborough	A way to help elementary students concentrate in the classroom.
Hillsborough Satellite Office	Venue for community meetings, support groups and videoconferencing with medical professionals.
Community room	Vehicle to take nursing home residents and other people to events, medical appointments and the grocery store.
Imagination Library	A system for people without cars to get to where they need to go.
Tele-Health	Program that provides free books to children.

Contributing to a healthy community (cont. from page 3)

The following programs help create a healthy, vibrant community. The BACH Foundation supports these initiatives as well as financing staff training and equipment at the Albert County Health and Wellness Centre. To learn more about a program, see ConnectingAlbertCounty.org/wellness.

Tele-Drive A system for people without cars to get to where they need to go. Tele-Drive helps people get groceries, go to job interviews and see medical professionals in Albert County and beyond. People can also get rides for social activities. In doing so, Tele-Drive helps reduce social isolation of individuals, particularly seniors.

Spin Bikes A way to help elementary students concentrate. Stationary bikes at Hillsborough Elementary and Riverside Consolidated Schools allow students to divert energy into exercise rather than fidgeting, and help the children become more mindful of their behaviour. The overall outcome is a better learning environment for all students.

Literacy Express Free preschool program in Hillsborough. The weekly one-hour program for 3- and 4-year-olds contributes to literacy and early childhood development.

Connecting Albert County Website and newsletter featuring community news, articles and events. One of Connecting Albert County's goals is to help create a healthier, more vibrant community. We try to achieve this in many ways. We let people know about local health services and programs that support healthy lifestyles. We share stories of interesting people, places and activities in our area to help strengthen a sense of pride in rural Albert County. Our calendar enables people to find out about social events. All these elements can help people connect with others, strengthen social bonds and create a healthier community.

Forest Dale Home (FDH) Van Vehicle to take nursing home residents and other community members to events, medical appointments and the grocery store. The FDH Mobility Van was bought by the community through donations to the FDH Foundation and support from BACH. The wheelchair-accessible van brings residents on outings (e.g., Albert County Ex., Fundy Park) and to medical appointments. With Tele-Drive, the van is used to take people to Hillsborough Fresh Mart.

Friends of the Moncton Hospital (FMH) Funding for Moncton Hospital services and equipment. By supporting FMH, which helps the Mon-

ton Hospital "deliver exceptional healthcare and promote wellness," the BACH Foundation helps improve Moncton Hospital's services, which are often used by residents of rural Albert County.

Sistema Hillsborough Free music program that helps students develop self-confidence while mastering an instrument. BACH helps fund the program at Hillsborough Elementary. More than just teaching musical skills, the program helps build self-esteem and teaches students about the values of teamwork, patience and practice.

Hillsborough Satellite Office Expansion of health care services. The Albert County Health and Wellness Centre provides lab services (e.g., blood tests and specimen drop-offs) at 2807 Main St., Hillsborough (Former Hillsborough Baptist Church), Tuesdays & Thursdays 8:30-11:30am. No appointment is necessary but patients must bring Medicare cards and lab requisition forms. Other services will soon be offered in Hillsborough.

Community room Venue for community meetings, support groups and videoconferencing with medical professionals. The room at the Albert County Health and Wellness Centre in Riverside-Albert is available for community groups to use at no cost. The BACH Foundation has funded videoconferencing equipment, which allows the health centre staff to upgrade their skills by 'attending' conferences held far away. Patients use the room for Tele-health (see below).

Imagination Library Program that provides free books to children. The Dolly Parton Imagination Library helps foster literacy and a lifelong love of learning. Once a month, from birth until five years of age, children receive an age-appropriate book in the mail.

Tele-Health A way you can talk with a specialist at a distant hospital while in Riverside-Albert. In the Community Room at the Wellness Centre in Riverside-Albert, patients can see and talk with specialists in other hospitals. This way, people can get the treatment they need without the expense, stress and hassle of driving long distances.

By Janet Wallace

What's Happening at the Public Library

by Victoria Stroud

I remember visiting the library as a child; being reminded by my parents on the way in to be quiet inside, going to the shelves and choosing my books for the week, and in the background hearing people speaking in whispering tones. That was back then. Libraries today are no longer the same quiet space that they were in the past. I want to introduce you to the new library. It is a place where everyone is welcome and you will find much more than books!

Here at the Hillsborough Public Library, we offer a variety of programs that are aimed at different age groups; some happen only once, while others are scheduled on a regular basis. For kids, programs range from Story Time and crafts to science experiments and LEGO® building. For young adults/teens, we have offered a book club, crafts and have invited the Hillsborough Drop-In to visit with us in the afternoon after school.

We also offer programs for adults. Currently we are offering two monthly book clubs; Read and Watch (a monthly book/film club) and a monthly Cookbook Club. We have also offered crafts and computer courses for adults with more to come in the future. We also incorporate the elements of STEAM (Science, Technology, Engineering, Arts and Math) into our programming for all ages.

As the summer is drawing near, it is soon time for our Summer Reading Club. This summer we will offer a multitude of activities that children of all ages will be able to participate in. The theme for this year is "Celebrate!" with activities focusing on Canada and the 150th celebrations. Children are able to register at the library and set a personal reading goal for the summer. For children who cannot read yet, they can still participate by being read to.

We encourage children of all ages and their families to visit the library for more information and to register, or visit the Summer Reading Club website at www1.gnb.ca/0003/src=cle/2017/en/index-e.asp.

The Hillsborough Library Board will host a fundraiser on Tuesday, June 13th at 6:30pm. Join us for our "Paint Party" where you will be able



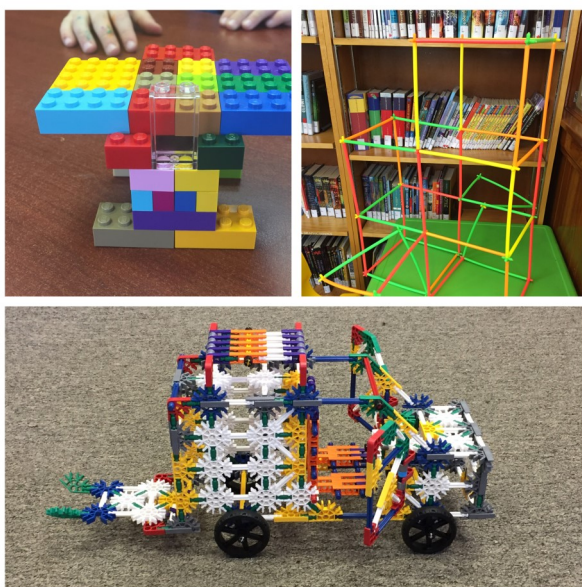
to learn to paint a spring picture step by step. The event is being held at the Hillsborough Kiwanis Club. Tickets are \$27.50 per person and are available at the Hillsborough Public Library. Funds raised will be used to add to the library collection of books and to help us add new technology to the library.

Your library card opens a world of possibilities to you! Besides having access to our provincial collection of books (including e-books and audio books), you also have access to some to online databases such as newspapers, health resources, Rosetta Stone and more.

For more information about the library, our services or programs please visit the library, call us at 734-3722 or email Hillsborough.publiclibrary@gmail.com. You can also follow us on Facebook for up-to-date information on services and programs.

Victoria Stroud has been the Acting Library Manager for the Hillsborough Public Library since August of 2016.

Pictures by Victoria Stroud.



Gardening the Albert County Way

Building Soil by Phyllis Sutherland

The number of books available about gardening has grown exponentially since I started growing plants. Then there is what is available on the internet. Phenomenal.

I do not plan to attempt such writings. In this column, I would like to share what works for me here in Albert County by the marshes with the moisture-laden breezes from Shepody Bay loitering over our property.

What I share may not be for every gardener. Over the years I have come to rely on watching what goes on in Nature, reading whatever I find on gardening, totally avoiding chemicals, including native plants and "weeds" in my collections, and tolerating what may be a mess to others because I do not always have time to keep things "neat." The books would call me an informal gardener; I say English cottage gardens and lichen-covered roadside banks have always been some of my favourite designs.

This column will include some ideas about building soil that I have learned from the experience of starting some garden beds on 10 feet of fill, a mixture of rocks, stones, sand and debris.

An equally important limitation was the restriction of funds for gardening. In other words, what can I do that costs little or nothing?

One of the first things I did was start a compost pile. Books have been written on composting, how to speed up composting, and how to avoid rodents populating compost piles, etc. Over the years, I have come to throwing all plant material on the pile. I try to layer green and brown, wet and dry, live material and dead material, but mostly I only have time to throw it on. I have come to accept that with



Magnolia in May

my strategy, it just takes more time for the plants to decompose. (Actually, Tom Hemenway in *Gaia's Garden* believes that more nutrients are available to plants in compost that was made slowly.)

Because I now include material from the campground, my piles are so big I have to use a tractor bucket to turn. My husband has enjoyed the astonishment from one of our drivers at

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



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

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the beautiful soil created “from all that garbage.”

A learning situation some years ago when I needed an emergency bed over the fill. My experience led to practices that I now use regularly. Country Garden Nursery was shutting their greenhouse down in July and many plants were left over. Tina told me I could have them. With no beds available, I went to work. I covered an area about 10 by 15 feet with thick newspapers and cardboard and hosed it with lots of water. I added any soil I could get and what compost I had and planted the flowers. They survived. Although leggy at first, they bloomed well and I had made a flower bed that I still use. Now variations of such techniques are called lasagna gardening, sheet mulching, etc. The soil below the added soil has improved considerably since this bed was started. This often happens below compost piles as well.

Because the compost pile was so far from some of my beds and I had wheelbarrows of weeds, I started piling the weeds at the back of some of my flower beds where they could be hidden. This has provided lots of soil over the years.

Another strategy is clipping or pruning and burying the cuts at the foot of the plant. I may walk by a plant, and instead of waiting until I have time to find a bucket and prune everything at once, I cut the dead branch or bloom and bury it with my boot at the foot of the plant. (I saw Bob Osborne do this at a rose seminar at Cornhill Nursery.)

Finally, one of the most effective strategies in soil building



is burying plant material or kitchen scraps in the garden beds or in the compost pile. Bury it deep enough to keep it covered and in a few weeks you will see worms feeding on the material.

There are other strategies as well, especially in mulching. These will be material for another column.

Phyllis brings a wealth of knowledge from her experience creating beautiful organic gardens at her home and business, Ponderosa Pines Campground. She has studied gardening in England, Maine and Canada, including a Master Gardener course.

(above) Ken Tower uncovering compost that has been covered to keep the weeds out. The new pile on the right has the winter stalks from the perennials. It will soon be loaded with weeds pulled from the garden. Green on top of brown.

Please send your gardening questions to info@connectingalbertcounty.org.



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The Plan: Running Away from Grindstone Island ***By Betty Weston***

Some of you may already know that I grew up on Grindstone Island, right here in the Bay of Fundy, and this is a true story.

At the tender age of eight years old, I make a heart-felt decision to run away from home. This is in spite of the fact that I am experiencing a childhood under the watchful eyes of two loving parents who are providing 99.9% of all my wants and needs **and** I have my own small island on which I enjoy endless days of fun and play -- days composed of long summer afternoons spent swimming, rowing my boat until the tide goes out, rock climbing and exploring adventures with minimal amounts of chore time and physical work.

On the designated day of my planned departure, I very meticulously pack sufficient sandwiches, cookies and a few more cookies (to carry me over at least two meals) and one large dog treat intended for my accomplice and faithful dog, Rusty.

Naturally, I assume he is as dissatisfied with his life of a healthy balance between napping and meal-time festivities as I am and I assume, naturally, he will accompany me on my one big life journey!

Off to the wharf we go with grand dreams of becoming wild and free, and anticipating years of nothing but adventures in our sights! Oh, what fun we will have! Upon our arrival at the wharf, the comforting and familiar sight and smell of the tide quickly assures me of the "rightness" of my decision to leave this way of life behind in a planned sea adventure.

My new freshly-painted red rowboat (recently built for me that summer by my dad) is finally packed and ready to go and so are we! With my two new shiny oars, I start rowing out of the harbour still dreaming of the

frivolous fun times we will have once we gain our freedom. Rusty seems to be enjoying the voyage as well. He is lying calmly in the back seat of the boat and I am glad I had decided to bring my companion along for company.

Very shortly, we find ourselves at the end of the island heading out into the open sea and we are Nova Scotia-bound! But wait, what is happening here? My little red boat suddenly starts a vigorous swirl in a large circle while I am still rowing straight ahead. What is going on? It is as though the boat has a mind of its own as round and round we helplessly turn. Rusty, help me! Don't just look at me with dog eyes---do something! Seconds turn into minutes and fear is taking over my situation. All of my hopes and dreams are circling in the open waters! Who will help me?

To my surprise, and eventual delight, I see my father in the distance quickly pulling away the ropes which have secured his big boat to the wharf. He is coming to rescue me!

The fact that ebb tide brings about a change in direction at both ends of the island is the one important fact that I overlooked in my exciting escape plan. My father throws me a line. While I face his silent stares in the safety of the big boat, he tows my little

Continued on page 10.



JW

The Workings of the Tides *By Paul Gaudet*

Well, I guess you cannot live in Albert County without knowing or at least wondering how the tides work. The ebb and flow of the tides can have a profound effect on the rural people of our fair county. So I thought I would give a rather simple short course on the anatomy of tidal action.

Let us begin with what causes tides and that is, of course, the gravitational pull of celestial bodies, specifically the sun and the moon. The moon is close to us (about 384,400 km away) and is about 75% responsible for the tide. The sun, although far larger than the moon, is 160 million km away and is responsible for about 25% of our tidal action.

When the sun, moon and earth are in a straight line in that order (which is called “in conjunction”), we experience a “new moon.” Light from the sun is shining down on the moon on one side and we on earth do not see the moon (although it is, of course, there). We call this “the dark side of the moon.” The moon and sun’s gravity pull together and causing a bulge of water to rise on the side of the earth facing the moon.

On the other side of the earth, there is another bulge. On the side of the earth facing the moon, the water is pulled away from the earth; on the other side, the earth is being pulled ahead of the water. It is during this phase that the tides are higher and are called “spring

the moon at right angles with the earth, this is the “first quarter.” The sun and moon are pulling somewhat against one another; this diffuses the gravitational pull and causes the tides to be less high. These are called “neap tides.”

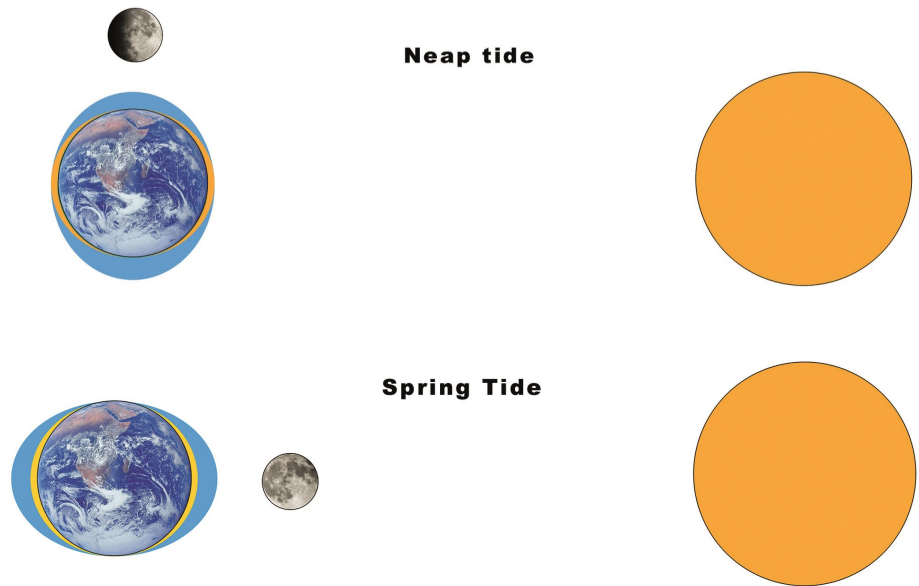


Illustration of the earth, moon and sun at neap tides (quarter moons) and spring tides (at full and new moons).

tides,” which have nothing to do with the season, but rather from a Germanic word “springan” meaning jump up or rise up.

Now when the configuration of the three orbs is the sun then

When the moon comes around so the configuration is sun, earth and moon in a straight line (which is called “in opposition”), we have a full moon. Although the moon and sun are on opposite sides of the earth, they still work together and the tides are again spring tides. When the three amigos are lined up (i.e., new or full moons) then they are in said to be in “syzygy” (now there is a word for you).

The moon then goes around to a right angle with the earth again to the third quarter and we are back to neap tides.

The advertisement features a scenic view of the Hopewell Rocks coastline. The text reads: "The Hopewell Rocks", "Walk on the Ocean Floor!", and "Marchez sur le fond marin!". A diamond-shaped logo contains a silhouette of the province of Alberta and the words "HOPEWELL ROCKS". At the bottom, it provides the phone number "1 877 734-3429", the website "www.thehopewellrocks.ca", and the location "Route 114, Hopewell Cape, Albert County/Comté d'Albert". A row of icons includes a question mark, a person, a telephone, a wheelchair, a stroller, and a Wi-Fi symbol.



Finally the cycle is complete with a new moon once again. This lunar month is roughly 29 days.

To review, the tides are highest at the full and new moons. Not all full and new moons however are equal, there is one very important variable in all of this and that is the position of the moon in its orbit around earth. When the moon is closest to earth (perigee), the gravitational pull is stronger. When perigee occurs at a new or full moon, we have the huge tides – almost 14 metres (46 feet) at Hopewell Rocks and up to 16 metres (52 feet) at certain places in the Bay of Fundy. When the moon is farthest away from earth in its orbit (apogee), the gravitational pull is weaker. Even if this occurs at a new or full moon, the tides may be only

average or perhaps slightly above average.

There you have it in the simplest way I know how to explain it; no doubt this raises many questions in your mind, but alas this is all (and perhaps more than) the space that I have been allotted.

Paul Gaudet is the Interpretive Services Manager at the Hopewell Rocks. Images were provided by the Hopewell Rocks. HopewellRocks.ca

Above: illustration of the difference between high and low tide at Hopewell Rocks.

The Plan. Cont. from page 8.

empty boat back to shore. I am completely embarrassed and disappointed by my failed plan.

Now I cannot honestly say that the rest of my day was extremely pleasant as I listened to both parents lecture me. Suddenly, I realized that unforeseen obstacles can get in the way of a great plan. However, the help I received that day turned out to be more important than the whole plan itself!

Betty Weston lives in New Horton, Albert County, and is the youngest daughter of the last lighthouse keeper on Grindstone Island. She enjoys dividing her time between gardening, hiking, motorcycling and spending her retirement years living near the Bay of Fundy.

WEEKLY EVENTS

Mondays

Free Grocery Trips. Door-to-door service for residents from Alma to Hillsborough to Hillsborough Fresh Mart. If interested in this free service, call 875-1190 or email teledriveac@gmail.com.

Wellness Walkers. 6pm meeting at the Four Corners in Riverside-Albert (Old Bank Museum and Crooked Creek Convenience).

Pickleball. 6:30pm Riverside-Albert Rec Center. Come out and see what this new sport for all ages is all about!

Tuesdays

Zumba, Riverside Albert. Drop-ins welcome. 7:30-8:30 pm. Riverside Consolidated School. For details, contact Evelyn Wachs at 882-2831.

Free After School Program. 2-6pm Hillsborough Baptist Church, open to all children grades K-5. Snacks, arts & crafts, gym time, bible lesson and supper are provided. For details, call New Life Mission at 859-4277 or 734-2379.

Community Drop-in. 10:15-11am. Visit with Forest Dale Home residents and have coffee or tea with muffins.

Canada150: Albert County's Role. July & August at 7pm at Albert County Museum. Whether it be advancements in shipbuilding, big players in politics, or brave WWI soldiers, Albert County's impact has shaped our country. Learn from experts and discover the incredible role we have played in Canada's 150 years. By Donation.

Wednesdays

Shepody Food Bank. 1-3pm. Albert County Health & Wellness Centre. Bring household Medicare numbers.

Hillsborough Kiwanis Bingo 5:30-8:30 pm Doors open at 5:30pm and games begin at 6:30pm.

Wellness Walkers. 6pm meeting at the Four Corners in Riverside Albert (Old Bank Museum and Crooked Creek Convenience).

Thursdays

Chase The Ace - Friends of the Hillsborough Arena. At Hillsborough Golf Course. Buy raffle tickets (3 for \$5) 6-7pm. Draw 7:15 pm. You must be present to win. Proceeds to upgrades & improvements to Hillsborough Arena.

Ladies Night at the Creek. 6pm Call ahead for reservations. Bring a friend or come and make some new ones in a 2-hour paddle on Crooked Creek.

Fridays

Chase the Ace. 6-7:30pm. Last ticket sale 7:15 (3 for \$5). Effort of CCRC & Fundy Curling Club to raise money for curling club & Lifelong Learning Centre at Riverside Consolidated School. At Curling Club, RA. Light supper available. 882-2573, 882-2052, 882-2626.

Saturdays

FFV Farmer's Market. 8am-1pm Old Church, 2807 Main Street, Hillsborough. To become a vendor or learn more, email market@foodsofthefundyvalley.ca. www.facebook.com/Hillsboroughnbfarmersmarket

Sundays

Gardening demos. Learn about organic gardening and history at the Albert County Museum's heritage garden. Janet Wallace will be available most Sundays to demonstrate how to garden organically and save seed, and to describe Atlantic Canada's heirloom vegetables. Exact dates & times depend on weather & plants. For details, see Facebook.com/AlbertCountyMuseum or email garden@albertcountymuseum.com. This project is funded in part by the Government of Canada.

Hillsborough Public

Library – June Events

Story Time. June 2 & 16, 10:30-11:15am. A time for stories and songs every other Friday.

Home School Club. June 6, 11am-12pm. Join us in completing a STEAM Challenge.

Afterschool STEAM Drop-In. June 7 & 14 Try out our STEAM items. STEAM stands for Science, Technology, Engineering, Arts and Math.

LEGO®Night. June 8, 6:00-7:30pm. We provide the blocks, the kids provide the ideas.

Kids Craft. June 10 during open hours. Come in and make a Father's Day themed craft.

Hillsborough Public Library Board-Paint Party Fundraiser June 13th, 6:30 pm at the Hillsborough Kiwanis Centre. Tickets are \$27.50/person, available at the library. Come and learn how to create your own spring-themed painting. All proceeds from the event will go to help purchase new items for the library collection and to purchase new technology for the library. For more information on the event, contact the library.

Hillsborough Library Hours

Tuesday, Wednesday,

Friday & Saturday:

10am-12pm &

1-5pm

Thursday: 1pm-5pm &

6pm-8pm

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COMMUNITY CALENDAR

Thursday, June 8

LEGO®Night. 6-7:30pm. At Hillsborough Library. Details p. 12.

Saturday, June 10

Kids Craft At the Hillsborough Library. See p. 12 for details.

Tuesday, June 13

**Hillsborough Public Library—
Paint Party Fundraiser.** 6:30-9pm. At Kiwanis Centre. Tickets at the library, \$27.50pp. Details p. 12.

Thursday, June 15

Sistema Concert. 7-9pm. At the Hillsborough Elementary School.

Saturday, June 17

BACH Golf Tournament
Bennett and Albert County Health Care (BACH) Foundation's 3rd Annual Golf Tournament at the Hillsborough Golf Club. This is a fun fundraiser. BACH supports the Albert County Health & Wellness Centre and community programs. For details, call Bob Rochon 734-3491. Individuals or teams of 4 can register. Cost: \$20/person for members, \$50pp for non-members (+\$15pp for PowerCart). www.connectingalbertcounty.org/wellness/bach-golf-tournament-2017

Sunday, June 18

Broadleaf's Father's Day Brunch
10am -2pm What a better way to treat Dad on Father's day ?

Tuesday, June 20

Forest Dale Home & Forest Dale Home Foundation AGM. 6:30pm Forest Dale Home.

Thursday, June 22

Blood Pressure Clinic. 9:30am-12:30pm. Held by ACHWC at Albert County Pharmacy 2nd Thurs. of the month until September.

June 30-July 2

Alma Celebration Days

Activities are held in/near Activity Centre or Village Square.

Friday, June 30

2pm **Cake Walk**

9pm-1am **Canada 150 Dance**

Saturday, July 1

10am-3pm **Craft Sale**

11am **Children's Canada 150**

Parade (red and white colours). Cake at Village Square.

11am-5pm **Kid's Activities**

9:30pm **Fireworks**

Sunday, July 2

Duck Race (time tbd)

7pm **Dessert Theatre.**

Saturday, July 1

Canada Day & RB Bennett Day at Albert County Museum. Free admission. Celebrate with an old-fashioned picnic lunch (byob: bring your own basket lunch), games, home-made ice-cream and (at 2pm) lemonade and cake. Events and picnic can be held inside if it rains.


Canada Day Celebrations at Hopewell Rocks 8am-8 pm. Free Admission. Celebrate Canada's 150th anniversary with special events and entertainment, face painting, musician and magician.

Thursday, July 6

Blood Pressure Clinic. 9:30am-12:30pm. Held by ACHWC at Albert County Pharmacy the 2nd Thursday of each month until September.

Country Cruise In. 1-4pm. Join the Gary Steeves Insurance Annual "Country Cruise In." Come out and join some of the coolest Classics Cars, Street Rods, and Muscle Cars in Atlantic Canada set against the beautiful backdrop of the Petitcodiac River. Live music by Eddie Chase and Graffiti Four from 1- 3:30pm. The Hillsborough Kiwanis Club will once again be manning the BBQs in support of their many charities. Food & drink will be served starting at 1pm. There is no cost to attend, just bring your classic car, lawn chairs, a friend, and be prepared to enjoy a fantastic afternoon!

See Weekly Events on page 11.



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Shepody Days: July 7 to 9

Shepody Days is a community event, sponsored by many organizations. There is something for everyone! Canada's 150th birthday will be celebrated during Shepody Days in Riverside-Albert with two festive cakes!

Friday, July 7

6pm. **Cake** served by the Village of Riverside Albert at Chase the Ace at the Curling Club.

At dark. **Fireworks** over the river sponsored by Kathy and Darrell Weir. Good viewing spots are Water St. & school parking lot.

Saturday, July 8

9am-6pm. **Shepody Days Market** sponsored by CCRC on the ACE Fairgrounds. Free admission. Vendors will sell crafts, art, foods, "treasures" and more. Food service available all day.

9am **Soap Box Derby** sponsored by the Volunteer Fire Department; near the Catholic Church.

1-4pm **Kids Activities** at the Fairgrounds with Bouncy Castle, face painting, rides in the FD Little Engine & Pellet Shoot. "3 on 3" Basketball Tournament sponsored by the Rec. Council for students in Gr. 6-9. Demonstration of Car Extrication using the Jaws of Life.

7pm **Community Variety Concert** with cake. \$10 for adults, \$5 for students, children under 5 are free. Proceeds for Tele-drive, Crooked Creek Pathfinders & R-A Volunteer Fire Department.

Sunday, July 9

1pm **Kayak Races** at the landing near the school. Sponsored by Crooked Creek Adventures.

Hillsborough Homecoming

Days: July 10-16

Monday, July 10

6pm. **Garden Party.** Barbeque, games, fish pond, cake walk.

6:30pm. **Opening Ceremony**

7:30pm **Crokinole Tournament** at Kiwanis Centre. All welcome.

Tuesday, July 11

6:30pm. **Soap Box Derby.** Academy Street.

7:30pm. **Play**—People of the Tides. Location TBA.

Wednesday, July 12

Bingo—Kiwanis Centre

Thursday, July 13

10am. **Teddy Bear Picnic** on the lawn at the library.

6:30pm. **Doll Carriage and Bicycle Parade.** Academy Street.

Friday, July 14

9pm. **Outdoor Family Movie** at the Library (weather permitting).

Saturday, July 15

8-11am. **Buffet Pancake Breakfast** at the Kiwanis Centre.

10am. **LEGO® Sam** at the W.H. Steeves House Museum with contest (ages 4-13) at 10:30am.

12pm. **Tractor Race** at ball field

4-6pm. **Sauerkraut Supper.** Valley Baptist Church.

7pm. **Music group Heartland.** Kiwanis Centre.

Sunday, July 16

10:45am. **Open Air Service,** Peace Park Gazebo (or Hillsborough Baptist Church if weather is poor). Barbeque to follow.

4-6pm. **Masonic Pig Roast.** Kiwanis Centre.

July 11-15

Annual Fibre Arts & Quilt Fair.

9:30am-5:30pm daily at the Albert County Museum. Fibre art encompasses quilting, embroidery, rug hooking, needle felting, weaving, knitting, crocheting, and smocking. The event is a show and sale. Register at albertcountymuseum.com/fibreartquiltshow or with Glenna Steeves (conradcsteeves@gmail.com. 734-2711) or Donna Alward at 882-2949. **Registration deadline: June 9.**

Thursday, July 13

Blood Pressure Clinic. 9:30am-12:30pm. Held by ACHWC at Albert County Pharmacy the 2nd Thursday of each month until September.

Saturday, July 29

Lunch and Learn: Acadian Fricot & Summer Savory. Learn how to make Acadian friçot and how to grow and harvest summer savory. Or just come for the lunch and garden tour at the Albert County Museum. Details to follow. For details, follow the museum's Facebook page or email garden@albertcountymuseum.com. This project is funded in part by the Government of Canada. Ce projet est rendu possible en partie grâce au gouvernement du Canada.

Visit Connecting Albert County's calendar at

www.connectingalbertcounty.org/calendar

Feel free to add community events to the calendar.

If you need help, email info@connectingalbertcounty.org

What's New at the Albert County Museum?

Museums are filled with ancient artifacts and dated documents. But they can also be full of life and vitality. Many new things are happening at the Albert County Museum. To start with, the museum has a new curator full of ideas and enthusiasm. Melody Land started the position in April. On the next page, you can find excerpts from Melody's first blog as curator.

Melody is planning to hold an interactive activity every day at the museum. The focus is on hands-on activities where children and adults can learn about history and often have fun at the same time. For example, there will be demonstrations of spinning wool, growing heirloom vegetables, making ice-cream and weaving willow baskets. There will be traditional games and puppet shows. Events will be posted at facebook.com/albertcountymuseum.

Albert County Museum
3940 Route 114
Hopewell Cape, NB
506-734-2003
www.albertcountymuseum.com

Growing Together: Seeds of the past—seeds of our future

Through food, seeds, and stories, we will celebrate the 150th Anniversary of Canada while honouring our multicultural past and strengthening cultural bonds for the future. At the garden, heirloom plants from Atlantic Canada will be grown.

Visitors can participate in hands-on demonstrations of organic gardening and seedsaving. We will share stories of how seeds for these plants were passed down from generation to generation, and how the vegetables were grown, harvested, cooked and shared. We invite members of the community and visitors to tell us their stories about gardening and farming in the past. Some times, such as the friçot lunch on July 29th, we will talk about history while enjoying a meal. This project is funded in part by the Government of Canada.

Junior Historical Society

Caledonia Middle School has partnered with the Albert County Museum to pilot a new project: the Albert County Junior Historical Society: Caledonia Division. The students will learn the ins and outs of running their own organization, including museum curation, management, and project planning. This year, in the final weeks of school, the students will set up their chapter, tour the museum and develop an exhibit to be displayed at the museum for the coming tourist season.

Become a part of the museum... join the Albert County Historical Society

Members have free access to the museum throughout the season. It costs just \$10 for an individual or \$25 for a family to join.

If you visit the museum more than once in a season, it pays for itself. You also get voting rights, news of upcoming events and the great feeling of supporting a local organization.

For details on other membership packages, see www.albertcountymuseum.com/membership-index or drop in to the museum.

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Wednesday, June 28 is Senior's Day!
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Meet the New Curator of the Albert County Museum ~ Melody Land

Some of my earliest memories are shaped by the land in Albert County. In my oldest memory, I am sitting on someone's knee (my Great Grandfather Guy, a farmer) and there are well-worn brown work-pants and a hand, lined and leathery with age and hard work in the elements. He pinches the skin and it stands up! Then he wiggles his fingers and it is erased, like magic.

My family history is rooted in Albert County. Originally, my Mother's family farmed in West River. Eventually, they moved to Hillsborough where work in the mill awaited the men and indoor plumbing awaited the women. My Father's family hailed from Hopewell Cape.

On Valentine's Day in World War II, my Great Grandfather Albert immigrated here from England - literally a person brought here by the tides. To make the long story short, a houseboy fell in love, married, and ended up working for the

post office. Since then, the Lands have always resided in Hopewell Cape. Now I do as well, nestled in the web of generations of people whose stories and lore are as much a part of our county as our county is a part of us.

When I was young, there were a few things I could do well. I could talk the ears off anyone I met. I could tell imaginative stories. I could learn. I was intuitive. Those things, and an appreciation of local history led me into summer employment within the tourism industry, finishing at the Steeves House Museum in Hillsborough as acting Administrator. I pursued education in the Social Sciences ("people" were my "thing") and completed my last foray into academia when I graduated with a Master's of Arts in Counselling Psychology. My employment history has been di-

verse. My heart has been in working within non-profit agencies, including Oxfam Canada, the Multicultural Association of the Greater Moncton Area (MAGMA) and the John Howard Society, developing programming, teaching, facilitating, and working within my community to effect positive change.

As soon as I saw the advertisement for the position of Curator/Administrator of the Albert County Museum, I began working on my application.

I look forward to effecting positive change here in my own backyard.

Melody J. Land, MA., CPs.

Manager/Curator, Albert County Museum & RB Bennett Centre

Looking for work?

Looking for workers?

Connecting Albert County posts job opportunities as a free service to local businesses. Visit our job page at www.connectingalbertcounty.org/jobs.

Need a high school diploma?

The South East Regional Adult Learning Board provides GED courses, equivalent to a high school diploma, for adults. Funding may be available. Classes are held at the Albert County Health and Wellness Centre in Riverside-Albert. For details, call 882-1010. opendoorsged.ca



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Platinum Support

The Bennett and Albert County Health Care (BACH) Foundation raises funds for the Albert County Health and Wellness Centre and community initiatives including Sistema-Hillsborough, Tele-Drive, Literacy Express, the Imagination Library, spin bikes in classrooms and Connecting Albert County. www.bachfoundation.com

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Albert County Pharmacy is a locally-owned Guardian pharmacy offering prescription services for over 30 years. Post office, gift ideas, treats, household and personal needs. www.albertcountypharmacy.ca

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The Hopewell Rocks: Located along the Bay of Fundy, home of the highest tides in the world, Hopewell Rocks offers a unique natural experience of both high and low tides. Enjoy full access to this unique provincial icon for two consecutive days; providing you the flexibility to view both high and low tide while taking in the breath-taking beauty of the Albert County region. www.thehopewellrocks.ca

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Tele-Drive Albert County Inc. Providing affordable transportation in rural Albert County. Find Tele-Drive on Facebook, call 875-1190, or email teledriveac@gmail.com

Silver Support

Crooked Creek Adventures: The place to go for a self-guided kayak, canoe or bicycle adventure in the heart of the Fundy Biosphere Reserve. www.crookedcreekadventures.com

Crooked Creek Convenience: The place to find gluten-free, celiac-safe food, fresh coffee, snacks and groceries, along with free books and welcoming smiles. crooked-creekconvenience.wordpress.com

East Coast Kids Child Care & Learning Centre: Licensed, quality child care in safe, fun and educational environments. Come play, laugh and learn with us today! www.eastcoastkids.ca 962-5868

OMISTA Credit Union: Complete banking for people who want to bank local while making the place they live even better. www.OMISTA.com

Ponderosa Pines Campground: Immerse yourself in nature at the closest campground to Hopewell Rocks, less than 40 km from Moncton and Fundy National Park. www.ponderosapines.ca

Village of Riverside-Albert: The Village of Riverside-Albert is located on Shepody river, which flows into Shepody Bay, at the upper reaches of the Bay of Fundy. www.riverside-albert.ca

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Albert County Chamber of Commerce: www.albertcountychamber.com

Chipoudy Communities Revitalization Committee (CCRC): chipoudycrc.org

Fundy Highlands Motel & Chalets: fundyhighlandchalets.com

Jeff MacDougall, SouthEastern Mutual Insurance: 506-386-5500

South East Regional Adult Learning Board: opendoorsged.ca