

Connecting Albert County

May 2018



JW

Special issue: Thanking Volunteers

Volunteers are the lifeblood, the heart and soul of our rural communities.

Thanks to volunteers, we have fire departments, service clubs and community groups. We can go to community breakfasts, dinners and concerts. Students have extra-curricular activities, gardening groups and coaches for their sports teams. Farmers markets, Christmas craft shows and even the

Albert County Exhibition all exist because of volunteers.

The most vulnerable members of our society benefit the most. With volunteers, nursing home residents can attend more activities and become more engaged in the community. Seniors social groups, the food bank and Tele-Drive all rely on volunteers. When a house burns down or a family faces a crisis, volunteers step forward to raise money to support the family. Albert County without volunteers would be lonely and soulless.

Picture our communities. Recall the last few fun events you've gone to – were volunteers responsible? Think about when you or a loved one was in need. Did a volunteer help out?

In these pages, you will find many opportunities to contribute to our society – and you might be surprised to discover how much you might receive in return.

Janet Wallace

Volunteers give a resident a helping hand at Forest Dale Home

Inside:

- Thanking Volunteers: 1
- Letter to the Editor: 2
- Volunteering at Forest Dale Home: 3
- Alma Fleet Launch Volunteer: 5
- Hillsborough Farmers Market: 6
- The Driving Force behind Tele-Drive: 7
- Shepody Food Bank: 8
- BACH Foundation: 9
- Calendar: 10
- Library Events: 12
- Weekly Events: 12
- Volunteers for CAC & Museum: 13
- Fiddleheads: 14
- Fiddlehead recipes: 15
- Our Supporters: 16



Connecting Albert County

May 2018. Volume 4. No. 5
ISSN 2369-1174/1182 (digital)

Our Mission: To connect rural Albert County through online and print communication.

Connecting Albert County (CAC)

Board: Lisa Brown, Joseph Gallant, Kate Merlin, Victoria Stroud

**CAC Part-time coordinator/
editor:** Janet Wallace

Contributors: Deborah Carr, Jane Chrysostom, David Jonah, Lynne Greenblatt, Angela MacDougall, Kimberly McKinley, James Wilson

To donate funds, submit articles or provide feedback, email **info@connectingalbertcounty.org** or mail CAC, 8 Forestdale Rd., Riverside-Albert, NB E4H 3Y7

Distribution sites:

Limited numbers of free copies are available at the following:

Hillsborough: Scotia Bank, Hillsborough Freshmart, Library

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

Alma: Harbour View Market and Restaurant, Fundy General Store
Copies are also at 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.

We thank Gary Steeves Insurance for their gift of printing our newsletter in full colour

Deadline for June: May 15th.

Deadline for July: May 31st.

The July issue (theme: Fundy shoreline) will be sent to all households in rural Albert County.

Letters to the Editor

I read the lead article on Eric Smith's son and wife and their fascinating story of producing maple sugar and syrup as a natural medicine well down the meandering southern and eastern part of Route 114 ["One taste and you're hooked! Black Sheep Syrup," April]. I grew up with Eric in Sunday School at the Lower Coverdale Church where his father (who was also my occasional Sunday School teacher) was a fixture in our community and church life.

This story filled in some blanks for me as I left Lower Coverdale for Bathurst and Toronto before returning in the 80's. I spent nearly 20 years in Shediac, and have been back again for the past five years. The Smith family sugar camp story took me back in time. And there is this.

As a long time and former community newspaper publisher, I am so impressed with the quality and obvious care and affection this remarkable little community newsletter and hybrid newspaper/digital presence has achieved. There is real value in telling the stories of common everyday life in story narrative form. What is even more important is celebrating the achievements of our community activists and leaders. Just as a fire takes constant tending to keep the warmth alive to nurture all who remain near it, a publication, no matter how it is viewed and read, is critical to an empowered, responsive and engaged community.

I especially loved the coverage of the resilient Chamber of Commerce in Albert County and their role in recognizing leadership and innovation in our dispersed geographically-challenged county and

community. Those who are responsible for this excellent effort and outcome deserved a pat on the back and perhaps even a donation. More importantly, if you sell anything to Albert County residents, please consider placing even a modest advertisement — the mother's milk of an effective publishing venture.

I am so proud to be from and of Albert County. I have left her many times over my almost 70 years, and I keep returning. Today, I live in Pleasant Vale, an area that in the 1800s had 1,100 souls and extensive productive farms and forestry operations as a vibrant community. Today, we are excited because three families have moved into the valley and are reclaiming increasing fallow land back into sustaining family level production. That we are expecting a new baby in the area has everyone in the area (along the remaining elements of a highway winding through to Church's Corner and eventually Elgin) doing high five's and smiling. We are a growing community. The mother, once a resident of Japan, married a strapping young lad from the Bathurst region, retired from a global circus, literally, and now we have them as a sustaining family.

Albert County was once a gateway into Eastern Canada and much of Canada has moved on. But for those that are left behind to steward this incredibly beautiful and gifted community, we are living in a land and time of great promise. Bravo to the Connecting Albert County publication. Subscription is free. A remarkable community service.

David Jonah, Pleasant Vale, NB

Volunteering at Forest Dale Home

by Kimberly McKinley

As the rays of the sun enter the Brookside Room, a popular winter sport continues throughout the warmer months — no ice is needed. The much anticipated curling game hosted by volunteers Elaine and Alan Demaline attracts many residents and affects two very important factors in their lives — their physical and social well-being.

Curling is only one of many programs made possible by volunteers at Forest Dale Home in Riverside-Albert. Our weekly routine includes bowling, bingo, the walking program, coffee & chat, church, hand bells, visiting the store, and the well-attended Saturday afternoon dice game — all made possible with the help of volunteers. Over the course of each month, residents enjoy baking, birthday parties with live entertainment, travel/history presentations, curling, communion, and intergenerational programs with Riverside Consolidated School and Caledonia Regional High



Volunteers (L-R) Alan Demaline, Mic McNeely, Nancy McNeely & Elaine Demaline on Canada Day at Forest Dale.

School. Volunteers facilitate many special events for our residents each year. At Christmas time, Ivan and Vivian Hicks & Friends kick off the season with traditional fiddle music. In the summer, residents enjoy the kite flying and an antique car show (in our very own parking lot). As the leaves start to turn, our trip to the Albert County Exhibition is a crowd favourite. Behind the scenes, fundraising efforts and important decision-making is credited to the Forest Dale Foundation and the home's Board of Directors.

Continued on next page

Volunteer opportunities include (but are not limited to) the following:

- Monday morning walking program
- Assistance at Tuesday afternoon Bingo
- Presentations of interest to the residents (travel, local sights and sounds)
- Gardening
- Playing music (music is a very important therapy for the residents)
- Store clerk

To volunteer for any of these roles (or if you have your own ideas), contact Kim at 882-3037 or activitydirector@forestdalehome.ca

ALBERT
COUNTY
PHARMACY

Guardian

Feeling Better Starts Here

Save Smart, Shop Local.

FREE SERVICES to make refilling your prescriptions even easier from wherever you are, **24 hours a day, 7 days a week!**

Text refill your prescription

send a text to 506-804-4407.

Text the word "refill", then the prescription number (s) separated by a space. Example: "refill 1111 2222"

NOTE: in order for you to use this service, please call or drop by the pharmacy so we can put your cell phone number in our computer.

Call in your prescription refill

Call 804-4407 (it's a local call).

Punch in your prescription number(s). Our automated service will send your refill directly to the pharmacist, to be filled ASAP!

We can now email or text you when your prescription is ready!

Just give us your email address or cell phone number; we'll take care of the rest!

Please see Jackie, Kelly, or your Pharmacist for details!

We now carry Atlantic Lottery!!!

ALBERT COUNTY PHARMACY

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

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

Forest Dale. Cont. from page 3

The opportunities for volunteering at Forest Dale Home are boundless! Age is no factor. Our visitors range in age from one year old to over 90 years old. We have more than 80 regular volunteers and have room for more. Volunteering at Forest Dale has health benefits: as well adding years to your life, it can increase levels of empathy and compassion.

To return the favour, our residents do their share of giving back to the community. Some residents help at the Shepody Food Bank on Monday mornings. Some help in the classroom at Riverside Consolidated School, and help Foods of the Fundy Valley pack the food bags that are delivered to individuals from Curryville to Alma.

Our volunteers view life at Forest Dale as a phase most of us will experience. We may need assistance and recreation in our daily lives. With a collaborated effort involving staff, family, friends and community members, we continue to nurture others and grow ourselves. The selfless efforts of our volunteers give Forest Dale a warm glow. The kindness they show to our residents fosters supportive relationships between volunteers and residents. They connect on an individual level that reflects their personal gifts and talents. It's a win-win situation for all involved.

By Kimberly McKinley, Activity Director/ Volunteer Coordinator, Forest Dale Home Inc.



In 2017, Irma Vandenburg and Janet Hoar received the Sovereign's Medal for Volunteers. last July. L to R - Brian Keirstead, Janet Hoar, Irma Vandenburg, Alaina Lockhart, Lynne Greenblatt.

(Letters to the Editor, cont. from page 2)

Open Letter to the Municipalities of Albert County, the MLA for Albert, the Albert County Museum and Connecting Albert County

The year 2020 will mark the 175th year since the founding of Albert County in 1845. While Albert County ceased to have a local government function in 1966, it is still used as an organizational unit. It also continues to form a core part of many residents' identity and sense of place. There is a real pride in being from Albert County.

And the people of Albert County have reason to be proud of their community. Albert County has been home to a Father of Confederation, a Prime Minister, North America's first female sea captain, and many other prominent individuals. During the First World War, more people volunteered per capita than any other area in the country. And when the war was over Albert County won the Victory Loans Competition to help pay for the war. Ships built in Albert County travelled the world while Albertite was used to illuminate the street lights of Boston. As the year 2020 approaches I feel this milestone should be marked in some way.

I am writing this letter to ask how you intend to mark this milestone and, if no plans are in the works, to encourage you to give it some thought.

James Wilson



Fundy Highlands
motel & chalets

We look forward to welcoming you!
Au plaisir de vous accueillir!

Reservations
(506) 887-2930
fundyhighlands.com
info@fundyhighlands.com
8714 Route 114
Fundy National Park, NB
Canada E4H 4V3



The Volunteer who Launched a Fleet of Boats

by Jane Chrysostom



JW

Several years ago, dawn revealed a bleak and cold morning that would make most folks snuggle deeper under the warm bed covers and go back to sleep. Less than a dozen people were at the Alma Village wharf, paper cups of lukewarm coffee in hand, huddled under the pavilion at a worn picnic table. A few feet away, fishing crews bustled among the colourful traps and buoys around the wharf and on and off the boats, making final preparations for taking off. As the tide waters and the sun

continued to rise, the early risers under the pavilion felt the anticipation and wonder of something very special.

That's when Alma resident Jane Chrysostom decided that this experience should be shared, appreciated, and celebrated, and the idea of creating an annual Village of Alma Fishing Fleet Launch was introduced! With the help of more volunteers, the first Fleet Launch event took place in 2013 with steaming pots of chowder, home-baked rolls, and china mugs of

hot coffee, serving about 100 people who made their way to the October lobster season kick-off on a 9:30 morning high tide.

The event has grown exponentially each year since then and is now a major event, drawing people to Alma and the wharf in

mid-October when tourist activity would ordinarily be slowing down. A unique feature of the Fleet Launch is that since the fleet sets sail as soon as the tide allows, the time is always different. When this time proved to be 3:00am on a weekday for the 2015 event, there were fears that attendance would be low, but a massive crowd of cheerful well-wishers turned up anyway, proving their dedication to the fishing crews and their efforts no matter the hour.

Jane planned and ran the annual event with more and more volunteer support each year. The last celebration included a picturesque bagpiper in full regalia sending off the boats; a concert at the nearby Molly Kool Centre; donated food, and hot beverages for a breakfast bar; and colourful collector badges. Environmental education components were added with partners and volunteers from the Albert County Museum and Fundy National Park interpreters. Newspaper and television coverage bring the event to an ever wider audience

Having taken on a life of its own and celebrated for the fifth year, nearly a thousand people now rise early to get to Alma Village's Fleet Launch — no matter the morning tide time — to see the crews set off fireworks, rev their engines, and skillfully maneuver equipment and vessels out to the Bay of Fundy waters



Jane Chrysostom facing the wind and pre-dawn work with a smile

Continued on next page

“Launch” Continued from last page

for the freshest and finest the waters provide — far more than the lobster itself, a livelihood for the people of Albert County, and an amazing experience for those just visiting.

Now run by the Alma Village Council, volunteers are needed to continue what has become a well-loved community affair.

Photo of Jane by Steve Chrysostom



Hillsborough Farmers Market News

Are you a Great Cook, King of the BBQ or Master Chili Maker? Is there a particular food item you are famous for among your friends and family? Why not try out the Hillsborough Farmers Market as a food vendor?

The market is now taking applications for the 2018 Market Season, which runs May 19th to October 6th each Saturday 9am- 2pm.

Market food ideas include: Samosas, Noodles, Soups, Pre-made frozen foods, Soups, Chili, Popcorn, Sausages and Wraps/ Sandwiches.

If you are interested but need help on ideas, please feel free to contact the market by private message to the market's Facebook page or email market@foodsofthefundyvalley.ca.

Volunteer Post:

Do you love the Hillsborough Farmers Market? Do you enjoy getting out of the house and meeting new people? If so, here is your opportunity to get involved! The market is recruiting for the volunteer position: **Vendor – Community Table.**

Duties include: Setting up the table in the morning and putting products away at the end of the day; Greeting customers and providing information about the products that are for sale; Taking cash and recording the products sold in the vendor binder. You would need to be available on Saturday from 9am-2pm, during the market season May to October. This volunteer position is ideal for anyone who likes to

meet new people and wants to be involved in their community — a perfect opportunity for a student who needs customer service or volunteer experience on a resume. For details or to apply, email market@foodsofthefundyvalley.ca

Picture: Vicki Bell volunteering at the Hillsborough Farmers Market

The Hillsborough Farmer’s Market is back!



First market of the season is MAY 19th

If you are interested in being a vendor, email market@foodsofthefundyvalley.ca

FARMER BROWN'S GREENHOUSE

• Retail Greenhouse & Market Garden •



Large Selection of Annuals, Perennials & Herbs
Customized Planting Service for Containers & Flower Beds

LISA BROWN (506) 734-1908
farmerbrownsgreenhouse@gmail.com
371 Osborne Corner Rd • Dawson Settlement NB • E4H 2A6



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

The Driving Force behind Tele-Drive

by Janet Wallace

Social isolation is a problem in rural areas – but less so in our area thanks to Tele-Drive Albert County. For a low cost, anyone in the county can be picked up from their house, driven to wherever they need to go, and taken back home again. The result? Seniors who lose their licenses or can't afford cars are able to live in their own homes longer – Tele-Drive will take them to medical appointments, the grocery store and even social events. Parents of young children can take their children to the doctors, to early literacy events and to the library – a great help if the stay-at-home parent doesn't have a car.

Tele-Drive can do all this because volunteers give their time and use their own cars to drive people. The other part of the equation is funding, which comes from donations and support from the Bennett and Albert County Health Care (BACH) Foundation and the United Way of Greater Moncton and Southeastern New Brunswick.

Why volunteer for Tele-Drive?

"I guess I volunteer because I'm selfish.... I really love doing it," says Betty Weston, laughing. Far from being selfish, Betty volunteers regularly with Tele-Drive Albert County, Forest Dale Home, Shepody Food Bank, the New Horton Church and other community groups.

"When I first heard about Tele-Drive," Betty says. "It seemed like such a great idea." Betty could see how important the program could be for our rural community.

"I love driving and I love meeting new people, so it was a natural fit!" After driving often once a week for Tele-Drive since it began five years ago, Betty still loves driving people. She has some "regulars" – people she takes every week or two to get groceries or to go to medical appointments. She also drives people to the Moncton Hospital and sometimes to social events. She does her own shopping when she takes someone to the grocery store. For medical appointments, she prefers to stay and wait, although many of the clients let her know that she can leave to do her own errands. After the appointment is finished, Betty drives the person back to their home.

"It's great. People are always thankful for

the service. It's important," says Betty.

Steps to volunteering

Recently I enrolled as a volunteer driver. Getting started was simple. I emailed Kim Beers to let her know I was interested. Kim, Tele-Drive's coordinator, sent me a few forms to fill out and I went to the police station in Riverview for a criminal record check. After that came back clean, Kim and I met and she explained the details.

Whenever someone in my area needs a ride and doesn't have a regular driver, Kim asks me. If I can't do it, she understands. Any and all volunteer help is welcome. If you can volunteer once every two months, that's fine. If you can volunteer once a week, that's even better. You can choose the time when it's convenient to drive someone. Volunteers receive \$0.35/km to compensate for gas and the use of their cars.

I have been able to help out a few times and it was fun. I enjoyed talking with the people I

Continued on next page



Gary Steeves Insurance

"Old Fashioned Good Service" Since 1980

New Brunswick • Nova Scotia • Prince Edward island • Newfoundland & Labrador

**Home • Auto • Classic Car
Travel Trailer • Motorhome
Motorcycle • Boat • Cottage • Commercial
Hole-In-One Golf • Travel Insurance**

**Toll Free 1-800-595-3403
506-734-3403
11 Simpson St. Hillsborough**

www.garysteevesinsurance.com

Shepody Food Bank News

By Lynne Greenblatt

The Shepody Food Bank strives to increase access to healthy food in a manner that maintains dignity, builds health and community, and fosters respect for diversity and inclusion.

The Shepody Food Bank (SFB) is a not-for-profit charitable corporation located at the Albert County Health and Wellness Centre. We provide emergency supplies of food to individuals and families in need who reside in the following areas of lower Albert County:

- Route 114, from the Village of Alma to the upper Albert Mines Rd.
- Route 915
- Caledonia Mountain Road, from Route 114, Riverside-Albert to Route 910.

Volunteers

Shepody Food Bank is in need of volunteers to help with the following:

Mondays (9-11am) Rotate stock; Re-stock shelves

Wednesdays (9-11am) Unload supply truck; Stock shelves, freezers and refrigerators

Wednesdays (1-3pm) Pack client food boxes; Office duties

If you are able to help during the times listed above, even if it's only for a couple of hours a month, please call Irma Vandenburg at 882-2919, or email shepodyfoodbank@gmail.com. Your participation will make a big difference in the lives of your neighbours who depend on Shepody Food Bank for their access to healthy food. Thank you in advance!

If you are in need, or know of someone who is, please give us a call or stop by. We're here to help!

Hours of Operation

The Shepody Food Bank is open every Wednesday, from 1:00pm to 3:00pm.

Frequently Asked Questions

What do I need to do to receive food from the food bank?

A: Clients visiting for the first time are asked to fill out an application and show proof of address, such as a rent receipt or a recent utility bill. For every visit, we ask clients to show a valid New Brunswick Medicare Card for each member of the household that is requesting food.

How many times can we visit the food bank each month?

A: You can visit the food bank once a month for assistance. You will receive 6 days' worth of food for each person in your household. If there is a crisis or emergency need beyond that, please contact us.

We have no way of getting to the food bank. What do we do?

A: We encourage you to see if a neighbour or friend can provide you with a ride. Tele-Drive Albert County is also available, and you can arrange for a delivery with them. Email teledriveac@gmail.com, or phone 875-1190.

If this is not possible, please contact us by shepodyfoodbank@gmail.com, www.facebook.com/TheShepodyFoodBank or call 882-2323 during our hours of operation. We may be able to help.

Contributed by Lynne Greenblatt, Shepody Food Bank

"Driving Force" Cont. from last page.

drove and spending time with their kids. (Each time, I drove a parent and one child.)

"Thank you Danet for driving us," said a three-year-old last time I gave he and his father a lift (the letter 'J' being a tricky one for young children). He waved and grinned at the

door of his house, and I drove off with a smile.

Congratulations! In April 2018, Horizon Health Network gave Tele-Drive Albert County one of 13 Community Health Recognition Awards.

Tele-Drive Albert County is currently looking for volunteer drivers throughout Albert County, particularly in Hillsborough. If you are considering volunteering, contact Kim Beers at teledriveac@gmail.com or 875-1190.

Bennett and Albert County Health Care (BACH) Foundation

The Bennett and Albert County Health Care (BACH) Foundation is a charitable organization that provides funds for the Albert County Health and Wellness Centre and many community initiatives including Sistema-Hillsborough, Tele-Drive, Literacy Express, the Imagination Library, spin bikes in classrooms and Connecting Albert County.

BACH both relies on and supports volunteers. By providing financial support to community groups, the foundation enables volunteers to put more energy into creating a healthier community.

BACH itself has a volunteer board of directors, who would like to recognize and thank three members who have recently retired from the board. Harley Tingley and Allen McWilliams have been on the board from its inception and both have made enormous contributions to the board, as well as the community. "The success of the foundation to date owes a lot to these gentlemen," says Warren Williams, BACH Foundation Chair. The third retiree was Barb Porter who served on the board for nine years.

Preparations are underway for the Annual Bennett and Albert County Health Care (BACH) Foundation charity golf tournament on Saturday, June 16th at the Hillsborough Golf Club.

In keeping with previous tournaments, the foundation is hoping to raise a further \$10,000 to purchase furniture for the newly renovated waiting room at the Albert County Health and Wellness Centre and a medical stretcher for the facility.

Three levels of sponsorship are available: Gold Sponsor @ \$1,000, Silver Sponsor @ \$500, and Hole Sponsor @ \$150. See details at www.bachfoundation.com. For more information, contact Bob Rochon or Danny Jonah at 734-2526 or email bachfoundation@horizonnb.ca.

To learn more about or to donate to the BACH Foundation, see www.bachfoundation.com, call 882-3100 or use the donation form on the last page of this publication.



Above: Warren Williams (BACH Chair) & Harley Tingley (L-R).

Below: Warren Williams & Allen McWilliams



***Save the date! BACH Charity Golf Tournament
Saturday, April 16th***



COMMUNITY CALENDAR

Tue May 1

7:30pm **Zumba Class***

Wed May 2

10am - 11:30am **"North of 55"**

Group, Hillsborough Baptist Church
If you're 55+, join the group every 2nd Wednesday. Bring a friend or neighbour to enjoy snacks, games, stories and more. Feel free to drop in: this community event is open to everyone in Albert County. For details, contact Nettie Steeves at 380-2901 or 734-2900.

1pm - 3pm **Shepody Food Bank***

5:30pm - 8:30pm **Hillsborough Kiwanis Bingo***

Thu May 3

4:30pm - 7:30pm **Friends of the Hillsborough Arena - Chase the Ace***

6pm - 8pm **Celebrating Natural Areas in Shepody Bay: A Community**

Info Night, Riverside-Albert Rec Centre. Hosted by Canadian Parks and Wilderness Society NB, Nature NB & Nature Trust of NB. Learn about the natural heritage of the Shepody Bay region and what you can do to help protect this important area for birds, wildlife & people!

7pm - 9pm **Country & Gospel Music***

7:30pm **Zumba Class***

Fri May 4

6pm - 7:30pm **Chase the Ace - Riverside-Albert***

6:30pm **Weekly Card Games—Alma Leisure Centre***

Sat May 5

8-11am. **Omelette breakfast.** Curryville Outreach Center. \$10

7-9pm **Variety Show-Fundraiser for Tele-Drive Albert County**, Harvey Hall. Annual Variety Show. This is Tele-Drive's only fundraiser, so please come and be entertained by the local talent our community has to offer.

Hall. Annual Variety Show. This is Tele-Drive's only fundraiser, so please come and be entertained by the local talent our community has to offer.

Mon May 7

6:30pm **Pickleball***

Tue May 8

7:30pm **Zumba***

Wed May 9

1pm - 3pm **Shepody Food Bank***

5:30pm - 8:30pm **Hillsborough Kiwanis Bingo***

Thu May 10

4:30pm - 7:30pm **Friends of the Hillsborough Arena - Chase the Ace***

7pm **Shepody Food Bank: Annual General Meeting.** Community Education Room (Lower Level, Albert County Health and Wellness Centre). Guest Speaker Lois King will share the challenges and successes at Sussex Sharing Club, a resource that's more than a Food Bank for the Sussex community. She will also speak about her role as one of the directors representing our district at the NB Ass'n of Food Banks.

7pm - 9pm **Country & Gospel Music***

7:30pm **Zumba Class***

Fri May 11

6pm - 7:30pm **Chase the Ace - Riverside-Albert***

6:30pm **Weekly Card Games - Alma Leisure Centre***

Sat May 12

2pm - 4pm **Mother's Day Tea**, Alma Activity Centre.

West River United Church Women are having their 35th annual tea. Come and enjoy food and fellowship. \$5.

Mon May 14

6:30pm **Pickleball***

Tue May 15

7:30pm **Zumba***

***Weekly Events p. 12**

Cont. next page

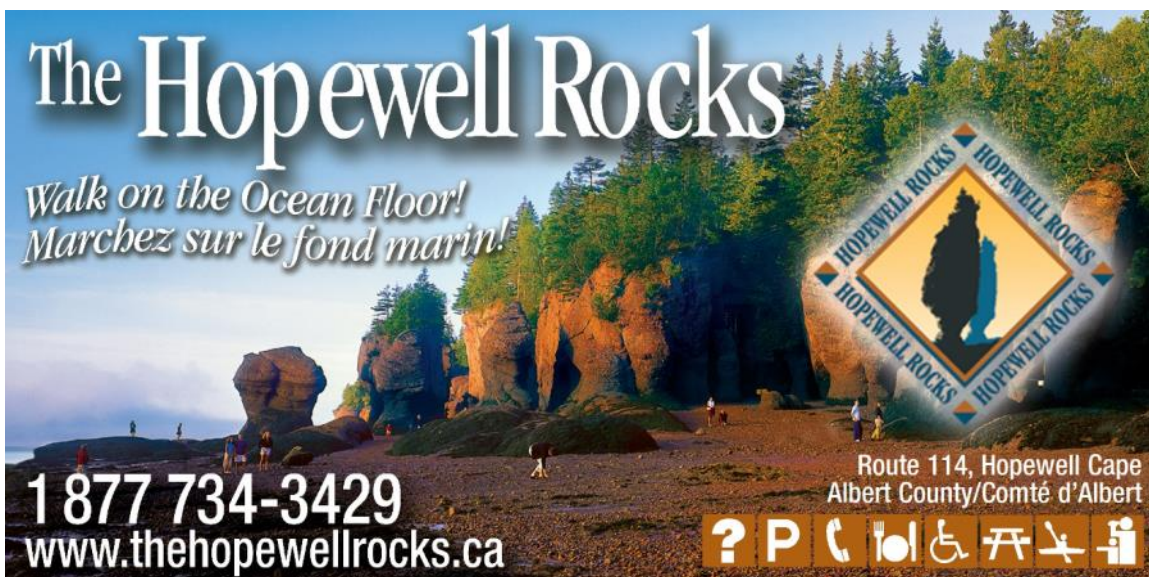


5823 King St., Riverside-Albert
NB E4H 4B4

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

506-882-3022
villra@nbnet.nb.ca

www.riverside-albert.ca



The Hopewell Rocks

Walk on the Ocean Floor!
Marchez sur le fond marin!

Route 114, Hopewell Cape
Albert County/Comté d'Albert

1 877 734-3429
www.thehopewellrocks.ca

? P ♿ ♿ ♿ ♿ ♿ ♿

Calendar continued from last page

Wed May 16

10-11:30am "North of 55" See May 2.

1pm - 3pm Shepody Food Bank*

5:30pm - 8:30pm Hillsborough
Kiwanis Bingo*

Thu May 17

4:30pm - 7:30pm Friends of the
Hillsborough Arena - Chase the Ace*

7pm - 9pm Country & Gospel Music *

7:30pm Zumba Class*

Fri May 18

6pm - 7:30pm Chase the Ace -
Riverside-Albert*

6:30pm Weekly Card Games -
Alma Leisure Centre*

Sun May 20

9am 4th Hopewell Rocks Multi-terrain 8k (ish) run/walk, Hopewell Rocks. Run or walk at your own pace in this multi-terrain event, now in its 4th year. Medal to all finishers. Finish-line food and a beer for entrants courtesy of Pumphouse Brewery. Registration: 9am. Race starts 11am. Register at raceroster.com/events/2018/15359/hopewell-rocks-multi-terrain-8k-race-2018, at the Rocks May 20, or Running Room Moncton.

Mon May 21

6:30pm Pickleball*

Wed May 23

Noon-8pm Mobile EcoDepot, Salem Train, Steeves St., Hillsborough

1pm - 3pm Shepody Food Bank*

* See Weekly Events page 12

5:30pm - 8:30pm Hillsborough
Kiwanis Bingo*

Thu May 24

Noon - 8pm Mobile EcoDepot, Salem Train Parking Lot, Hillsborough

4:30pm - 7:30pm Friends of the
Hillsborough Arena - Chase the Ace*

7pm - 9pm Country & Gospel Music*

Fri May 25

6pm - 7:30pm Chase the Ace -
Riverside-Albert*

6:30pm Weekly Card Games -
Alma Leisure Centre*

Mon May 28

6:30pm Pickleball*

Wed May 30

10-11:30am "North of 55" See May 2.

1pm - 3pm Shepody Food Bank*

5:30pm - 8:30pm Hillsborough
Kiwanis Bingo*

Thu May 31

4:30pm - 7:30pm Friends of the
Hillsborough Arena - Chase the Ace*

7-9pm Country & Gospel Music*

Fri Jun 1

6pm - 7:30pm Chase the Ace -
Riverside-Albert*

6:30pm Weekly Card Games -
Alma Leisure Centre*

Sat June 2

9am-4pm Introduction to Beekeeping. Albert County Museum. Cost: \$40 for members of Foods of the Fundy Valley, \$45 for non-members. Register at foodsofthefundyvalley.ca/bee-keeping-workshop-2018/

EcoDepot

The mobile EcoDepot visits a different community each month. For no fee, residents will be able to visit any Mobile Eco-Depot to dispose of the following (up to ½ tonne truck/utility trailer):

- Appliances
- Electronic waste
- Furniture
- Small household machinery (emptied of gas and oil)
- Construction/renovation waste
- Household hazardous waste
- Car and small truck tires
- Brush/branches and yard waste
- Clear glass, metal
- Cardboard and paper
- Cooking oil

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

See details at www.eco360.ca/mobile-eco-depot-program

Sun Jun 3

8am - 5pm Albert County Appreciation Day: Hopewell Rocks. Free admission with a donation. Support Shepody Food Bank with a donation of cash or non-perishable food items. This is the major fundraiser for the year for the Food Bank. High tide at 4:15pm, 35.4 feet. Ocean floor accessible from 7:04am to 2:04pm

Sat Jun 16

BACH Foundation Charity Golf Tournament. Hillsborough Golf Course.



CROOKED CREEK

CONVENIENCE

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



Broadleaf Guest Ranch

*Hiking Trail,
Full Service Campground
Sunday Brunch*

Accommodations, Restaurant, Outdoor Adventures

(506) 882-2349 Hopewell Hill, NB

www.broadleafranch.com

Hillsborough Public Library: May '18

Star Wars Day Craft: Fri May 4, 3:45-5pm Kids 5 and up are invited to celebrate Star Wars day with a fun craft. May the 4th be with You!

Let's Get Crafty: Fri May 11 & 25, 3:30pm - 5pm Afterschool crafts for 5- to 14-year-olds.

Afterschool STEAM* Drop-In at the Library:

Wed May 9, 3:30-5pm School-aged children are invited to the library after school to try out our different STEAM-based activities.

Story Time at the Library: Thur May 10 & 24, 2-2:30 pm Stories & songs for newborns to 5-year-olds.

Next Step Kindergarten!: Tues from May 15 to June 12, 10-11am If your child is entering Kindergarten in the fall come a join us for this 5-week interactive kindergarten-readiness program for children and their parents/guardians. Each week we will explore a different topic such as letters, numbers, colours, shapes and more. Registration is required. Call the library at 734-3722 to register.

Read & Watch Adult Book Club:

Thu May 31, 6:30pm - 8pm

Our Read & Watch Adult Book Club meets monthly at the Hillsborough Public Library the last Thursday of the month. Each month, you read the selected title and watch the corresponding film, leading up to our meeting where we discuss the similarities/differences that we have found. May Selection: **The Joy Luck Club**. For details, call the library at 734-3722.

*STEAM: science, technology, engineering, arts & math

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 tele-driveac@gmail.com.

6:30pm Pickle Ball

The Riverside-Albert Recreation Centre hosts Pickle Ball. Come on out and see what this sport is all about! \$2/night. First night is free!

Tuesdays

7:30pm Zumba Class.

Riverside Consolidated School. Drop-ins welcome. For details, call Evelyn Wachs at 882-2831.

Wednesdays

1-3pm Shepody Food Bank.

Albert County Health & Wellness Centre, Riverside-Albert. Bring Medicare numbers for every household member. Closed when schools are closed due to weather.

5:30pm Hillsborough Kiwanis

Bingo Doors open 5:30, games begin 6:30.

Thursdays

4:30-7:30pm Friends of the Hillsborough Arena - Chase the Ace Hillsborough Golf Course. Raffle tickets 3 for \$5. Draw 7:30pm.

7pm Country & Gospel Music Night Hillsborough Kiwanis Center. Canteen, 50/50 & Door prizes. Open mic; join us with your singing voice and/or instrument. Admission \$7

7:30pm Zumba Class.

Riverside Consolidated School. Drop-ins welcome. For details, call Evelyn Wachs at 882-2831.

Fridays

6pm Chase the Ace - Riverside-Albert Fundy Curling Club. Effort of CCRC & Fundy Curling Club to raise money for the ice plant & lifelong learning center at Riverside Consolidated School. Call if you have questions, 882-2573, 882-2052, 882-2626

6:30 pm Weekly Card Games - Alma Leisure Centre. Playing Auction 45. All ages welcome. Refreshments are part of the game night.

Visit Connecting Albert County's Calendar at www.connectingalbertcounty.org/calendar

Feel free to add community events to the calendar.



OMISTA
Credit Union

Complete banking for people who want to bank local while making the place they live even better.

www.OMISTA.com



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

Volunteer Opportunities

Connecting Albert County has created a page, www.connectingalbertcounty.org/volunteer, which lists volunteer positions in our area. If you are looking for volunteers, please email info@connectingalbertcounty.org and we'll post your position.

Connecting Albert County invites for volunteers for the positions described below.

Website poster: responsible for maintaining and update posts on our website using Weebly. Requires 1-2 hours per week, 1-2 hours of training upfront.

Calendar coordinator: ensures calendar entries are managed in a timely manner. Requires 1-2 hours per week on average (note each month may have 3 weeks with only 0.5-1 hr/week and 1 week with 1-3 hrs) with 0.5-1 hour of training upfront.

Community liaison: our hands and feet in their community. This person will help us to engage with their community and share more local news, stories, and events. You can focus on your own village/community or rural Albert County as a whole. Takes 1-2 hours per week.

For all these positions, much of the work can be done from your own home at your own schedule.

When you join the Connecting Albert County team, you can 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 necessary). You can be the first to find out about events and news happening in your neighbourhood!

We also invite people to submit stories and photographs to Connecting Albert County. For details, see connectingalbertcount.org/volunteer.html, call Joseph Gallant at 882-3134 or email Janet Wallace at info@connectingalbertcounty.org.

Volunteers are also needed to help with the following:

Riverside Consolidated School Garden. The commitment is 1 hour/week around lunchtime, likely Fridays from May to mid-June. No gardening experience is necessary. We can also use volunteers in the summer to help maintain the garden when students aren't available. *Benefits:* Learn how to garden, help teach the next generation about food, gardening, the environment and the value of physical labour. Contact Janet Wallace at janetwallace@xplornet.com if interested.

The **Albert County Museum** is looking for fun-seeking folk to fill the following volunteer positions:

- Story Teller
- Taking care of the Special Events Table
- Grounds Maintenance
- Flower and Vegetable Gardener
- Kitchen Staff and Servers
- Archive Maintenance

If you are interested in any of these opportunities, email d.ross@albertcountymuseum.com



Students preparing the school garden several years ago.

Looking for work? Looking for workers?

Connecting Albert County offers a free service to employers and job-seekers in rural Albert County.

Visit www.connectingalbertcounty.org/jobs.html

Employers will find links to a form—fill this out and we'll have your job posted as soon as we can.

Job-seekers, check our page often.

Fiddleheads: Gathering just enough

By Deborah Carr

It's almost that time again... when tender whorls of the fiddlehead (or ostrich fern) begin pushing through the sandy gravel alongside Albert County's clear running streams. For me, gathering food from the wild – whether greens or berries– evokes feelings of authenticity. Can there be anything more basic and real?

It's as if by plucking what is good and wise and elemental and wild from the earth, I can assimilate these qualities within myself. I breathe the wet spring smell of quickening earth and work with a steady, relaxed rhythm. My strength comes from the ground beneath my feet in so many ways. I am what I eat.

The enjoyment of eating what I gather is integrally connected to my memory of how and where it grew. I remember the rushing water, the sun-splashed forest floor, the tangles of bare alder branches, piles of

dead grass washed up against rotting logs in the early spring freshets. I remember the songs of birds, the smell of wet earth and the cushioned softness underfoot of stepping on new moss and last season's wet leaves. I feel the sun's warmth on my skin. I think of the early spring plants beginning to grow. I recall the tremendous peace of walking alongside running water in a wild place. But also, in some way, I feel closer to my ancestors, who depended upon these seasonal offerings to supplement their diet.

So much of the task comes through experience...recognizing which ferns are actually fiddleheads and which are not. There are often only subtle differences. Learning to feel the telltale mound of unfurled crowns beneath a careless foot, or knowing the biggest fiddleheads can often be found in hard to reach places: in tangles of alders or the dams of broken trunks and

limbs washed downstream in the high water of spring freshets.

I love how the ferns grow clustered with their heads bowed together like a family saying grace. When I do find families of unfurled ferns the size of dollar coins, it feels like a bonanza. It's always tempting to pick them all. Because they are there for the picking. Because if I don't, someone else will.

But, I resist.

Part of the joy of picking fiddleheads comes from limiting myself and setting boundaries. I have a responsibility to harvest in a sustainable manner, so we can all continue to enjoy the pleasure of the gathering. I've noticed in the easier-to-access places, each year the fiddleheads get smaller from reckless over-picking. Last year, most of the ferns had heads the size of marbles. We passed them by. I wondered how long the plants could survive. Research has shown that picking all of the emerged

Continued on next page

Nutrition: Ostrich fern fiddleheads are rich in antioxidants and contain vitamins A and C, niacin, potassium, phosphorus, iron, and magnesium. Fiddleheads are also high in Omega-3 fatty acids as well as an excellent source of dietary fiber.

Preparation: Remove the parchment-like skins *and* debris. This is easier when the fiddleheads are dry. After cleaning, wash in two changes of cold water to get rid of grit. Health Canada recommends boiling or steaming the ferns for 15 minutes. Serve with butter and/or lemon. I prefer mine with butter and balsamic vinegar.

Freezing: Fiddleheads freeze beautifully. Blanch 3 minutes in boiling water, drain, submerge in ice water to stop the cooking process, drain and put in freezer bags. They'll last a year or two in the freezer.



Fiddleheads. Cont. from last page

fiddleheads on a crown every year over several years will result in the decline and death of the fern.

So, it's important to select only crowns with four or more fiddleheads, and always leave two or three ferns on the crown to increase the strength of the plant. As well, only take the tightly furled. Leave the rest to grow and sustain the clump.

Limiting what I take reinforces in me an ethic of care and of sustainability, rather than greed. I choose to leave enough for nature to replenish herself. This is the pact I make with her, so she will continue to support the wonder and enjoyment of the harvest. This is grace.

May we always remember to give the weak a chance to grow stronger. To gather only enough. So, none of us will lose the joy of the gathering.

Story & images by Deborah Carr

The Albert County Museum cookbook, ***Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes*** is at the printers! Only \$8 (including tax) for 200+ recipes, as well as stories about the people and foods of Atlantic Canada. Order 10 copies and get one free! Order now at albertcountymuseum.com/cookbook. The book will be available at the museum gift shop by June 1st.

This project is funded in part by the Government of Canada. *Ce projet est financé en partie par le gouvernement du Canada.*

Excerpt from the Albert County Museum Cookbook ~ ***Fiddleheads, Fricot & Frittata: A Hodgepodge of Atlantic Canadian Recipes***

“For millennia, people have gathered wild foods in the Maritimes. Many continue to do so from tapping maple trees in late winter, to picking fiddleheads in early spring, and later collecting goose-tongue greens then samphire greens on the marshes. People gather wild food for fresh eating and 'put up' more food by pickling, drying, bottling or freezing. Berries are made into jam and jelly. Plants, such as Labrador tea, wintergreen and sumac, are dried for use in teas. Wild mushrooms, particularly chanterelles, are dried or enjoyed fresh in the summer and fall.”

Fiddlehead soup

- 1 lb fiddleheads, washed/trimmed
- 1 potato, peeled/cubed
- 2 cups water
- 3 Tbsp butter
- 3 flour
- 4 cups milk
- ½ cup heavy cream
- Salt and pepper
- ½ tsp dried tarragon
- ½ tsp dried rosemary
- 2 tsp dried chervil
- 1 tsp dried parsley
- Cook fiddleheads and potatoes in water until tender.
- Meanwhile, melt butter in small saucepan and whisk in flour.— Slowly whisk in 2 cups milk and cook over medium heat until slightly thickened, whisking often.

- Place cooked potatoes and fiddleheads in a blender with their cooking liquid and purée.
- Return to saucepan, add sauce, remaining milk, cream, salt, pepper and herbs, Reheat, being careful not to boil. Stir with wooden spoon.

Hanna Downey

Mi'kmaq Mama's fiddleheads

- 1 bunch freshly harvested fiddleheads
- 1 pot boiling water
- 1 Tbsp butter
- 1 splash lemon juice
- Wash the fiddleheads in water for several minutes. If you're using a bowl of water, change the water several times.
- Bring a pot of boiling water to a boil. Add the clean fiddleheads to the water. Boil for 10-15 minutes. Drain the fiddleheads. Place them on a plate and enjoy them with your favourite flavours. I prefer butter and lemon juice; others prefer vinegar.

Cheyenne Joseph

www.mikmaqmama.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.

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

Gary Steeves Insurance www.garysteevesinsurance.com

Albert County Pharmacy www.facebook.com/AlbertCountyPharmacy

Hopewell Rocks www.thehopewellrocks.ca

Tele-Drive Albert County Inc. www.facebook.com/Tele-Drive-Albert-County-Inc-188994474611872

Albert County Chamber of Commerce www.albertcountychamber.com

Broadleaf Guest Ranch www.broadleafranch.com

Crooked Creek Convenience www.facebook.com/crookedcreekconvenience

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

OMISTA Credit Union www.OMISTA.com

Village of Hillsborough villageofhillsborough.ca

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

Farmer Brown's Greenhouse www.farmerbrowns.ca

Foods of the Fundy Valley foodsofthefundyvalley.ca

Fundy Highlands Motel and Chalets www.fundyhighlandchalets.com

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

Village of Alma villageofalma.ca

Albert County Museum albertcountymuseum.com

Chipoudy Communities Revitalization Committee www.chipoudycrc.org

To spread the word about your business or organization's work in rural Albert County, see connectingalbertcounty.org/advertising. We have plans for seasonal and full-time businesses, and non-profit organizations. We also welcome donations from individuals.

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: 869019133 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

