

Oh, Canada!

NEW BRUNSWICK

THIS YEAR,
we're celebrating
Canada's 150th
birthday by highlighting
must-see spots across
the country. First up:
New Brunswick.

Standing 10 to 20 metres tall, these iconic rock formations—officially called **The Hopewell Rocks Tidal Exploration Site**, though we prefer their more whimsical moniker, Flowerpot Rocks—were shaped by the rising and falling tides in New Brunswick's Bay of Fundy. While the most famous of the formations, Elephant Rock, partially collapsed last March, the remaining 16 are instantly recognizable symbols of this bilingual Maritime province.



SHORE THING

St. Andrews-by-the-Sea may be small (it doesn't have a single traffic light), but the quaint resort town offers something for everyone, from historical sites and a thriving arts scene to outdoor activities and outstanding local cuisine.

BY KATE WELLS



STAY

Grand Getaway The Algonquin Resort

This 128-year-old hotel offers a luxurious base for your seaside getaway. You'll be in good company; past guests include Prince Charles and Princess Diana, as well as former prime minister Pierre Trudeau. Thanks to a recent \$50-million reno, the building has been outfitted with a new fitness centre and pool, not to mention totally updated decor, yet the iconic hotel still has much of its historic charm—and, apparently, its ghosts!

Room With a View

The Rossmount Inn Hotel Restaurant & Bar Owners Chris and Graziella Aerni have converted an old estate manor into a quaint inn, offering guests comfortable accommodations, a full-service breakfast and scenic views of Passamaquoddy Bay and the St. Croix River. Dinner at the inn's restaurant will be a highlight—but reserve early, as it books up quickly.



EAT

Casual Lunch Niger Reef Tea House

Grab a seat on the patio and enjoy fresh homemade food, along with views of the ocean and St. Andrews Blockhouse National Historic Site of Canada, a coastal fort that dates back to the War of 1812. Fresh seafood reigns (picks include smoked salmon, quinoa-crust crab

cakes and the grilled lobster sammy), but the lamb ragout and the curried chicken sandwich are equally good.

Caffeine Fix

Honeybeans Coffee, Tea & Treats This sweet spot on the main strip is the perfect place to grab a cuppa and the best scones in town.



DO

Winter

Gallery tour Duck into the galleries and boutiques

along the main strip to see art, sculptures, jewellery and crafts from local artisans.

Spring

Kingsbrae Garden The Flemer family transformed this 11-hectare estate into a series of beautiful public gardens. Don't miss the sculpture garden, which highlights two important themes in St. Andrews: nature and art.

Summer

Whale watching Spot minke, fin and humpback whales from one of the Fundy Tide Runners Whale Watching and Nature Tours' boats.

Fall

Ministers Island Accessible by driving across the ocean floor at low tide, the island was once the summer home of Sir William Van Horne, the former president of the Canadian Pacific Railway. Tour what was once his cottage and barn, then hike or bike the island's trails.



FIND FIVE OTHER THINGS TO DO AND SEE IN ST. ANDREWS BY-THE-SEA AT canadianliving.com/standrews.

What's Close By?

If you have the time to range farther afield, here are three other cool spots to see in New Brunswick.



ONE HOUR AWAY

SAINT JOHN

Visit art galleries, restaurants and microbreweries in the revitalized Uptown neighbourhood.



TWO HOURS AWAY

FREDERICTON

Explore the Fredericton Region Museum to learn about the city's Indigenous, Loyalist and Acadian inhabitants.



THREE HOURS AWAY

SHEDIAC

Pristine campsites and Canada's warmest saltwater beaches make this Acadian town a must-visit destination.





ONE ON ONE

“FREDERICTON IS A VERY MUSICAL COMMUNITY. I ENJOYED A LOT OF EARLY MUSIC EDUCATION, AND IT’S WHAT SET ME ON THE PATH THAT I’D EVENTUALLY TAKE.”

HOMETOWN GLORY

Musician Measha

Brueggergosman’s voice is otherworldly, but her roots are firmly planted in the Maritimes. Born and raised in Fredericton, she still thinks of the city as home—and that’s where you’ll find her when she’s not performing.

BY GRACE TOBY

ON A WEDNESDAY NIGHT IN FREDERICTON, you can likely find Measha Brueggergosman with her braids up and hat on, drink in hand, catching a reggae set at The Capital Complex, a live music venue. Saturday mornings are reserved for the Fredericton Boyce Farmers Market, where there’s a buffet of delicacies that mirrors Canada’s multicultural flavour: Dutch sausages, Indian samosas, Greek souvlaki, German pastries and, let’s not forget, the cheese counter. The next day, she’ll be front row of her brother Neville’s parish in nearby Maugerville to attend his 5:17 p.m. service (the start time is a nod to 2 Corinthians 5:17, a Bible verse about recreating yourself).

It was between the pews of her church and her grade school’s music room that Measha, now widely considered one of the foremost sopranos of her generation, found her voice. By her teenage years, she had blossomed into the city performer, singing at every function, from bar mitzvahs to funerals. “Fredericton is a very musical community. I enjoyed a lot of early music education, and it’s what set

me on the path that I’d eventually take. I had access to many performance opportunities in the way only a small town could afford, which nurtured my desire to entertain,” she says.

Measha has always felt a deep connection to her hometown, but she discovered more about her East Coast roots during the filming of *Who Do You Think You Are?*, the hit genealogy docuseries. She traced her family’s history from slavery in Revolution-era America to their eventual freedom in Eastern Canada. She also learned that her ancestors hailed from Cameroon; they descend from the Bassa, a Bantu-speaking tribe known for its musical prowess. This revelation, and her family’s past, is a recurring theme in Measha’s new and most personal Christmas album, *Songs of Freedom*, a collection of traditional and spiritual songs that have been given modern arrangements.

Now, staring out her window, she spies the lobster pound bustling with activity before it closes for the year. She, too, is hard at work—writing her memoir, which she wants to finish before blowing out the candles on her 40th birthday cake this June. There’s a lot to cover: her ancestral ties to the East Coast; her childhood in Fredericton; her journey to operatic stardom; her stories of pain and loss (she underwent emergency open-heart surgery at 32 and, only a few years later, suffered more heartache with the loss of her unborn twins). She knows she still has years of life to experience, but she wants to share what she’s learned—up to this point, at least.

For now, though, Measha is relishing the East Coast scene. She’ll soon be embarking on another international tour, but until then, she’ll be in a tiny fishing village outside of Fredericton, where her dad has owned land for years, writing, eating lobster every day until season’s end and soaking in the sights, sounds and views of home. “I like that my home base is here,” she says. ●

Measha’s Musts

Three insider tips from star soprano and Fredericton native Measha Brueggergosman.

1

Check out the music scene

“Lamèque is an island in the Gulf of St. Lawrence, just off the Acadian Peninsula.

They have a music festival, the Lamèque International Baroque Music Festival, that’s a destination for the world’s music experts. People go because it’s this utopia. It’s hard to get to, but it’s so worth it.”

2

Eat at The Dip

“I would argue that the best 24-hour restaurant in the Maritimes is The Diplomat—which everyone calls The Dip—in Fredericton. It looks like a cross between the set of *9½ Weeks* and your stylish grandmother’s living room. I get the special fried rice and bring it home to my parents.”

3

Grab a coffee at Jonnie Java Roasters

“You have to go downtown to Jonnie’s for the coffee. They were the first to roast their own beans, like 10 years ago. I would say they’re the best at it.”

PHOTOGRAPHY, THINKSTOCK (SAINT JOHN); SHUTTERSTOCK (FREDERICTON); MAT DUNLAP (BRUEGGERGOSMAN); ILLUSTRATIONS, JEANNIE PHAN (MAPI); THENOUNPROJECT.COM (BED, DRINK, CAMERA, CARS)