

# HANWELL HERALD



Spring is in the Air!

# Your Mayor and Council



Spring is just around the corner, daylight saving time will have started and hopefully the snow will soon be gone. We have had a fair winter considering we have just experienced a year like no other in our lifetime. I do not want to write too much about COVID as we hear from the experts daily, however I do want to say that I could not be happier that our community has done very well in following the Department of Health's guidelines and kept our community safe. New Brunswick and Atlantic Canada has done well in protecting ourselves from the virus. Let us hope that the Atlantic Bubble will soon be back in place giving us the opportunity to visit family and friends.

The Municipal Election is set for May 10<sup>th</sup>. It is important to participate in municipal elections as the decisions that your Mayor and Council make effect you directly. Whether it is the services you receive or the recreation amenities that you have available these are all made by your six Councillors and Mayor. I have prepared a short article on the upcoming election that you can find on page 7.

When the snow melts come and check out the new outdoor gym which is located adjacent to the Rural Community Office across from the playground. I am also pleased to announce that we have secured a grant that will allow for an exciting upgrade to our trail system, it is called Bench Fit. This is a specialized exercise program that can be followed by almost anyone, it consists of a series of "stops" where there will be signage with various exercises from beginner to advanced that incorporate a bench, a rock, a log, or other stationary item along the trail. Look for this new addition on our trails this summer.

**Mayor Susan Cassidy**  
scassidy@hanwell.nb.ca  
506-460-1177 ext 4



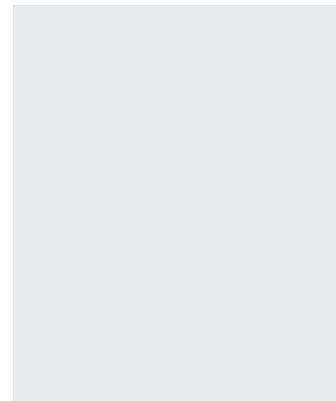
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Ward 4  
(Vacant)



**Darren MacKenzie**  
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## Rural Community Staff

**Terri L. Parker**, Clerk/Treasurer  
**Sherri Johnston**, Assistant Clerk  
**Cindy Hackett**, Communications / Admin Coordinator  
**Dan Martin**, Building Operations

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Inspired by Nature

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## ON THE COVER:



These amazing photos were contributed by very talented local shutterbugs, and we are very happy to be able to share them with you!

- 1: Heather Weaver, *Spring Blossoms*
- 2: Bill Gough, *Gallium Sphinx Moth*
- 3: Bill Gough, *Eastern Pondhawk Dragonfly*
- 4: Heather Weaver, *Cherry Blossoms*

**Nestled off of Michael Ave. in Hanwell, New Brunswick, is Southampton House - a long-term care facility for adult individuals who have suffered traumatic brain injuries. Let us introduce you to the residents of Southampton House.**



Located at 31 Michael Ave. you'll find the Southampton House and their team of motivated individuals who provide important care and assistance to their six long-term residents. The team at the Southampton House prioritizes helping each individual with their specific needs while also fostering the ability to complete day-to-day tasks, as well as providing assistance to them when needed or asked.

Originally opened as a type of rehabilitation centre in 1994, the non-profit organization strives to help each individual live with a sense of normalcy each and every day. As the clients of the facility are getting older it is important that they feel as self-sufficient as they can. The staff at the Southampton House watches over and cares for the residents as they complete daily tasks such as making their beds, washing the floors, or watering the garden. This sense of independence and accomplishment helps grow the self-efficacy in each resident and makes them feel as though they are able to complete these tasks on their own.

The Southampton House has built a foundation upon having their residents out and about in Hanwell and the surrounding communities, helping where they can. In years past the group has embarked on a variety of trail cleaning adventures in the city of Fredericton, ranging from the Fredericton walking bridge to the York Arena. The group in recent years has begun cleaning parts of the O'Dell and Wilmot park trail systems in the Fredericton area as well. You may also have seen these hard-working individuals at different community events such as church breakfasts cleaning up tables.

However, as the COVID-19 pandemic has affected us all, it has also affected those at the Southampton House. The residents often relied upon the ability to help local businesses in and around the Hanwell area, however, as many social distancing guidelines mandate, many have been left looking for new social opportunities and the ability to offer a helping hand where they can.

After speaking with representatives from the Southampton House they stressed the importance of social interaction within the rural community of Hanwell as it offers their residents an important sense of normalcy within their lives. The staff at the Southampton House is hoping to continue to create that same sense of normalcy within our local community of Hanwell.



Front row – L to R: Troy, Cam, Dan, Rourke  
Back row – L to R: Stacey, Scott

If you or another small business would like to help these individuals foster a sense of belonging and may have specific opportunities available, you are encouraged to reach out to the Southampton House for more information. Their residents have offered their helping hands to the Kingswood Golf Course, Jumping Jacks and various garages around Hanwell. They've gone out of their way to participated in Earth Day street clean-ups and have even hosted annual "Becca Told Me" barbecues in September as a way to encourage social interaction. All of the residents at the Southampton House love the ability to help out where they can and socialize.

-Taylor Bradley

# Wildfires and Wildlife

## Hanwell / Yoho resident, Gail Duncan, has led a colourful life in pursuit of the protection of flora and fauna, here is her story.

Wildfires have always been a concern in New Brunswick due to our province being two-thirds forested, especially when we have particularly dry summers. Even Hanwell has an impressive collection of softwoods and hardwoods, our homes nestled among them. There's a reason why we say we are "Inspired by Nature"; certainly, we are surrounded by it.

Local long-time resident, Gail Duncan, is no stranger to forestry, wildfires, and wildlife, having spent her career fighting fires here and abroad, and helping to rehabilitate wild animals. In 1990, Maritime Forest Ranger School was Gail's introduction to wildfire, with part of the curriculum involving forest fire suppression and fire management. After securing a position with the Department of Natural Resources (DNR) as a Forest Ranger, she was able to put her learned skills to good use. Gail was a member of the first trial of a "helitack" crew for NB, which comprised of four Rangers who were on stand-by during high fire hazard days, and were able and ready to respond immediately to wildfires via helicopter that would not be easily accessible by fire engines and ground crew. The crew was mobilized when one such fire ignited in a boggy area far from roads, where they were flown in, off-loaded their equipment and "hover-exited" down into the area. With their equipment, they were able to pump water from the closest water hole in order to extinguish the fire.

During these early years in her career, she would partake in several of these operations when DNR would mobilize their Rangers during busy wildfire seasons in NB and across Canada. One particular fire in Lake Nipagon, ON, her four-person crew was flown in, along with other Firefighters and Rangers from across Canada, to fight the fire – she was the only female out of about 40 members! There were no amenities except for a lake nearby to clean up and make food, they stayed in tents, worked in shifts, and slept and ate when they could. This operation took three weeks.

In 2004, Yukon was battling one of their worst wildfire seasons to date, and crews from NB and all over Canada, the US, and Parks Canada were sent to assist. Gail recalls that it

was still daylight when they landed in Dawson City at Midnight, truly the "Land of the Midnight Sun". Gail's crew was assigned to keep the new power line infrastructure, which stretched along the Klondike Highway from Dawson City to Whitehorse, safe from the wildfire. With the 24-hour daylight, crews were able to



Wildfire in Yukon

work longer days, eat, and sleep all in accordance with safety regulations. Terrain in the Yukon, as well as its wildlife, were vastly different than here in NB, with warnings of the dangers of grizzly bears and wolverines as well as concerns of keeping the permafrost intact. The wildfire roared like a freight train, flaring up and changing directions in its unpredictability, coming dangerously close to the power lines her crew were charged to protect. Luckily, they were able to keep the infrastructure safe and, although facing close calls at times, her crew and the power lines remained unscathed.

As Gail's career progressed, she became a Public Information Officer (PIO) with DNR. In 2008, a fire started by a lightning strike near Waycross, Georgia. She was deployed as a PIO and as part of an Incident Management Team (IMT), members of which were from eastern Canada as well as New England states. Her team was sent to provide relief to currently active IMT teams who were in need of a break, having been managing the fire perimeter at the Okefenokee National Wildlife Refuge in Folkston, Georgia, for several months. She was grateful for training and warnings on local wildlife, such as snakes and alligators, as well as handling the high local temperatures and resident culture. As the Lead PIO on this mission, she was also fortunate to have a team with the knowledge of local issues, political concerns, and groups with a vested interest in the lands, among others – information that was helpful to her to remain aware of any concerns that could arise from the situation. Upon her return to NB, Gail's position was as a Fish and Wildlife Technician, focusing away from fires and more fully on fish and wildlife.

After an impressive career with the Department of Natural Resources, Gail retired in 2020. She is still very active in the rehabilitation of injured and orphaned migratory birds, and holds a permit from the Canadian Wildlife Services, as well as networking with the Atlantic Wildlife Institute regarding birds and wildlife care, capture, and transport.



Bear cub rescue / transport to Atlantic Wildlife Institute

Although with the current Pandemic situation, things have slowed down, Gail keeps busy by keeping active – running, hiking, snowshoeing for example. She and her husband, Eric – also a recently retired Forest Ranger – have lived in Yoho for about 30 years. With the abundance of migratory birds and animals big and small right here in Hanwell, no doubt that she will be a resident for years more to come, and continue her passion of helping to rehabilitate these animals who need her.

*-Gail Duncan*

# HANWELL RADIO

Thanks to listeners here and abroad, we are being heard!

We've made a few changes due to requests that we've gotten from our listeners, and we've increased our music selection. See below for music programming. We hope to be able to get a few podcasts as well as live and recorded shows. If you have some time to spare and would like to contribute, contact me for details.

We hope you're enjoying Hanwell Radio. If you'd like to hear a particular genre of music, a podcast, or have suggestions on live shows, let us know. If you listen to radio during your work day, you can find us at [www.hanwell.nb.ca/hanwell-radio/](http://www.hanwell.nb.ca/hanwell-radio/)

\*NOTE: When there is no scheduled show in the reserved spot, the music that was playing for that day will continue through the evening.

\*Also Note: Schedule is subject to change, if listeners request additional genres.

-Darren MacKenzie, Councillor at Large

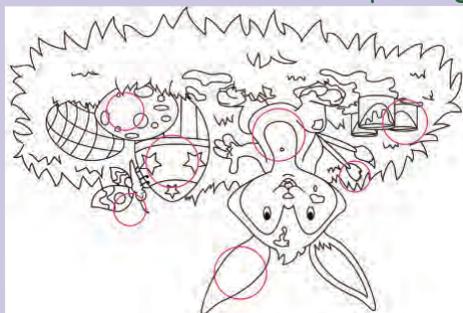
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Midnight to 8 pm: '80's Hits	All Day: Metal	Midnight to 8 pm: Classic Rock	Midnight to 8 pm: Metal	Midnight to 8 pm: Classic Rock	Midnight to 8 pm: Metal	Midnight to 8 pm: Classic Rock
8 pm to Midnight: Classical Music		8 pm to Midnight: (Reserved for Live or Recorded shows)*	8 pm to 9 pm: (Reserved for Podcasts or interviews)*	8 pm to Midnight: (Reserved for Live or Recorded shows)*	8 pm to Midnight: Club / Dance music	8 pm to Midnight: Club / Dance music
			9 pm to Midnight: Jazz			

## Easter Fun!

Spot the 7 differences & colour the picture!



Here's the answers, but no peeking!



Here's a special Easter treat, we hope you'll have some fun, It's a funny little bunny, with a message for everyone. "Happy Easter to all my friends! I'm here to bring you cheer!" But he won't be here forever, 'cuz he only comes once a year!

# OUT AND ABOUT

## HANWELL RURAL COMMUNITY

As COVID-19 continues to affect all of us, we have continued with the restrictions on rentals, meetings, gatherings, functions of all varieties, and will continue to keep your safety and health in our minds as we go about our daily routine; we have an Operational Plan in place that we abide by in order to ensure that.

We hope to be able to offer socials, events, etc. very soon so please keep looking to our website [www.hanwell.nb.ca](http://www.hanwell.nb.ca) or our social media outlets for updates.

## HANWELL COMMUNITY CHURCH

Any events will be posted on our Facebook page ([facebook.com/hanwellchurch](https://facebook.com/hanwellchurch)). Kids and youth events and programs are posted on our kids & youth page ([facebook.com/hanwellkidsandyouth](https://facebook.com/hanwellkidsandyouth)). At the time of this submission, most of our programs are online, but in person services will hopefully be resuming soon. Everyone is welcome!

Currently our weekly programs are as follows:

- Sunday morning worship at 11 am - always live at [facebook.com/hanwellchurch](https://facebook.com/hanwellchurch), but follow our facebook page for info about in person services resuming
- Children's Church on Sunday mornings from 10-10:45am (via Zoom) - info at [facebook.com/hanwellkidsandyouth](https://facebook.com/hanwellkidsandyouth)
- Community Kids - for ages 5-10 - Wednesday evenings from 6-6:30pm via Zoom (info at [facebook.com/hanwellkidsandyouth](https://facebook.com/hanwellkidsandyouth))
- Youth Group - middle and high school students - Wednesday evenings from 7-8:30pm (more about youth events and when we are online/in person can be found at [facebook.com/hanwellkidsandyouth](https://facebook.com/hanwellkidsandyouth))

## 2ND HANWELL SCOUTS

2nd Hanwell Scouting Group has openings for all Youth Aged 5- 17. All Sections meet at St. James Presbyterian Church on Monday and Thursday Nights.

- Beavers (ages 5-7) meet Thursday Evenings from 6:00 PM until 7:00 PM,
- Cubs (ages 8-10) meet Thursday Evenings from 7:00 PM until 8:30 PM,
- Scouts (ages 11-14) meet Monday Evenings from 7:00 PM until 9:00 PM, and
- Venturers (ages 15-17) meet Monday nights from 7:00 PM until 9:00 PM.

We are also looking for Scouters. No experience needed as Training will be provided free of charge. Registration is now open for the 2020/2021 Scouting year. We have measures in place to limit the spread of COVID-19, as well as follow all Provincial Guidelines.

For more Information Please contact Scouter Shawn Lewis by email: at [2ndhanwellscouts@gmail.com](mailto:2ndhanwellscouts@gmail.com), on Facebook at: <https://www.facebook.com/2ndHanwellScouting> or by going to <https://www.scouts.ca>

If you have any questions or concerns. Please feel free to contact us. We will be more than happy to help.

## GIRL GUIDES OF HANWELL

We continue to meet weekly, however we can only meet virtually at this time as we are looking for indoor and outdoor spaces to meet.

Hanwell Guides are looking for Volunteers and Leaders, please consider supporting your local area Guides! Contact [hanwellguides@gmail.com](mailto:hanwellguides@gmail.com) for information.

## ST. JAMES PRESBYTERIAN CHURCH

No updates have been provided at the time of publishing; please contact St. James Presbyterian directly for any upcoming events and information on worship, or monitor their Facebook page ([@stjameshanwell](https://facebook.com/stjameshanwell)).

Rev. Wendy MacWilliams, 506-999-5031

Web: [pccweb.ca/stjameshanwell](http://pccweb.ca/stjameshanwell)

YouTube: [PresbyNBChurches](https://www.youtube.com/PresbyNBChurches)

This information is current up until the time this issue was published. For more up-to-date information, please contact and / follow the groups above.

# ALL IN THE FAMILY

**You may have seen a new face around Hanwell recently collecting your garbage. A Mazerolle Settlement resident who has a smile for one and all, we'd like you to meet Aaron Brewer, owner of Brewster Marine Inc.**

Aaron Brewer picked up his first bag of garbage 27 years ago. At the age of 6, when his father won the contract for collection in Noonan, NB, he named his company "L'il Truckin' Aaron's" after him. At the time when garbage was collected it would be loaded and unloaded by hand, hard work but a common practice then and now. Aaron's father went on to bid on and win more contracts for garbage collections in regions like Sussex, which has a population very similar to Hanwell, and he still collects there the same way today.

After high school, Aaron's interests and education led him to pursue Welding and then Underwater Welding / Commercial Diving. He worked for a local diving company for a time and eventually went to Scotland to upgrade his certification by taking Saturation Closed Bell Diving. This opened many doors and provided him with the opportunity to travel and work all over the world for nearly 10 years with his diving company, Brewster Marine Inc., a challenging and exciting endeavour to be sure! But, as many can relate to, COVID-19 put strict limits on world travel, which meant he had a difficult decision to make. With a young family to support, stability was most important - to continue to travel would mean trips would be at least 5 month minimum in duration, and that just didn't feel right during this time.

When Aaron saw the tender for the garbage contract in Hanwell, Brewster Marine Inc., bid for and won the contract. It was a no-brainer, having the necessary experience from working with his father in the business, he was confident that it was the right step. "We knew when we started people would need a few weeks to get used to our methods for hauling (ie: bagging and bundling boxes)", Aaron said, but he also had

confidence that Hanwell residents would adapt as so many others have, especially when there are many other communities who collect in the same manner including Riverview, Upper Miramichi, Fredericton Jct., and Salisbury, to name a few - none of whom use mechanical means to lift garbage, just the hard work of people like him and his dad.

Aaron and his family are very thankful for the support, kind comments and gestures, such as water, Powerade™, and cookies offered/shared by caring residents, as BMI took to Hanwell streets for their first run amidst one of our worst snowstorms of the year. He managed to finish his run that day despite the road conditions. "We appreciate all the kind words and look forward to working for you", he says, and so do we.

When you see Aaron out some morning, give him a wave and say hello... oh, and keep an eye out for Max, you may just see him out in the trucks on your pick up day, too!

*-Cindy Hackett  
(With Aaron Brewer)*



**Meet the Brewers:** (L-R) Sadie, Katie, Brock, Gracie, and Aaron, and their beloved dog, Max

# MUNICIPAL ELECTIONS

## Interest in Offering for Council

Municipal, District Education Council, and Regional Health Authority Elections will be taking place on May 10th. The election will be different this year due to the restrictions that are in place to protect us from COVID-19. The Province has issued guidelines for candidates and their staff to ensure the safety of the public and themselves, which are available on Elections NB's website.

The Rural Community of Hanwell will be participating in our third municipal election. Your elected council consists of 4 wards councillors, 2 councillors-at-large and the mayor. All of these positions are open for election. If you have an interest in taking on an active role in the community this may be the opportunity for you.

Hanwell is a young community; our population has seen steady growth; in 2006 we were 3812 and in 2016 our population was 4750, we are now estimated to be over 5000. The construction of the new K-8 school will likely result in new housing and corresponding population growth. There is a

need to have a strong vision for our community's development and this is the time to ensure that the vision is inclusive for all.

If you would like to actively guide the community forward and represent the residents of Hanwell at the council chamber table, consider becoming a candidate. It does require a time commitment but the rewards are many.

If you would like more information on becoming a municipal election candidate, you can find information online at [www.electionsnb.ca](http://www.electionsnb.ca) or call 1-888-858-8683 (VOTE). You may also contact the Clerk, Terri Parker, for local information.

## Safe Voting for Residents

Considering the Covid-19 pandemic, electors who are not comfortable visiting a voting location may also choose to apply to have a ballot mailed to them. Visit Elections NB online or call the number above for more information.

*-Susan Cassidy, Mayor*



**Micro-farming is a small, high-yield, sustainable way of farming with an increasing popularity among those who want to step away from imported produce. Along with local markets supplying locally grown, organic produce, micro-farming is another step in the direction of healing our planet from toxic pesticides. We have one such farm here in Hanwell. Read on!**

You may have seen Alexandre L'Heureux running throughout our neighbourhoods, or maybe you ran the Pirate 5K with him in the past.

Being a runner has always been important to him; not only is it a great fitness tool for the body but for the mind and soul as well. Born in Quebec, he and his family moved to Florida when he was a child. After high school in Florida, on a full scholarship for track and field, he went to University of Michigan and later ran semi-professionally until an unfortunate injury to his Achilles heel put a stop to his aspirations of participating in the Olympics.



An array of colourful veggies and eggs

Alexandre joined the RCMP and after six years of patrol he became a forensic artist. The position, however, was eliminated after only five years, causing a downward spiral as he was very passionate about his job. He turned to running again, finding it cathartic after the loss of his position. After another couple of setbacks – another injury and then COVID-19 restrictions – he needed something else to heal his body and mind.

That's when his wife gave him a book, "The Market Gardener", by Jean-Martin Fortier – it was a book that changed his life and opened up a whole new world for him and his family. The book taught him how to be a self-sustained micro farm on just 1.5 acres of land, using nothing but hand tools – no tillers, tractors, or any machinery. It also taught him of the importance of soil nutrients and health,



Papa and the little farmers! (L-R) Laurence, Alexandre, Léo, and Alexia

never using pesticides or herbicides, keeping everything organic and natural. He faced a few challenges along the way such as the rocky soil that a lot of Hanwell is built upon, insects that also enjoy the fruits of his labour, and the financial implications of starting a small farm from scratch, but none of this has hindered him. As a successful wildlife artist, he was able to sell enough paintings last summer to help

finance the farm, and with the addition of a 50-foot cold tunnel to protect delicate crops from mid-summer insects and the cooler fall weather, he was able to extend growing season to November, successfully feeding his family and a few friends and neighbours with a generous array of herbs and vegetables. He and his family were eating better, they felt better, and he made a full recovery after a few months, even going back to work with the RCMP – a result of the symbiotic relationship between humans and food – there is something to be said for how we fuel our bodies and minds.



Sunflower microgreens

His passion for growing his own organic food sparked the desire to expand his business and share it with others... and so "The Happy Farm" was born. The Happy Farm, a take on the family's last name L'Heureux (literally meaning "the happies" in French) is growing nicely with the addition of fruiting trees and berry bushes to their variety of vegetable and herb crops. In addition to growing a variety of fruit, berries, and vegetables, there are also edible herbs, flowers, and plants that can be used as remedies – ginger for upset tummies, for example.

What does the L'Heureux family wish to get out of all of this? They would like to be completely self-sustained by 2023, relying only on their crops for the majority of their diet. They want their property to be an ecosystem filled with plants that will nourish themselves, others, and our planet. They see the global issues we all face, such as climate change and soil pollution from pesticides, and they want to educate their children and others how to take better care of our environment by producing healthy, fertile soil that will grow a variety of crops and continue to help the environment in the process.

While the future may seem uncertain for many, one thing that is certain is this family's commitment to farming and being an example to their neighbours, friends, and community. Seeing like-minded others working together, being able to share goods with one another, working to accomplish similar objectives: this is the ultimate goal, and doing this right here in Hanwell is the only place for this family – there's no place they'd rather be.

-Alexandre L'Heureux (a.k.a: The Happy Farmer)

**Through Sentinel Emergency Alerting, the rural community of Hanwell can notify you by email or phone of potential emergencies in our area, such as power outages or road closures... Sign up today!**

Visit us at <https://ecc.sentinel systems.ca/selfsub/?c=hanwell> and sign up today (must have a valid email to sign up)



# Parks and Recreation Committee Update

Well folks, here we are in the final throes of winter and what a winter it was. Not much snow and not a lot of cold weather, most unusual for this part of the country but a welcome change. The trails and play structure have been extremely busy during the pandemic, thankfully we didn't have to close it down much. Thanks to all who have been doing their part to keep socially distanced from other walkers, and worn masks when they couldn't keep six metres apart. We all have a part to play to get this under control, your efforts are greatly appreciated.

The skis and snowshoes that are available for loan at Hanwell Place have seen a lot of use. If you haven't been out to the park and walked the trails come out and give it a go. The trails are really beautiful during the winter season, thanks to Jerry Messman who keeps them groomed and ready for you to use,

and to Dan Martin for keeping an eye on their condition. The walking is easy and most of the time... all you need on your feet is your regular hikers. Just a reminder, the skis that are available at the Center do not need special boots- the bindings are made to attach to your everyday footwear.

The outdoor gym was installed late in 2020 and come spring will be a lot of fun for an easy workout. Things to look forward to in the park this year is the completion of the ability trail and an addition of a bench fit circuit.

Looking forward to a great year, keep safe everybody.

*-Dave Morrison, Deputy Mayor, Chair of Parks & Recreation Committee*

## Age Friendly Committee Update

The Committee has been meeting bi-weekly as we continue to finalize the process required to be designated as an Age Friendly Community.

A new section of our website has been established as "The Seniors Corner". This will be a valuable tool to find information regarding COVID-19 and other provincial documents aimed at our senior population, as well as our Age Friendly Committee reports, information on various grants and projects, and a list of Hanwell events and special announcements for seniors. If you would like to learn more about Seniors Corner, please visit our website at [www.hanwell.nb.ca/seniors-corner/](http://www.hanwell.nb.ca/seniors-corner/).

As we continue to be in the Yellow phase of COVID-19 recovery, and we are able to start to host functions at the Community Centre, we will begin to establish a few events such as a Seniors Chat & Café, training on how to use Zoom,

Facebook, and other technology, and training on how to be safe online (online banking, social media, etc.).

We have also placed a Questionnaire for Seniors' Interests on "Seniors Corner's as well as Facebook and through the churches' social media sites. You can fill in the form online and email it to us, or print it and send/bring it to the Municipal Office - the Committee wants to hear from you and move forward with your interests.

Finally, I am happy to announce that we have received funding for a Bench Fit Wellness Project that will be placed throughout our walking trail; more details to follow. If you would like to learn more about Bench Fit, you can visit the TrekFit website at: <https://trekfit.ca/en/benchfit-circuits>

*-Terri Parker, Clerk/ Treasurer*

## Emergency Measures Committee Update

The Emergency Measures Committee has been meeting once a month. We are currently working on the Emergency Plan and business contact information, in the event of an emergency.

COVID-19 updates are monitored every day and provided to the committee members.

With the new school being built and slated for opening in the fall of 2022, we encourage each household to sign up for Sentinel Emergency Alerting. Sentinel is a method we use to alert our residents of an impending or realtime emergency

situation such as widespread power outages, road closures, water treatment facility issues (for Birchwood residents), forest fires, and other potentially devastating events. Sentinel alerts are sent out manually by our staff, and the information provided is local to Hanwell and what affects you, our residents. If you would like more information or to sign up, the link is on our website homepage; you can also sign up at <https://ecc.sentinel systems.ca/selfsub/?c=hanwell>.

We look forward to continuing to keep you safe and secure.

*-Terri Parker, Clerk/Treasurer*



**If you have ever wondered about Meals on Wheels, we have some helpful information for you.**

Did you know that Meals on Wheels of Fredericton Inc. serves Hanwell? Meals on Wheels is a non-profit organization serving nutritious lunchtime meals for seniors, individuals with disabilities, and those who are recovering from illness or injury, in order to assist in the continuation of an independent lifestyle.

They have recently revised their menu and are able to offer great selections in a three-week rotating menu.

They also now have a Registered Dietitian on staff who would be happy to assist with menu selections for specific dietary restrictions. Also new is the addition of a frozen meal option for living in the Hanwell area! If you would like more information about how Meals on Wheels works, please give them a call at 458-9482 - they are happy to help you.

# SPRING CLEANING and THE THREE R'S

Every year, as the mild weather begins and the days get longer, we tend to turn our attention to Spring Cleaning. We start to think about letting go of clutter, purging what no longer “sparks joy”, a phrase coined by Marie Kondo, founder of the KonMari method of tidying up and letting go of what we no longer want or need, and only keeping what makes us happy. Sounds easy enough, but it takes a lot of willpower to let go of things, especially ones we attach sentimental value to. Personally, and I know some of you can relate, I have a hard time letting go of books because who knows – I may read them again some day. Each of us has that item or items we just can't seem to part with, and when we are ready to let go, the question becomes: what will we do with them?

There are many ways in which you can deal with your unwanted items that are very much in line with the Three R's: Reduce, Reuse, and Recycle. As we purge these items, we are reducing our clutter. We get to have a cleaner, clearer home or garage and are more easily able to organize what we do keep. Knowing where my items are and having a clear view of them helps me find them when I'm looking, and there's something to be said for decluttering ones home being akin to decluttering the mind.

When reducing our clutter, we can choose to reuse items. For instance, Mason™ jars that are empty and collecting dust, turn them into a light fixture, which is very “Farm House Chic”.

Another way to reuse old items is by letting someone else reuse them – donate clothing to a local charity organization, have a yard sale or post items that are in good shape on virtual yard sale sites, such as the “Hanwell Community Buy and Sell” Facebook page where you can post your items for sale or free; someone may be looking for that special item that you're about to purge!

Recycling is another great way to purge unwanted items. Did you know that you can recycling items such as old computers, stereos, drills and other tools that no longer function and are taking up valuable space inside your home and garage? Give the Fredericton Region Solid Waste hotline a call at 453-9938, they will advise you on what to do with them. How about those cans or bottles you're saving? You can donate them to a bottle drive or collection, recycle them in your recycling program box, or you can bring them to the Southside Redemption Centre in Hanwell, open 24/7. Their Southside Bottle Exchange is at 70 Timothy Avenue S., you can give them a call at 450-9247 for more information and to set up an account.

Whatever you choose to do with your clutter, spring is an excellent time to do it.

*-Cindy Hackett*

## Health and Wellness Corner

### Virtual Care in My Community

With the arrival of COVID-19 health care practitioners were forced to find alternate ways to reach their patients, this shift thrust terms like “ehealth” and “telehealth” into the forefront. Simply defined as “healthcare services provided electronically via the internet”, ehealth looks like a typical appointment but with both parties behind screens being linked together by a video call platform like Zoom or Skype. While many people may see their primary practitioner (doctor, nurse practitioner etc.) using this method, many New Brunswickers do not have a practitioner because of a shortage of family doctors. Every day, pharmacists see how the lack of primary care can negatively impact health and well-being.

To bridge this gap, we have formed a partnership with eVisitNB, a private ehealth provider, to create a “virtual walk-in clinic” right in our pharmacy. The benefit of this service is to bring immediate, real-time care to members of the Hanwell community who do not have a family doctor or NP, or who are unable to be seen by their practitioner on an urgent basis.

While this service is not covered by Medicare and thus carries an associated fee, we believe that fast and quality access in your own community offers a better option than walk-in clinics and long waits at the ER for many medical concerns. For many common ailments a consultation can be done by a pharmacist and the resulting prescription can be filled immediately. For medical consults that fall outside the prescribing scope of the pharmacist, an immediate referral to our eVisitNB partner is made and the appropriate provider can be seen virtually.

We encourage you to think of your local pharmacy first if you are in need of medical advice, prescription refills and more to see what we can do for you!

*-The Medicine Shop, Hanwell NB*

### Yoga For Self-Care

Yoga is great for your well-being and the benefits far outweigh the flexibility and strength you gain. Yoga is about slowing down; it's about learning to breathe and connecting your mind with your physical body.

There are many styles of yoga which vary in how vigorous they are: from Vinyasa flow which is a faster-paced style of yoga that many are familiar with, to Yin yoga in which the poses are held for minutes at a time. Restorative yoga and Yoga Nidra are about calming the mind, breathing deeply, and releasing the stress that is held within your body.

There is no specific amount of time you need, nor any physical requirements – simply start with 10 minutes a day to see the benefits. With warmer weather on its way, wouldn't it be great to get outside and get the health benefits of breathing in the fresh air while you relax? Saying “I cannot do yoga” is akin to saying “I'm too hungry to eat”... yoga is for everybody and every body.

*-TLW Yoga, Hanwell NB*

# I've Been Pumped Contest is Back!



We are pleased to offer our residents the "I've Been Pumped!" Contest again this year, with one of four prizes to be won:

- A **free future pump out** from Nicholson's Waste Management (must be a customer of this company)
- A **free future pump out** from Lud-San Enterprises (must be a customer of this company)
- A **free future pump out** from Ready John (must be a customer of this company)
- A **full reimbursement** of your paid 2021 invoice (up until September 30, 2021) from the rural community of Hanwell

Contest closes September 30, 2021. Bring your paid invoice to Hanwell Place, or email it to [administration@hanwell.nb.ca](mailto:administration@hanwell.nb.ca)

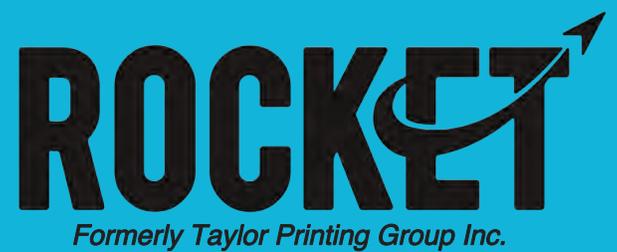
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*YOUR EFFORTS IN KEEPING OUR COVID-19 NUMBERS UNDER CONTROL ARE APPRECIATED, GREAT JOB! STAY SAFE!*

*VOS EFFORTS POUR COMBATTRE LA COVID-19 SON APPRÉCIÉS. MERCI! SOYEZ PRUDENTS!*



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