

HANWELL HERALD

Autumn 2020

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FROM THE MAYOR'S DESK

It is back to school! September has arrived and we are venturing into a new school year and it is indeed new in many ways. The Herald has reached out to 2 professional educators to ask their opinion and advice on how students and their families may navigate the return to class. We hope that you find the feature article informative. We would welcome your feedback.

The Rural Community is slowly introducing activities to the Recreation Centre, Hanwell Place. We are busy planning activities for October to December, stay tuned to our Facebook page and website for updates. We have been pleased to support the Sunday evening Hanwell Story Time being hosted by resident Kailey Von Richter for the past several weeks.

I am pleased to announce that Council has approved the purchase and installation of an adult outdoor gym which will be completed around the end of October, located next to Hanwell Place across the road from the playground. We are also undertaking the planning for the renovation of the newest recreation building (the building that resembles a church) and hope to see some progress on that project soon.

If you love the heat, then this was a summer made for you. Lots of sunshine, high humidity, and little rain made it almost tropical. This was the staycation summer with the Atlantic Bubble arriving just in time for many travellers. Autumn is in the air with those cool mornings greeting us and we still face many uncertainties as we move into fall. On behalf of myself and Council may you and your family stay healthy and safe.



VACANT Ward 4



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Office Hours

Monday to Friday:
8:00 am to 4:00 pm
Weekends, Holidays:
Closed

Cover photo credit: **Nancy Moore**

@HanwellIRC

@HanwellIRC

@HanwellNB

RURAL COMMUNITY STAFF
Terri L. Parker, Clerk / Treasurer
Cindy Hackett, Assistant Clerk
Sherri Johnston, Administration
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Inspired by Nature

Explore Nature's Hidden Gems

You don't have to go too far from home to explore our great province's wonders of nature.

Below, you'll find waterfalls nearby to check out. *Read on!*

Living in a mostly rural province means there are plenty of natural wonders to be found and adventures to discover. Amongst these, we are blessed with countless waterfalls in this province. Usually off the beaten track, these hidden gems make for great day trips during the summer months or any time of year. Some have deep pools for swimming, high cliffs, slippery rocks, and narrow trails. It's important to do your research before exploring because difficulty levels will vary. Thanks to GPS, locating them is easier than ever before.

Things to consider before hitting the trail include making sure you bring water, good hiking shoes, bug spray, proper clothing and of course, a camera. Here are a few nearby gems to check out.

Garden Creek Falls Trail, Kingsclear

Difficulty: Easy

Distance 0.10 km

(Approximate travel time from Hanwell is 10 minutes)

Howland Falls Trail, Bear Island

Difficulty: Easy

Distance: 0.10 km

(Approximate travel time from Hanwell is 45 minutes)

Split Rock Falls Trail, Prince William

Difficulty: Moderate

Distance: 1.1 km one way

(Approximate travel from Hanwell is 25 minutes)

Joslin Creek Falls, Prince William

Difficulty : Difficult

Distance: 164 Metres

(Approximate travel from Hanwell is 30 minutes)

Credit: <http://www.hikingnb.ca/TrailList.html>



Howland Falls, Bear Island, NB

Photo credit: Kevin Lunn

There are many more to discover, check out the list of "15 Best Waterfalls for Nature Lovers", according to Tourism New Brunswick's "Explore NB Blog" at <http://blog.tourismnewbrunswick.ca/15-best-waterfalls-for-nature-lovers>

- **Kevin Lunn**, Communications Committee

This issue of the Hanwell Herald was designed and produced in-house, and printed / distributed by:

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Thank you very much to the following contributors:

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The Medicine Shoppe

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Back To School



With back-to-school being on the forefront of parents' and students' minds, we asked two professionals within the education system a few questions to help us prepare to go back in the "new normal". Take a look!

Hanwell Herald: *How can parents help prepare their children mentally for this new school year?*

Julie LeGresley: Students' attitudes, feelings and opinions about the new school year starts at home. Families can help prepare the return to school by talking about the year in a positive way, appropriate to the age of their children. Kids are resilient and strong. Many times, they take things in stride that we adults would have concerns about!

Lucas Candy: Kids are far more resilient than we give them credit for, they will take their cues from us as adults. If parents stress about it, they will follow your lead. Just remind them that while it will be a little different, focus on all of the things that will be the same as last year. Encourage them to be excited for the new school year.

HH: *What do you consider to be the top three talking points parents should cover when discussing school during COVID-19 with their children?*

JL: Often, an adult's idea of important topics varies from what a kid thinks is important! A great way to start the conversation would be to ask kids what the top three things they would like to talk to the family about. This is a great way for kids to feel safe in bringing forward things that are at the forefront of their minds.



LC: I would remind them of 3 things:
1-The new procedures will feel strange at first but by the end of September, they will be used to them.

2-What most students actually love about school is the relationships, with teachers and fellow students and those will be the same.

3-This is a season, as much talk as there is of the "new normal" in reality these procedures will relax with time and eventually a vaccine.

HH: *How can parents ease their child's worries and help them cope with feelings of stress going back to school?*

JL: Allowing kids the time and space to talk about anything that may be on their minds is important! Sometimes kids

want to talk about things at times that is not always easy, but acknowledging their concern or question when it's addressed goes a long way in reassuring them that what is on their minds is important and valid.

It's important to recognize when a child is stressed and acknowledging that a bit of stress is a normal part of life. Normalizing concerns and stress surrounding the school year by echoing their question has a way to reassure kids that they are not alone in their concerns.

LC: Remind them that while there will be some new procedures most of the school day will run the same as previous years. Remind them that every year brings change with a new teacher, a new classroom, and new classmates, this is just one more "new thing" to add into that mix.



HH: *What will the first week back to school look like for students, and what is new this year?*

JL: Schools and teachers are working hard to make the re-entry to school as seamless, fun, and positive as possible! Some of the changes that will be noticeable for kids will be the water bottle filling stations, hand washing stations, and mask wearing (in applicable grade levels). There may also be changes to the day's schedule (staggered entry, drop off/pick up times, etc.), cafeteria/lunch time and access, as well as outdoor play, although schools are still working on their plans as we speak.

LC: The first week back will likely be devoted to teaching students the new routines and procedures. Elementary teachers are especially good at teaching routine as it is the best way to run a class smoothly. This is actually how every year starts, this will just be a new set of routines.

HH: *What are common signs to look for in children that could indicate that they are struggling, emotionally and academically?*

JL: Communicate, communicate, communicate! Teachers are always at the ready to hear from families about how kids are doing outside of school. Higher levels of stress, anxiety, depression, and other feelings will often show themselves in kids as changes in behaviour. Kids may appear short tempered, be not as patient or kind to other family members, want to be left alone more frequently, not sleep as well, have changes to their appetites, lose interest in favoured activities, or work hard to please family members, etc.

LC: Each child will exhibit different signs of stress. Mood-swings, changes in sleep patterns, even physical symptoms like complaining of a sore stomach could all be signs of stress. More extroverted kids will be excited but possibly nervous to see friends again. More introverted kids may have a more difficult transition back to school. Parents will know when their child is acting out of the ordinary, they just need to be patient and keep lines of communication open.

HH: *What should parents do if their child shows signs they are struggling to get back into 'school mode'?*

JL: Time and patience will be two important things to keep in mind this fall. Communicating with teachers is always welcomed and if a parent/caregiver feels that their child is struggling, and conversations at home about what a teacher may be noticing in class is equally important.

LC: They should talk to their child about it, find out what is bothering them. Allowing them to talk through how they feel can make a big difference to help them process the challenge. It also never hurts to touch base with the teacher.

HH: *If you would, please share a few organizational and time management skills that will assist in setting up students for a successful school year.*

JL: Some schools provide day planners or agendas - encourage your child to write in it, especially the longer assignment and project dates! As the old saying "out of sight, out of mind" goes, if we don't see an important date coming up, it can sneak right up to us! I always suggest to families that a 2- or 4-month wall-mounted planner is a great way to organize a student's (or family) assignments in one central spot. Kids thrive on routine, so establishing clear, consistent times for homework, reading, sport and leisure, family and dinner time is a great way for families to have structure to the day and typically helps ease discussions about homework not completed.



LC: For older students, have them create a management system. A management system involves a calendar, a task manager, a storage system, and other items. Choose a system that fits your personality.

HH: *How can students stay on track during their in-home class time?*

JL: It all comes back to scheduling, but also allowing for the acceptance that at-home learning is not on the same schedule as would be in-school. In-home class times are sometimes directed by Teams video calls, or multiple people needing the computer/laptop/tablets in the home. Flexibility is the name of the game!

LC: It is important to set aside a place in your home that is your designated work space. When students enter a classroom they know it is class time with a specific set of expectations, the challenge with working from home is that

sometimes our "get to work" switch does not flip as easily. Having a schedule is also helpful, while flexibility is nice, students (especially younger ones) usually do much better where there is a set schedule to follow.

HH: *What type of resources would be available to both parents and students who are struggling?*

JL: It's important to remember that school personnel are there for their students.

Also, the Child and Youth teams are always at the ready to help support school teams, as well as families needing extra support outside of the home. This branch of the Integrated Service Delivery means that school-based support teams can refer students or families to other professionals in order to address learning disabilities, mental health, or other types of needed support.

LC: This will vary from school to school, be sure to read any communication from the school carefully and remember that your child's teacher is an excellent resource often they can help you, or if not they are able to point you towards excellent resources.

HH: *Is there anything else you would like to share to assist parents and children during the 2020-2021 school year?*

JL: I love hearing about families that have goal-setting conversations at the start of the school year! Talking about a child's goals for the school year, writing them down, and revisiting them through the school year is a great motivator for success!

New Brunswick has done a great job at staying ahead of the COVID curve. Flexibility, patience and understanding for ourselves, our families, our children, and those who support them will be even more important moving forward.

LC: The name of the game this year will be flexibility, the only thing certain in life is change, and this is especially true in 2020. Be patient with your child, your child's teacher and your school. I promise they are working hard to do their very best for your child. Teachers and schools will be taking this a week and a month at a time and won't always have answers for you. Try to extend grace when things are frustrating, I guarantee they are doing their best just as you are in what can be a stressful time.

The original article has been edited for length.

Please visit our website at www.hanwell.nb.ca for the complete article as well as a list of handy resources to make back to school a little easier.

Interview by **Nancy Moore**, Communications Committee

Special thanks to the following contributors:

Julie LeGresley, B.A., B.Ed., M.Ed., C.C.C.
Guidance Counsellor, Bliss Carman Middle School

Lucas Candy, B.A., B.Ed.
Vice-Principal, Fredericton Christian Academy

OUT AND ABOUT

Our “Out and About” section looks a little different for this issue. We encourage everyone to continue to show support for our local businesses and services, and respect the boundaries that are in place during this time. Please check with them directly and often for information and any changes to their services as our community and province continue move through the phases of recovery from COVID-19.

We want you to know that we appreciate each and every one of you. Your thoughtfulness for others in our community has been noticed and we are grateful. Thank you.

Hanwell Rural Community

As we continue to navigate the “new normal” and how to best reintroduce events at Hanwell Place, we will continue to seek new ways to be social while maintaining safety measures needed. Please keep an eye out on our Facebook pages and group for events and updates.

Hanwell Community Church

Regular Worship Service continues at 11 am Sunday mornings by reservation. Parishoners may reserve their spots through the Facebook page (@hanwellchurch). Also keep an eye on the Facebook page for further updates and events as things progress this fall.

St. James Presbyterian Church

Regular Sunday Worship continues live on the Facebook page (@stjameshanwell). In-person religious services have started in accordance with the Provincial requirements. Church activities are restarting slowly, please check the Facebook page for information, or contact through the info below.

Minister: Rec. Wendy MacWilliams, 506-999-5031 (cell)

Web: pccweb.ca/stjameshanwell

Facebook: @stjameshanwell

YouTube: PresbyNBChurches

2nd Hanwell Scouts

2nd Hanwell Scouting Group has openings for all Youth Aged 5- 17. All Sections meet at St. James Presybterian 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 for all Sections . No experience needed as Training will be provided free of charge. We are currently offering a Free Trial from 01 Sept 2020 until 31 December 2020, and participation is solely Voluntary. Measures are in place to limit the spread of COVID-19.

For more Information Please contact Scouter Shawn Lewis by email: at 2ndhanwellscouts@gmail.com or on Facebook at: <https://www.facebook.com/2ndHanwellScouting>.

Hanwell Guides

Guides will be starting the week of September 23; It will be a mix of outdoor and virtual meeting, and social distancing and/or mask-wearing protocols will be in place. Hanwell Guides are looking for volunteers and Leaders, please consider supporting your local area Guides! Contact hanwellguides@gmail.com for information on Guiding, becoming a leader or volunteering.

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

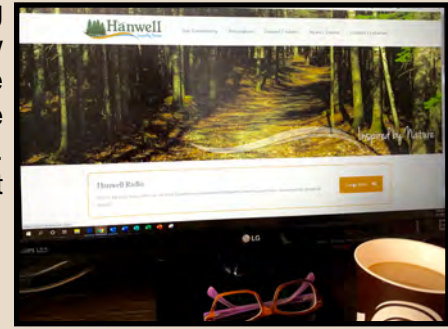


HANWELL RADIO

I'd like to thank all the people that tuned in to Hanwell Radio on 89.5-FM over the month of August. Getting programming ramped up on a new station takes a lot of work, especially when it is only run by volunteers in their free time. But programming for the station will continue to grow over the next couple months, and when we go back over the air on a permanent station (which may be on a different FM frequency), we hope to deliver lots of

programming covering local bands, local DJs, podcasts, interviews with local businesses, and more. Even though it is off the air for a while, it will still continue on the Internet at <https://hanwell.nb.ca/hanwell-radio/>

Our station engineer (Paul Dixon) is working hard behind the scenes to get everything planned out for the permanent setup, and this does take a fair amount of time. But new live shows will continue on the Internet version of this station, through the fall, and we will be adding the podcasts and other programming over the next few weeks. The Friday evening live show at 8pm will be moving to a different day during the week. Stay tuned to our Facebook pages, as information will be posted there about current live shows, and when new shows and podcasts are going online.



Thank you for supporting local community programs such as these.

-Darren MacKenzie, Councillor at Large
Station Manager, Hanwell Radio

FLU and COVID-19

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza virus. While it's not possible to say with certainty what will happen in the fall and winter, CDC (Centre for Disease Control) believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. Annual flu vaccination is recommended for everyone 6 months of age and older, with rare exceptions, because it is an effective way to decrease flu illnesses, hospitalizations, and deaths.



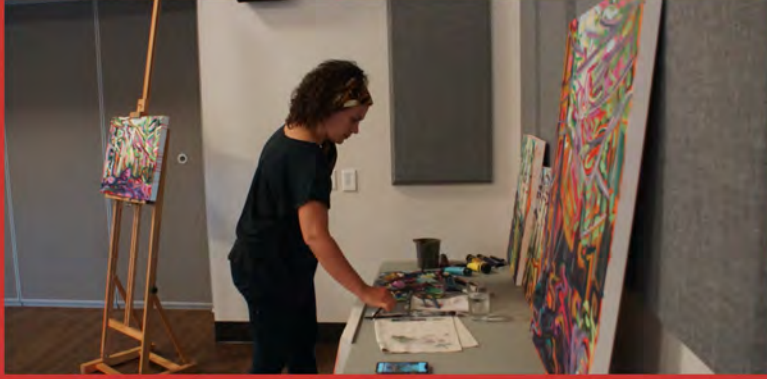
In support of CDC recommendations, the flu shot will be FREE for all residents of NB this fall (*contact your local pharmacist for details*). For the upcoming flu season, flu vaccination will be very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the population and thus lessen the resulting burden on the healthcare system during the COVID-19 pandemic.

Watch The Medicine Shoppe's Facebook page and check in store for more information on how they will be administering our community flu shot program this fall!

Through Sentinel Emergency Alerting, the rural community of Hanwell can notify you by email or phone of potential emergencies in our area!



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



Let's Get Social!

Lots of smiling faces and full bellies! Strawberry Social (above) and Blueberry Social (below)



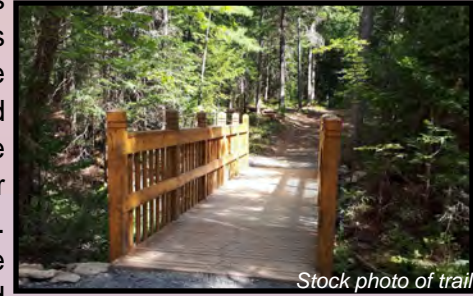
PARKS AND RECREATION UPDATE

Although 2020 has unfolded in a manner that no one expected, the Rural Community of Hanwell is proud with how our community has handled the COVID-19 pandemic in and around the Hanwell Playground and the Hanwell Recreation Park.

As a community we were fortunate to host two summer socials this year: our Strawberry Social on July 23rd, and our Blueberry Social on August 20th (*photos on facing page!*) We were delighted to see many familiar faces and smiles shared by all! The Town Cats kept us entertained for our Strawberry Social along with artist Sasha French and her amazing paintings, and Terry Ferris & Lee Howe played for us for the Blueberry Social. A big THANK YOU each of the 50+ patrons at each event for abiding by the social distancing guidelines, allowing for us to have a safe community gathering! We look forward to expanding on different community events, provided New Brunswick Health allows for it, and we can ensure that it can be done with the safety of our residents in mind.

As a community, are also very pleased to see our playground being used in a fun and socially distanced way! We hope to continue to see everyone enjoying the structure into the fall before the snow comes.

Our trails team has been busy again this summer ensuring the upkeep and maintenance of nature paths for all our community to enjoy. The team cleared the many trees that had



Stock photo of trail

fallen over the winter and spring. They also continued to put more gravel down throughout all the trails in order to eliminate those pesky puddles! Be sure to check out the new covered resting gazebo off the first loop.

As we transition from summer into fall and then fall into winter, we will ensure the trails remain groomed when the snow falls. Don't forget about the abundance of opportunity that lies when signing out a pair of snowshoes or cross-country skis from the Rural Community office that can be used on the trails in the winter for year-round enjoyment of our wonderful trails.

- Taylor Bradley

Communications Committee and Summer Student

Photo credits (facing page): Communications Committee and Adeline Meisner

Inspired By Nature

Nature NB is a non-profit, charitable organization whose mission is to celebrate, conserve and protect New Brunswick's natural heritage, through education, networking and collaboration. Founded in 1972 as the New Brunswick Federation of Naturalists, the organization is presently comprised of a dozen naturalist clubs and hundreds of members across the province. They encourage a better understanding of the natural environment and awakening concern for our province's natural heritage. Nature NB recognizes the importance of actions to preserve and maintain that natural heritage, and achieve both through various programs for youth and adults, and through the development of educational materials.*

From September 21st to 27th, Nature NB will be participating in Science Literacy Week, whose theme this year is "Biodiversity". The Hanwell Recreation Park Trails, among others, will be home to a self-guided walk featuring educational signage throughout the loops, which will serve as a fun, safe learning opportunity for everyone who enjoys exploring our trails while maintaining safety protocols that are in place, such as social distancing.

We look forward to partnering with Nature NB to provide more nature-inspired walks and programs, so keep an eye out for more opportunities such as this; like us, they are "Inspired By Nature"!

Please visit: www.naturenb.ca for more information on these amazing programs.

* Cited from website



Slow The BLAZES Down!

One of the biggest complaints I hear as a councillor is that people are driving way too fast in our sub-divisions. “**Slow the Blazes Down**”, a speeding awareness campaign will be in place during the month of October throughout Hanwell. The commencement of school means there will be a major increase in activity on the streets in the early morning and late afternoons. This will be a very different start to the school year with many parents driving their children to school, so drivers please be aware. The community will have to come together and agree that speeding is unacceptable and remind one and all to drive responsibly and slow down.

The speed limit on Rte. 640 ranges from 70 kph to 80 kph through the most densely populated areas of our community and 50 kph in our subdivisions. Take note, in our neighbouring community, the Village of New Maryland, the speed limit on Hwy 101 through the village is 60 kph and 40 kph in the subdivisions, perhaps we can do the same here.

Please be reminded the fines for speeding in New Brunswick range from **\$172.50** to **\$604.50** plus the loss of **3** merit points and a possible increase in your insurance rates. The RCMP encourage everybody to report speeding infractions at 357-4300 detailing as much information as possible especially the date, time, location and the plate number if possible.

Safety practices:

- Look both ways before crossing street
- Walk on the left side, facing traffic
- Bicycle on right side, with traffic
- Carry a flashlight when walking at night
- Wear something reflective when walking at night
- When walking your dog keep him/her on a leash

Please remember, “ **Slow The BLAZES Down!** ”

- **Dave Morrison**, Deputy Mayor



Emergency Measures Committee

Now that we are moving into the last quarter of 2020, we would like to take a look back at the past few months. Since mid-March, we've seen a few ups and downs here and abroad: from pandemic response, to freak wind and rain storms, to drought conditions and heat waves. It has certainly not been a boring year thus far! The resilience of our amazing community has been appreciated. We continue to work with our Committee to ensure safety and security of our residents is at the forefront of our agenda.

Over the summer, we were able to hire two summer students and return to the office on June 1 after several weeks of working from home. In order to do this, we have created an Operational Plan and put extra health and safety measures in place to ensure the safety of our staff and the residents who visit us. Thank you to all who have adhered to these protocols, and for your continued patience as we move along.

As we continue into fall and early winter, we remain at Level 1 – Enhanced Monitoring, and will continue to work with our Committee, Provincial authorities, and stakeholders to ensure that if a “second wave” does come, we will be ready. We remain cautious in these unusual times and will continue to keep you, our community, informed. The best way to keep informed is through our Facebook page (@HanwellRC), our website (www.hanwell.nb.ca) and even Hanwell Radio (go to our website and click on “Listen Live”). Also, don't forget to sign up for Sentinel Emergency Alerting (look for the red section on our homepage).

Have a safe and happy fall!

- **Terri L. Parker**, EMO Coordinator



4th Annual "I've Been Pumped!" Campaign and Contest 2020

Contest Details:

Hanwell Residents who have purchased septic pumping services between January 1 and September 30, 2020, are eligible to win one of four prizes:

- A **free** future pump from Ready John (must be a customer of this company to win)
 - A **free** future pump from Lud San Enterprises (must be a customer of this company to win)
 - A **free** future pump from Nicholson's Waste Management (must be a customer of this company to win)
 - A **full reimbursement** of your paid 2020 pump from the Hanwell Rural Community
- To enter, send us a copy of your paid invoice by email (clerk@hanwell.nb.ca), Facebook (@HanwellRC) or mail to: 5 Nature Park Drive, Hanwell NB, E3E 0G7. **Contest ends September 30, 2020, at 4:00 pm.**

** Whenever possible, use eco-friendly, septic-friendly and easily biodegradable cleaning and hygiene products, including dish and laundry soap, cleaners, bathroom tissue, soap and shampoo. Keep it natural!

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SUDOKU FUN!

		1	5					
	8				3	1	4	
	4			8				3
	7			5				8
		6	9		8	3		
3				2			5	
5				7			1	
	2	7	1				9	
					4	5		

Sudoku!

Because sometimes you want a brain-teaser while sipping your morning cup of coffee.

Answer key is here

No peeking!



7	8	5	4	9	2	6	1	8
9	6	8	5	3	7	4	2	1
2	1	4	6	7	8	3	9	5
1	5	9	7	2	4	8	6	3
4	7	3	8	1	6	9	5	2
8	2	6	9	5	3	7	1	4
3	9	2	1	8	7	5	4	6
5	4	1	3	6	9	2	8	7
6	8	7	2	4	5	1	3	9



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