



Hanwell
Spreading Nature

Winter 2022

Hanwell Herald



Photo By: Tamara Boudreau
Check out our local trails!



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Community Updates

Hello fellow Hanwellians!

I hope that everybody had a very Merry Christmas and a Happy New Year. Here we are, 2022, where has the time gone, my father used to tell me that the older you get the faster the time goes and was he ever right. I am sure most of you are aware of the release of government's White Paper on Municipal Reform and have many questions concerning how this reform will affect Hanwell. Unfortunately, at this time there are a lot of questions and not many answers. Council is awaiting a response from a request for a meeting with the Minister of Local Government and Environment. Here is what we currently know; at the release of the White Paper Hanwell was amalgamating with 80% of Kingsclear LSD, leaving the Islandview area to be amalgamated with Fredericton. Since then, there has been a change. Hanwell is now amalgamating with 85% of Kingsclear, including the Islandview area but excluding the Southern portion of of Kingsclear LSD along Route 3 in the area of Smithfield.

Your Council was not consulted with either of these scenarios.
- Mayor Dave Morrison

The Medicine Shoppe Pharmacy Hanwell presents: Supporting Local

As an independent pharmacy we are very proud to be locally owned, locally operated and support/promote other local businesses and suppliers. To this end, today we would like to showcase Up Front Cosmetics. Up Front cosmetics is owned by Alicia Sharp and all their products are manufactured right here in Nackawic, New Brunswick. Unsettled by the reality of the misleading marketing and chemical-laden product assortments currently on the market Alicia set out to create meaningful, healthy alternatives with products and ingredients you can understand. To date, Up Front cosmetics has a full line of shampoo, conditioner and lotion bars. Each product is free from silicones, paragon, sulphates, synthetic fragrance, mineral oil, petroleum, formaldehyde and animal ingredient. The use plant based emollients WITHOUT THE WATER WEIGHT and therefore do not use a plastic bottle. Plant based surfactants provide the lather you expect from a cleansing shampoo without the harsh chemicals that can irritate skin, scalp and eyes. Please come in and see our full line of Up Front Cosmetics and other locally sourced products like candles, bath bombs, signs, pottery and more.

St. James Presbyterian Church

St. James invites people to attend worship in person each Sunday at 11 a.m. Services are also live streamed on Facebook and YouTube. Children and youth ages 3-13 years can also participate in J.A.M. (Jesus and Me) time during Sunday service.

Rev. Wendy MacWilliams, 506-999-5031 (cell) 506-450-4031 (Church Office) sjchurch@nbnet.nb.ca

Address: 1991 Hwy 640 (Hanwell Road), Hanwell, NB, E3C 1Z5

Web: pccweb.ca/stjameshanwell Facebook & Youtube: St. James Presbyterian Church Hanwell

Hanwell Community Church

In-person and on-line Worship Services, in addition to Children's Church every Sunday at 11 a.m.

Youth Group - Wednesday evenings at 7 p.m.

Any future events will be posted on our Facebook page (facebook.com/hanwellchurch). Kids and youth events and programs are posted on our kids and youth page (facebook.com/hanwellkidsandyouth).

Everyone is welcome!

Information is current up until publication. Please contact/follow groups above to confirm.

OUT *and* ABOUT

Hanwell Rural Community:

Moonlight Hikes: February 12th, & March 19th Hanwell Park Trail at 7pm (Weather Permitting)

Nature NB Workshop ~ March 6th from 2:00 - 3:30pm at Hanwell Place

Frostival ~ Add a cross-country ski or snowshoe adventure to your Frostival Fun this year! Equipment is available for weekend sign out at Hanwell Place (5 Nature Park Drive), borrow on Friday between 8am and 4pm, and return during our business hours on Monday!

Explore Hanwell Family Day Scavenger Hunt ~ February 19th

Easter Eggstravaganza ~ Sunday, April 9th

Events are subject to change, please check online (www.hanwell.nb.ca/ @HanwellIRC) for updates.

Are you NCCP (National Coaching Certification Program) trained in multi-sport or soccer? Would you like to help us with Hanwell Sports' activities this summer? Contact the Hanwell Clerk (clerk@hanwell.nb.ca) to express your interest! If you are interested but do not have NCCP training, Hanwell will cover the cost of your certification as thanks for helping local youth to enjoy and participate in community sports.

Monthly:

Recycling - 1st & 3rd Friday @ 7:00am

Regular Meeting of Council - 3rd Wednesday @ 7:00pm

Emergency Measures Committee - Meetings: 4th Wednesday @ 6pm

Age Friendly Committee - Meetings: ...

Communications Committee - Meetings: 1st Monday @ 5:30pm

Parks & Recreation Committee - Meetings: 2nd Tuesday @ 7pm

I hope everyone had a great holiday! Now that the holidays are behind us, the Parks and Recreation Committee is hard at work planning upcoming community events. Moonlight hikes in the Hanwell Recreation Park will take place on Feb 12th and March 19th starting at 7pm. A Scavenger Hunt for Family Day in February and an Easter Eggstravaganza in April are also being planned. The committee has also completed the review of the Recreation Master Plan and it has been posted on our website---www.hanwell.nb.ca. Covid has definitely been a challenge when planning events, so please check the website and the Hanwell RC Facebook page for the latest event information.

-Councilor Holly Hyslop

Transportation committee - Meetings: 1st Monday @ 7pm

The Transportation Committee was created in July 2021 to help our community centralize issues within our wards. We as Council do not control, nor can we demand DTI or the Province to address or fix issues. These are solely at the discretion of the Province. However we created this committee so we can organize our issues and help DTI and the Province know where our issues are. We with a group of dedicated members of our community who work through issues to help better inform Council. We ask that if you have issues within Hanwell that you share them, so we can help DTI and the Province be aware. Working together we can achieve more. Email psepton@hanwell.nb.ca or tfox@hanwell.nb.ca

- Pat Septon Chair

- Tim Fox Vice Chair

Become Informed and Get Involved

The Rural Municipality of Hanwell is a busy place and while the Hanwell Herald provides a quarterly look at various things that are happening in the community, it certainly is not all inclusive. If you are looking to find out more about what is happening in your community, there are other resources that you can turn to as well.

Hanwell Website (www.hanwell.nb.ca)

The municipality's website has a host of official documents that are full of information. The Council/Admin tab on the website will lead you to a Council Meetings link that will give you all of the agendas and minutes for the year's regular and special council meetings. This is where you can find the various motions that have been brought forward and see how council voted on these motions.

Under the Council/Admin tab you can also find documents, such as the budget (where you can see your tax rate), by-laws, policies, and so forth. While some of this is pretty dry reading, it is full of information that can assist you in understanding how the community operates and what your rights and obligations are as a resident. Under the New/Events tab you will find an events calendar that will inform you of all events, council meetings, committee meetings and so forth.

Facebook (@HanwellRC)

Our Hanwell Rural Community Facebook page is the best resource for keeping up to date with the goings on of the municipality, particularly when it comes to announcements, events and COVID related instructions. Staff post regularly to Facebook, so like and follow the page to stay right up to date.

Instagram (HanwellRC)

Not a Facebook user? That's okay, staff regularly post announcements and events to Instagram, so follow us for all the latest goings on in our community.

Council Meetings

If you really want to get into the details of Hanwell's decision-making processes, council meetings are a must. This is where you can learn about what council is discussing, hear that discussion and see how each councillor is voting on the motions brought before council. Regular council meetings are held on the third Wednesday of the month. The agenda for all regular and special meetings of council are posted on Facebook ahead of the meetings. The public is welcome to attend all meetings of council. However, with Provincial rules changing regularly around COVID protocols, please contact the office at 460-1177 if you wish to attend so that staff can ensure proper COVID procedures for your safety and the safety of others.

Committees

If you want to actively get involved in your community, you can apply to sit on a number of operational and ad hoc committees. The Parks and Recreation Committee is not open to volunteers. However, it organizes various activities during the course of the year and will often seek out volunteers to sit on ad hoc events committees such as Hanwell Days and Spookfest. You can watch for notices on social media or simply contact the office and express your interest. Other committees that are open to volunteers include the Communications Committee (that produces this Hanwell Herald), Emergency Measures Committee, Age-Friendly Committee, and Transportation Committee. Contact the office to express your interest in joining these committees.

Mayor and Council

The Mayor and Councillors have been elected to serve you. They are always available to answer your questions or to direct you to someone who can.

-Councillor Tim Fox

Thank you to the following contributors:

Dave Morrison	Tim Fox	Hanwell Community Church	St. James Church	
Terri Parker	Cindy Hackett	Hanwell Staff & Committees	Medicine Shoppe	Pat
Septon	Nancy Moore	Mark Murray	Holly Hyslop	

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This is the land where Hanwell Place is. Clearing the land for our Community Centre is one group of

We Didn't Always

I made this joke often – what does a Stapler and the Rural Community of Hanwell have in common? We didn't have either only 7 years ago, and next year we will have a school, and possibly amalgamate with at least part of Kingsclear.

We the newly added rookie Councillors of Hanwell (Tim, Morgan and I) walked into our first event on June 1 for our indoctrination at the Hanwell Community Centre. The Clerk, Terri Parker had some coffee set out and we all introduced ourselves to each other. The room was full of excitement as I felt that the more seasoned councillors around us were excited for the new faces (if they felt otherwise, they certainly didn't let us feel it). We kept the conversation light, not really understanding the undertones of what we were to truly embark upon.

The Clerk, with an air of gentle authority, wrangled us up and sat us down in Council Chambers to a binder bigger than anything I was used to. The Clerk introduced herself, her role and that she will be there for us anytime. The assistant Clerk Sherri Johnson with what could be a trademarked smile, looked at us and introduced herself offering the same, but with a hint of hope that we wouldn't be foolish about it. As I sat in the Council Chambers that first night on June 1, in a nice new building, with processes, protocols and procedures, it would have been easy to forget that just seven years ago was our first election, and that first elected council had nothing; no Council Chambers, no building to hold meetings, no staff, not even a stapler.

Let's step back eight years. In September of 2013, a friend of mine, Will Hyslop, asked if I

would help run the Yes Campaign to move Hanwell from a Local Service District (LSD) to a Rural Community, in preparation for a December 3rd vote by the public. That vote was the result of years of work to try to get Hanwell organized into a municipality; work done by people like Peter Michaud, who chaired the steering committee to form a rural community, and Susan Jonah (current Ward 1 Councillor).

During my first meeting of the Yes Campaign at Carla Wards house, (later Councillor at Large, that seat I am holding today) I met Peter Michaud, Susan Jonah, Chris Melvin (later Councillor Ward 3, then Mayor), Susan Cassidy (later Mayor, twice), Holly Hyslop (current Ward 2 Councillor) along with many other people who's names I am not sharing for fear I will leave someone out. And while I was in the back office organizing the logistics of the Yes Campaign, Darren MacKenzie (current Councillor at Large) was at all the public events organizing on the ground. Communities all around New Brunswick were trying to do what these people were doing, and many failed.

This group of individuals did all the hard work, but they were selfless enough to let someone from outside the group come in and organize the fun part, again as communities all around us were failing in their efforts.

We won, and many of these people ran in the upcoming municipal By-Election May 23, 2014, Hanwell's first. Peter Michaud famously stated that as soon as Hanwell became a Rural Community, he was out. Unlike myself, he did all the hard work over many years and left, while I got to do the fun work and hovered around to jump back in when the going was easier. I can only imagine what it must have felt like;



many who helped: Susan Jonah, Holly Hyslop, Will Hyslop, Jeff Wood, Matt Wood, & Pat Septon

Have A Community

the dog that catches the car. We had a newly duly elected government, but now what? Led by Susan Cassidy the Mayor, the Council consisted of Susan Jonah ward 1, Holly Hyslop ward 2, Chris Melvin Ward 3, Ward 4 was vacant, and Councillors at Large were Darren MacKenzie and Carla Ward. We didn't have anything tangible, but we finally had elected officials to figure it out.

As I am writing this article, I wanted to point out that while I confirmed all my facts, I am not able to include everything that has been done, because in seven short years Hanwell achieved a lot! Least of all at some point, someone had to have had brought or bought a stapler, right?

I recently re-read some of the first minutes where the meetings were at Councillors' houses because there was no other place to hold a meeting. Council had to find office space, chairs, paper, hire staff, bring in resources and organize everything from dates, times, people, ideas and of course do it all under the magnifying glass of being elected officials. To say this first council was hard working and up for the task is a complete understatement.

Within six to eight months this new entity of Hanwell went up against the City of Fredericton regarding fire services. Fredericton was planning an increase that was going to add 7 cents per \$100 to our fire service costs. Seven months on the job, this gutsy group decide to put their and our faith in our volunteers. They moved our fire services over to the Kingsclear Volunteer Fire Department, which offered improved services, while saving us tax payers a lot of money. It is a decision I am personally happy about, but it was a huge decision and took bold leadership that had ramifications that

would have kept me up at night. Remember the fire truck was parked at the 'Where's the Scoop' parking lot by Scholtens?

There have been a lot of further achievements in the seven short years that we have been a rural community, such as the Hanwell Place community centre, the firehall, trails, parks and too many smaller lesser-known things to fill this book up. I bring this up because, while we were busy with our daily lives, the first Council, and every Councillor and Mayor thereafter, really did us all a great service.

As I write this, we are learning about what we may expect from the Province's White Paper on Municipal Reform, which includes joining parts of Kingsclear with Hanwell. If these members above didn't do what they did, even before we became a Rural Community, these provincial changes may have been much wider sweeping.

At my first Council meeting, I had a large binder, a Clerk, an assistant Clerk, offices, Council Chambers, desks, coffee, rules, facts, next steps and previous steps all written out for me, with experience around me, and yes a stapler. I believe I can speak on behalf the good people of Hanwell, even perhaps for some who voted no to becoming a Rural Community, that we appreciate the work of those before us, even if we didn't agree with it all. Thank you. However, we newer Councillors recognize the work isn't done. I believe that the entire current Council looks forward to working on building upon the legacy of that hard work, and creating a vibrant community. We look forward to what the future brings, and we look forward to our children being in our own School.

With thanks,
- Councilor Pat Septon



Samuel, Age 7 Elliot, Age 4



Winter 202

Samuel, Age 7 Elliot, Age 4



Christmas Lights Contest



Tree Lighting & Open House



1st ~ Burnett Drive



8 BMI spreading Christmas Cheer



2nd ~ Green Avenue



3rd ~ Eaglewood Drive



Sam, Age 4



Owen, Age 4



Taylor, Age 9

Avery, Age 8



Spookfest



Ladder Truck Ribbon Cutting



Darren's Chili

This is a fairly basic chili that will feed a large family (and have leftovers), is (somewhat) low in fat and carbs, and high in protein. It can easily be tweaked to make it more or less spicy (depending on how Howlin' you want it), and takes minimal work to make. Cooks in a medium or large sized crockpot (4-7 quart).

- 1.5 to 2 pounds of extra lean ground beef
- 1 or 2 16oz (500ml) cans of light red kidney beans
- 1 12oz (341ml) can of "peaches & cream" canned corn
- 1 24oz (682ml) can of the marinara sauce of your choice (I use "Hunts - Thick & Rich Original")
- 1 or 2 bell peppers
- 1 large white onion
- 1 large purple onion
- 2 tablespoons of granulated garlic powder
- 2 tablespoon of onion powder
- 2 tablespoons of crushed chili peppers

- 1 tablespoon of olive oil

Optional additional ingredients, to really make it howl:

- fresh tabasco peppers
- fresh habanero peppers
- fresh Carolina Reaper peppers
- 2-4 tablespoons of crushed Kashmiri chili pepper (cayenne pepper would also work)

The amount of beef and beans you use will depend on the size of the group that will

be eating it, and the crockpot should be sized accordingly.

Prep:

1. Slice the fresh bell and hot peppers (if you are using them) into small sections. It's recommended to wear food-safe gloves when cutting hot peppers.
2. Dice the onions into small pieces.

Process:

1. Add olive oil to a large skillet and allow it to heat. Add extra lean ground beef.

Lightly sprinkle the first tablespoon of garlic powder over the ground beef, and cook until beef is browned. Ensure that the garlic powder is mixed well throughout.

2. Add the diced onions to the skillet, and mix with the ground beef for several minutes.

3. Remove from heat (don't forget to shut off the stove), and transfer the ground beef

and onion mix to the crockpot by use of a stirring spoon or ladle that has holes (to allow transfer of the meat mix, but not the remaining fat that's in the skillet).

4. Add marinara sauce and canned corn to the crockpot, and stir/mix well.

5. Add the remaining tablespoon(s) of garlic powder, onion powder, Kashmiri or cayenne pepper, and the fresh bell/hot peppers, and stir/mix well.

6. Add the light red kidney beans and stir/mix well.

7. Set crockpot to LOW and cook for 4-6 hours. Stir/mix every 30 minutes.

I hope you enjoy it - Councilor Darren MacKenzie

MENTAL HEALTH

OUR MENTAL WELLBEING OFTEN TAKES A BACKSEAT TO OTHER HEALTH ISSUES- WHY IS THAT? TOO OFTEN OUR MENTAL HEALTH IS NEGLECTED OR STIGMATIZED, AND THAT NEEDS TO CHANGE IT IS TIME TO TAKE BACK OUR MENTAL WELLBEING, IT IS OK NOT TO BE OK.

Nearly every Canadian has encountered mental health issues directly or indirectly at some point in our lives. Whether it is ourselves or a loved one, the impacts of mental health issues are felt by so many of us, with 11% of men and 16% of women experiencing major depression at some point during the course of our lives. This article touches upon some of these mental health issues and causes, and is intended for information only.

While there may be many factors that may cause anxiety and depression, here are a few that contribute to their development:

- Difficulties at work
- Difficulties or changes in a personal relationship
- Grief
- Low self-esteem
- Bullying
- Financial difficulties
- Traumatic events
- Addiction
- Seasonal changes (SAD)



Over the past two years in dealing with the COVID-19 pandemic, Canadians have felt an increase in mental health disorders, with nearly 7 out of 10 reporting being negatively impacted by the pandemic. Increased lock-down measures, social distancing, and “bubbles” can increase feelings of isolation and loneliness. It can also increase how we react to social stressors - we are shorter-tempered, easily triggered into negative reactions, and things that would normally not bother us tend to get “under our skin”. Remember, most folks you meet will have their own battle to fight, so be kind, always.

SAD: Seasonal Affective Disorder is a mood disorder associated with seasonal changes, and is more commonly seen during the winter months when short days and cold weather makes us want to hibernate. It is sometimes referred to as the “Winter Blues”, with feelings of sadness, hopelessness, and lethargy. If and when you can, check in on family and neighbours this winter, it can have a profoundly positive effect.

A traumatic event is an incident that causes physical, emotional, spiritual, or psychological harm. When we experience or witness a traumatic event, a mental health condition may be triggered by the event: Post-Traumatic Stress Disorder, or PTSD. Many people who go through



such a trauma may experience nightmares, extreme anxiety, flashbacks, and difficulty adjusting to day-to-day life. While PTSD may affect anyone, those in First Responder roles may be more prone to the effects of trauma and PTSD due to the frequency of these situations - Firefighters, RCMP, EMT, and military

personnel, for example. While there is specialized training to help cope with what these brave men and women deal with on a recurring basis, they are not impervious to the effects of traumas that they may encounter.

Mental health may seem like a “grown ups” disorder, however too many of our young experience anxiety, depression, and other mental, emotional and behavioural issues - 20% of Canadian youth, in fact! Bullying is an all-too-common issue with our youth - with at least 1 in 3 kids reporting bullying in one form or another: verbal, social, physical, and cyber bullying. It makes our youth feel lonely, sick, scared, and that something is wrong with them - it is a major factor in youth depression and anxiety, and is 3 times higher in our LGBTQ youth. Bullying is never okay. Let me repeat that: Bullying is never okay.



There are a few things we can do to help ourselves when we are feeling the effects of mental health issues, such as taking care of our physical wellbeing: remember to eat well, get some fresh air, play with your pet if you have one, and remember that you are important - the world needs you. No matter the reason you or someone close to you are feeling the effects of mental health, please know that there is help, and that it is okay to not be okay.

Disclaimer: ALWAYS seek advice from a medical professional if you feel you are experiencing mental health issues. This is not a replacement for medical advice.

A Few Resources:

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868

Bullying Canada: 1-877-352-4497

Chimo Helpline: 1-800-667-5005

Canadian Mental Health Assoc. NB: 1-506-455-5231

Canada Suicide Prevention Service: 1-833-456-4566

Hope for Wellness Help Line (for all Indigenous peoples across Canada): 1-855-242-3310

NB Firefighter Peer Support Network: 1-833-535-3473

Military Member Assistance Program: 1-800-268-7708

RCMP Employee Assistance Services: 1-800-268-7708

- Cindy Hackett

Chances are you moved to Hanwell for a vast array of reasons based on your family's needs, yet one key feature surges to the top of the list for most people - the great outdoors. By stepping outside your home, you have an abundance of opportunities to explore nature.

Hanwell Rural Community has established a Cross Country Ski and Snowshoe Program, free of charge for residents to explore. The municipality applied and received a grant for more of the equipment will be purchased to encourage physical fitness and will be added to this program as demand increases. Currently there are approximately 25 sets of cross country skis equipped with Berwin Bindings that fit most winter boots, making it easy for anyone who would like to give it a try. There are also 35 pairs of snowshoes to get you out after a big snowfall.

For anyone who would like to borrow any of the equipment simply contact the office at administration@hanwell.nb.ca or 460-1177 ext 1 during regular business hours (8am to 4pm Monday to Friday). You will be asked to fill out a form upon arrival of pick up and show identification. The free rental is due back the next business day, however if you sign out the equipment on a Friday, you are in luck, as you will not have to return until the following Monday.

The Hanwell Recreation Park Trails are groomed for walking all year round and a great place to start your trek, however feel free to take the equipment with you and explore your favourite spot.

Remember, we can always draw on years gone by and get back to classic winter activities we enjoyed as kids.

- Play in the snow, build a fort...
- Sledding
- Go Ice Skating
- Ice Fishing
- Go watch hockey, ringette, figure skating, curling...
- Have a bonfire

Please see the following resource links for a few additional winter activities:

<http://www.wostawea.ca/unb-kingswood>

-Nancy Moore

NB Waterfall Map

<https://www.alltrails.com/canada/new-brunswick/waterfall>

Snowmobile NB Interactive Trail Map

<https://www.nbfsc.com/index.php/maps>

Hanwell Observatory, Stargazing at the Park

<http://stars.ourhanwell.ca/>

Hanwell Park Trail Moonlight Hikes:

February 12th, & March 19th

Weather permitting, meet at the Kiosk at the head of the Hanwell Park Trail system at 7:00pm and walk the first loop (approximately 2 km).

Participants are welcome to bring snowshoes, however, they are not necessary to enjoy the walk





Tamara Boudreau



Tamara Boudreau



Mark Murray



Meaghan Dumouchelle



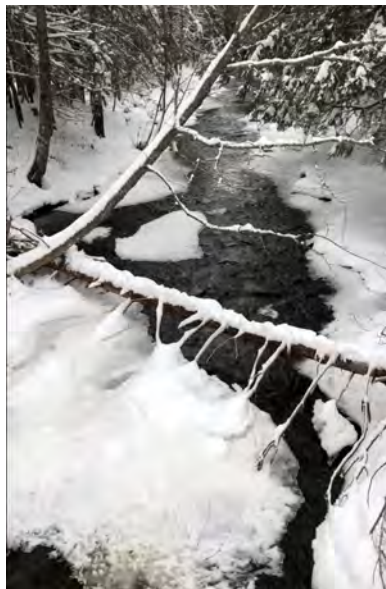
Mark Murray



Mark Murray



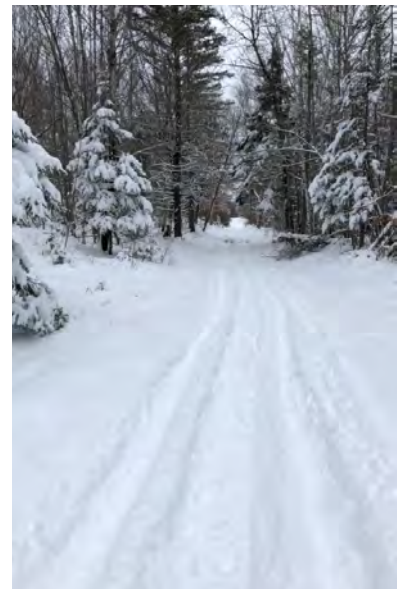
Meaghan Dumouchelle



Nancy Moore



Meaghan Dumouchelle



Nancy Moore

Nobody likes POOPSICLES



Winter can make everything seem that much more difficult to do and walking the dog is no exception. The sides of the roads are often icy and when Spot jumps into the snowbank to drop a bomb, well, it can be a challenge to go in after him to pick up his mess. We've all had that temptation to just leave it or cover it with snow and move along. After all, stepping into that snowbank is almost guaranteed to lead to snow down the boot and cold, wet feet, and nobody wants that. Who'll know if I leave it, right? It'll just disappear the next snowfall. Out of sight, out of mind.

Unfortunately, leaving Spot's droppings to become poopsicles impacts all of us, especially when the snow melts, revealing hundreds of squishy, runny mounds, making us pull faces as we navigate the horrifying minefield of poop. Even worse, this stuff is toxic. Dog poop creates health risks to both humans and our pets. The Canadian Public Health Association lists nine different human diseases that are transmitted by bacteria and parasites in dog poop (<https://www.cpha.ca/human-diseases-transmitted-dog-poop>).

It's important to pick up your dog poop when walking along trails too. Unlike wild animals, that eat natural foods from the same ecosystem in which they poop, most dogs eat commercial dog foods that are designed to give them all the nutrients they need for a complete and healthy diet. Those pet foods lead to poop with an excess of nutrients like nitrogen and phosphorus, and when that poop isn't cleaned up, those nutrients can lead to unstable conditions in the ecosystem. The result can have a devastating impact on water quality, creating algae blooms, and killing off local plant and fish life. (American Animal Hospital Association <https://www.aaha.org/publications/newstat/articles/2018-05/does-a-bear-poop-in-the-woods-yes-but-your-dog-shouldnt/>).

This winter, let's all do the right thing and keep our families and our environment healthy. Nobody likes poopsicles.

- Councillor Tim Fox



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MLA / Député Dominic Cardy

Fredericton West-Hanwell
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A New Year brings new beginnings: We wish you a safe and prosperous 2022.

Une nouvelle année apporte de nouveaux départs : Nous vous souhaitons l'année 2022 en toute sécurité et prospérité.

Happy New Year from Rob Brown

Wishing you the very best for 2022

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PORTER'S BAKERY
1/2 MILLION LOAF CLUB

THINK LOCAL

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over **3000** vaccines administered



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Two affordable size options available.

Each year in the Community of Hanwell, like other areas of New Brunswick and Canada, we all brace ourselves against ever changing environmental conditions. Ice storms, extreme winds, forest fires, floods and now pandemics are all a reality for us. Your Emergency Measures Committee (EMO) meets monthly to develop plans should these unfortunate events take place. One of the most important actions identified should a crisis happen is for you to be prepared for a minimum of 72 hours. Should you and your family need help, emergency workers may not be able to reach you immediately.

The provincial Emergency Measures Organization (EMO) has plenty of resources available that can guide you and can be found using the following link: <https://www2.gnb.ca/content/gnb/en/departments/emo.html>.

Key items identified for your family's preparedness are:

- Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Important family documents such as identification, insurance, and bank records
- Emergency plan — include a copy in your kit as well as contact information
- Water — two litres of water per person per day (include small bottles)
- Wind-up or battery-powered flashlight (and extra batteries)
- Cash, traveler's cheques and change
- Extra keys for your car and house
- Manual can opener
- First aid kit

Don't Panic, Prepare!



Your Hanwell EMO is always in need of volunteers for our committee as well as helping us in the event of an emergency. If you are interested in volunteering, please call (460-1177) or email (tparker@hanwell.nb.ca).

The committee also strongly urges you to sign up for Sentinel Emergency Alerts. If an emergency situation escalates, and notifications need be sent quickly to Hanwell residents and business owners, your information will allow us to quickly notify you and your family by email or phone of a potential emergency such as flooding, fire, a winter storm or other similar events which may affect you. Your information is held in a secure database and is accessed only when an emergency occurs or is expected in your area.

The link is: <https://ecc.sentinel systems.ca/selfsub/?c=hanwell>.

Be safe everyone – Your Hanwell Emergency Measures Committee (EMO)