



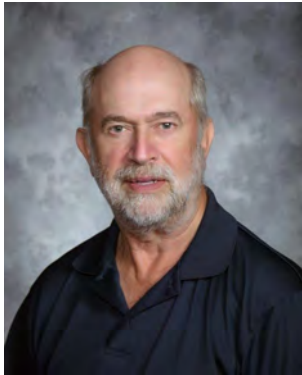
Spring 2022

# Hanwell Herald





# Hanwell Rural Community Mayor, Council, & Staff



Mayor Dave Morrison  
dmorrison@hanwell.nb.ca  
Office : 460-1177 ext. 4  
Direct : 262-9799



Susan Jonah  
Deputy Mayor  
sjonah@hanwell.nb.ca  
1 (506) 238-153



Holly Hyslop  
Councillor, Ward 2  
hbhyslop@hanwell.nb.ca  
1 (506) 451-0697



Tim Fox  
Councillor, Ward 3  
tfox@hanwell.nb.ca  
1 (506) 262-7333



Morgan MacPherson  
Councillor, Ward 4  
MmacPherson@hanwell.nb.ca  
1 (506) 230-3222



Darren Mackenzie  
Councillor at Large  
dmackenzie@hanwell.nb.ca  
1 (506) 471-4474



Pat Septon  
Councillor at Large  
psepton@hanwell.nb.ca  
1 (506) 304-4515



Terri Parker  
Clerk/Treasurer



Sherri Johnston  
Assistant Clerk/  
Assistant Treasurer



Emily Gregory  
Administrative &  
Communications  
Coordinator



Dan Martin  
Building Operations  
Manager

clerk@hanwell.nb.ca administration@hanwell.nb.ca 1 (506) 460-1177

# Hanwell Happenings

Happy spring fellow Hanwellians!

Hopefully I'm not jumping the gun. Lots of things happening in Hanwell these days. Covid restrictions have been lifted, the new school, Hanwell Park Academy, is nearing completion, Hanwell Days is just around the corner (first in two years), and planning for the first Annual Hanwell Golf Tournament is in full swing, stay tuned for more information.

Update on government reform process; Hanwell and a portion of Kingsclear LSD (approximately 2/3 geographic area) will become one community. The Kingsclear area joining with Hanwell will stretch from the City limits along the old Trans-Canada Hwy up to and including Woolastook Park and taking in all of the Mazerolle Settlement Rd. There are no changes to the remainder of Hanwell's current boundaries. This will increase Hanwell's population in excess of 7000 and a tax base approaching \$800,000,000. There will be two new Wards in the Kingsclear portion with a Councillor from each elected in a by-election in November. This will all become effective January 1<sup>st</sup>, 2023. On behalf of Hanwell residents, Council & Staff I want to extend a warm and hearty welcome to all our new residents. There will be information sessions held at Hanwell Place and the Kingsclear Community Center (See below for details).

On another front, the US Senate voted unanimously to actually kill time (time change that is). The bi-annual resetting of the clocks will become lost in time. What this means for Canada, time will tell.

-Mayor Dave Morrison

## Local Governance (Municipal) Reform Sessions -

April 19<sup>th</sup> at Upper Kingsclear Community Center from 6-8pm (22 Mazerolle Settlement Rd, Upper Kingsclear.)

April 28<sup>th</sup> at Hanwell Place from 6-8pm (5 Nature Park Drive, Hanwell)

**Hanwell School Information Sessions** - April 26<sup>th</sup> and 27<sup>th</sup> from 6:30 to 7:30pm at Hanwell Place  
Pick an evening that is convenient for you! The same information will be presented at both meetings.

## Geocaching Education Session - April 30<sup>th</sup> from 2-4pm at Hanwell Place

Representatives from Capital Region Association of Geocachers (CRAG) will provide an Introduction to Geocaching learning session geared for folks of all ages who are interested in geocaching. Join Marion McIntyre and Randall Haslett of CRAG as they provide you with great information about the sport, followed by an opportunity to give it a try.

The classroom session will take place from 2-3pm and will cover:

- How to get started Geocaching
- How to use the smartphone app
- How to create a free account at Geocaching.com
- What to find and what to do once you do find it

Actually finding a cache will be from 3-4pm. No special equipment required but if you have a smartphone with data on it bring it along and we can help you load and use the Geocaching app.

## Monthly:

Recycling: 1<sup>st</sup> & 3<sup>rd</sup> Friday at 7:00am

Communications Committee: 1<sup>st</sup> Monday at 5:30pm    Emergency Measures Committee: 4<sup>th</sup> Wednesday at 6pm

Regular Meeting of Council: 3<sup>rd</sup> Wednesday at 7pm    Parks & Recreation Committee: 2<sup>nd</sup> Tuesday at 7pm

**Regular Meetings can now be accessed daily after 7pm on Hanwell Radio at [www.hanwell.nb.ca](http://www.hanwell.nb.ca)**

# Hanwell Happenings

Coming this summer to Hanwell Rural Community...

Weekly Kids Games, Summer Socials & Concerts, Nature NB Wildlife Detectives Programs, and much more!

Hanwell Days - May 27<sup>th</sup> & 28<sup>th</sup> ~ Events will be posted at [www.hanwell.nb.ca](http://www.hanwell.nb.ca) & @HanwellIRC on social media

Hanwell Sports: Visit [www.hanwell.nb.ca](http://www.hanwell.nb.ca) for more information and to register

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](mailto: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.

## 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](mailto:sjchurch@nbnet.nb.ca)

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

Web: [pccweb.ca/stjameshanwell](http://pccweb.ca/stjameshanwell) Facebook & Youtube: St. James Presbyterian Church Hanwell

## Hanwell Community Church

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

Any future events will be posted on our Facebook pages

([facebook.com/hanwellchurch](https://facebook.com/hanwellchurch)) ([facebook.com/hanwellkidsandyouth](https://facebook.com/hanwellkidsandyouth)). Everyone is welcome!

## The ParticipACTION Community Better Challenge:

This challenge is a national physical activity initiative that encourages Canadians to get active. Now, more than ever, physical activity and sport participation need to be prioritized to help Canadians stay healthy in mind, body, and community spirit! For more information, visit <https://www.participaction.com> and watch for updates at [www.hanwell.nb.ca](http://www.hanwell.nb.ca) and @HanwellIRC on social media.

## The Medicine Shoppe Hanwell presents: Filling the Gaps

Looking at the bottom of an empty medication bottle wondering how you can get a refill without having a primary care provider? Your best place to start is the pharmacy. Walk-in clinics and emergency rooms visits result in crowded environments and long wait times for non-urgent request such as prescription renewal. Pharmacists can evaluate your medical history and medications and prescribe renewal prescriptions in the same way a family doctor or nurse practitioner would. In addition to prescribing for common ailments (UTI, cold sores, eczema etc.), pharmacists write many renewal prescriptions for patients with and without primary care providers. Refills for more complex issues or if your health status has changed? Your pharmacist can refer you to the best setting to address your needs. For those with a primary provider, pharmacies can request a renewal prescription on your behalf if an appointment with your provider is not necessary. Pharmacies remain the most accessible healthcare setting and our pharmacists are always available to help navigate your health.

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

# RADAR SIGNS AIM TO SLOW DOWN DRIVERS

**As candidates went door-to-door last year during the election campaign, one of the most common concerns voiced by Hanwell residents was the excessive speed of drivers in residential subdivisions.**

Residents are telling us that speeding is a problem. We don't have sidewalks in our subdivisions, so people walk on the side of the road. Children ride their bicycles on the roads. It's important that we keep our roads safe," noted Mayor Dave Morrison.

In 2020, Hanwell launched our Slow the Blazes Down campaign, encouraging drivers to abide by the 50 km/hr speed limit and drive safely. The rural community posted on social media, promoted the campaign the Hanwell Herald, and provided small lawn signs for residents to put out to remind drivers to slow down.

"We had a good response from the public," said Mayor Morrison. "We saw a decrease in speeders for a time, but as the months went by, it became apparent that speeding was still a problem and that we could be doing more."

Paul Morrison (no relation to Mayor Morrison), who lives on Milky Way Drive, wrote to Council to express his concerns over speeders in his neighbourhood. "It's dangerous. Some drivers are exceeding the speed limit by 20 to 30 km/hr or more. I wrote to Council to see if there was something that could be done at the local level."

Council responded to residents' concerns by authorizing the purchase of two radar speed signs and eight Children at Play signs. In January, these signs were placed at strategic locations in Hanwell's subdivisions.

The radar signs display the speed of each driver and flash when the maximum speed limit is exceeded. They also record the number of vehicles, vehicle speed, the time that the vehicle passes the sign, etc., resulting in a comprehensive database for each location.

"To be clear, these signs don't record the identity of the car or driver," said Mayor Morrison. "However,

the data collected does provide a valuable tool for the Rural Community, indicating areas of greatest concern which may require further measures, such as police enforcement. To accomplish this, we'll be moving these signs to various locations around our community where we believe speeding is a problem."

Although early in the process, the data is showing that speeding is particularly a problem between 4 and 6 pm, which likely indicates that people are in a hurry to get home after work. "Speeders who travel 30 km/hr over the speed limit on residential streets are, in most cases, shaving less than a minute off their commute," notes the Mayor. "Is it worth the potential of a ticket? Is it worth the possible tragedy of a child running out in front of you, just to be home 60 seconds sooner?"

For Paul Morrison, the radar speed signs are a welcomed addition to his neighbourhood. "Speeding needed to be addressed and the radar signs are certainly helping to do just that."

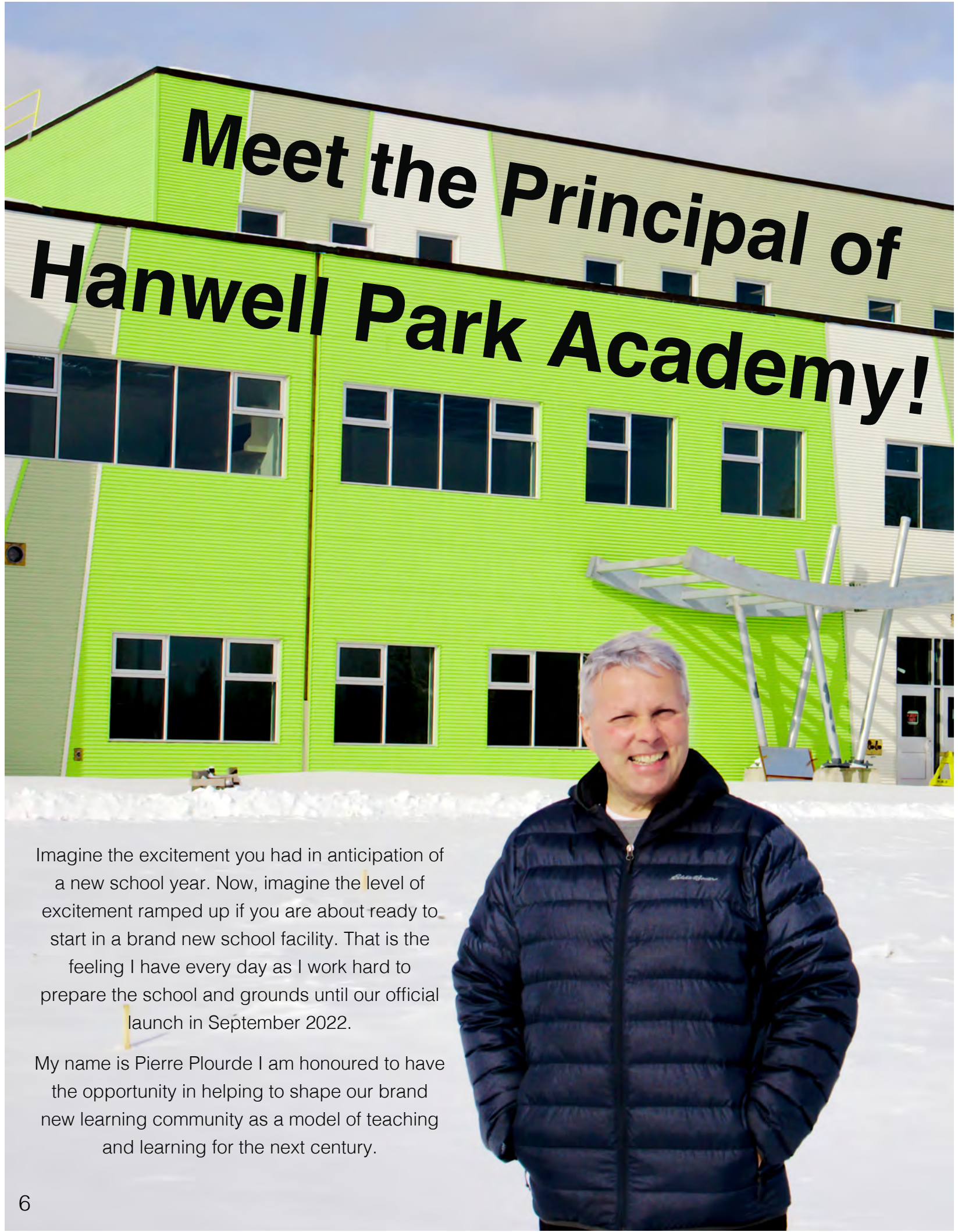
Mayor Morrison confirmed that, "Our goal is to increase each driver's awareness of their speed so that they will slow down and stay within the posted maximum speed of 50 km/hr, making our streets safer for pedestrians and cyclists."

- Councillor Tim Fox



Paul Morrison

Mayor Dave Morrison



# Meet the Principal of Hanwell Park Academy!

Imagine the excitement you had in anticipation of a new school year. Now, imagine the level of excitement ramped up if you are about ready to start in a brand new school facility. That is the feeling I have every day as I work hard to prepare the school and grounds until our official launch in September 2022.

My name is Pierre Plourde I am honoured to have the opportunity in helping to shape our brand new learning community as a model of teaching and learning for the next century.



I have been dedicated to the field of education for more than thirty years. I have worked, in a variety of roles, with students ranging in age from 3<sup>rd</sup> grade through high school. I was a mathematics and science teacher for twelve years before taking on a position as curriculum consultant Math and Science K-12 for the New Brunswick Department of Education. I also worked as a Secondary Supervisor in both Woodstock and Fredericton. Most recently, I have served as Principal of George Street Middle School.

I am thrilled to bring my skills as an educational leader to the new school in Hanwell and to work with everyone as a partner in education to ensure success for our youth and community.

The school will be a true 21<sup>st</sup> century learning facility that I am certain the community will be proud to have as their own. The school has two full size gymnasiums fully equipped for all school sports and accommodate community teams and events.



The school has a unique large central gathering area (The Learning Stairs) for community meetings that will be open after school hours for the public. Art and creativity will flourish in our building as it has two music rooms – along with a performance room, a Maker-Space, a modern art room, Learning Commons, Project and Display Rooms, just to name a few spaces. Every classroom is designed for teamwork and exploration with functional and mobile furnishings to match the learning needs of the future.

The outside learning areas will be impressive and provide our students with many opportunities to

be active and engaged in learning. There are several play spaces – a huge soccer field, a tennis-pickle ball court, a playground, 2 play pads for basketball, four-square and other games (such as a huge chess board), as well as, access to the beautiful Hanwell trails. There are plans to have an outdoor classroom and a mobile science station to help our students learn to be great stewards of our natural surrounding.



As you can read, the building will be in a position to provide a learning and growing experience for all – students, parents, and community members. I hope everyone will use the facility for whatever opportunities for their own development and growth. I view education as a life-long process and our school should be a centre point of learning for all. I expect that I will continue to learn much about the uniqueness of our community and the relationship the school will play in the years to come. I am excited to unite my experience, my openness to learn, and my child-centered approach to support our students. Because the relationships between community and the school are not only vital to the success of our students, it is important to maintain a community that is growing.

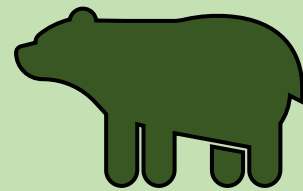
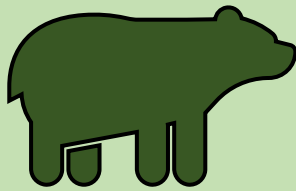
I look forward to meeting you soon at one of our community information sessions scheduled for April 26<sup>th</sup> and April 27<sup>th</sup> from 6:30 to 7:30 pm at the grand hall in the Hanwell Community Center. The hour-long meeting will be an information session and it will be a great way to answer some questions parents may have about the school.

~Principal Pierre Plourde

- Hanwell Herald -

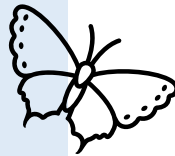
# BEAR CLUB

Spring 2022 Edition



### DID YOU KNOW?

Spring happens at different times around the world.



In the Northern Hemisphere, where we live, spring starts in March.

In the Southern Hemisphere, like Australia, spring starts in September!



butterfly  
spring

R B T X G I V G X N  
 J L U S Q G Y A D T  
 N N L T P G V R A S  
 J K I V T R V D I P  
 S Z P V Y E I E S I  
 O X Y A A Q R N Y M  
 H A N W E L L F G W  
 T F L O W E R Z L X  
 D A N D E L I O N Y  
 U S H F Y J V F Z T

Hanwell  
daisy

garden  
dandelion

flower  
tulip

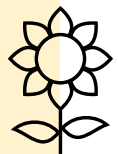


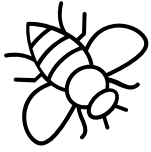
### BOOKS WE LOVE

"There is a Bird on Your Head"  
by Mo Willams  
Grades 1-2

"The Penderwicks"  
by Jeanne Birdsall  
Grades 3-4

"The Call of the Wild"  
By Jack London  
Grades 5-6





RIDDLE ME THIS...

1. How many months of the year have 28 days?
2. What has hands and a face, but can't hold anything or smile?
3. It belongs to you, but your friends use it more. What is it?
4. Kate's mother has three children: Snap, Crackle and \_\_\_\_?

Answers: 1. All of them! 2. A clock. 3. Your name. 4. Kate!

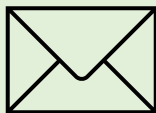
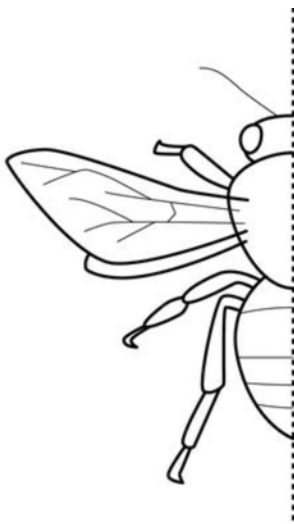


GOODBYE WINTER! By Becky Spence

Good-bye, Winter!  
 Spring is in the air.  
 Flowers are in bloom.  
 You see colors everywhere.  
 Birds build their nest  
 In branches way up high.  
 But out my window, that loud bird  
 Woke me up *again*...sigh!



DRAW THE OTHER HALF



Do you have ideas for our next issue?

Contact us at:

[mmacpherson@hanwell.nb.ca](mailto:mmacpherson@hanwell.nb.ca)

Subject line: Bear Club



# Pollinators

...who are they, why are they important and what can we do to help them

Over three-quarters of wild flowering plants and one-third of food we eat depend on insect pollination.

Insects make up two-thirds of all life on Earth.

Invertebrate species have declined 45 percent over the past four decades.

Wild insects provide ecological services worth \$57 billion annually.

\*David Suzuki Foundation

## Pollinators Need Our Help

In New Brunswick we are fortunate to have a diverse line-up of pollinators including ants, bees, beetles, butterflies, flies, hummingbirds, moths and wasps to name a few. Each helps to spread pollen from one plant to another as they search for food.

Pollinators are essential to our survival, yet they are increasingly under threat from us Humans because of urbanization, industrial agriculture and climate change.

Sadly when meadows or part of our forest become housing developments, pollinators often lose their homes. As we continue to develop into more rural areas, like our community of Hanwell, we need to be mindful of our effect on these creatures. We can choose as individuals or as a community to create spaces for them to exist and even thrive. However, if we continue to use Pesticides, herbicides and fungicides this will have a drastic effect on our pollinating creatures.

Biodiversity is key to thriving pollinator ecologies, yet as we sprawl our communities into new areas previously occupied by pollinators, we reduce this diversity. Each time we disturb waterways, drain wetlands, create roads that divide habitats, insist on maintaining pristine landscapes or eliminate roadside wildflowers we contribute to their problem.



Pollinators play a vital role in plant reproduction, making them essential in supporting healthy ecosystems. They aid in spreading pollen from plants allowing them to reproduce, plants in turn provide pollinators with nectar. We also rely on pollinators for survival because we depend on plants as a food source and in medications. Insects are also a key food source of birds and fish; they play a vital role in forests and fields as decomposers. They ensure that our plants and crops flourish.

Many of the most threatened insects live close to our homes. Cities and suburbs can be an ideal habitat for insects, as long as we help by providing enough food, habitat and shelter. By simply adjusting how we decide to manage our community we play a vital role in bringing bees, butterflies and other essential insects back. Taking the initiative to add native plants to our gardens or a planter is a great first step. A single flower or shrub that blooms from spring to fall will give them nourishment. Adding a source of water with perches like a flat stone for basking in the sun, gives them energy to continue their role.



Climate change is also affecting the availability of resources for pollinators. As our seasons change, the impact on pollinators shifts in growing and blooming seasons, potentially weakening the plant populations that pollinators depend on. This creates a mismatch to the flowers that have evolved to attract them. Warming temperatures have altered migration patterns and in turn affect pollinators like butterflies.

We all have the ability to help with climate change in small positive incremental ways. If you would like to learn more on ways to help, visit Heal the Planet, 100+ Ways to Heal the Planet: (<https://healtheplanet.com>)



Avoid chemicals and think carefully about whether to use pesticides. By continuing to allow chemicals to be used on plants before testing their safety on pollinators we aid in the reduction in honey and native bee populations and the decline of Monarch Butterflies.

This spring try leaving piles of twigs and delay cutting your lawn until after the majority of plants have flowered. This will help lengthen the time the grass and flowers can deliver nectar and flower resources for pollinators. We all have the ability to do our part and it is up to each of us to choose how we do so.

- Nancy Moore

# FORAGING IN NEW BRUNSWICK

Wild edibles can be found year-round. In fact, New Brunswick bouts for one of the best foraging places thanks to our wet spring, humid summer & cool fall weather that provides great growing conditions!

- 🌱 Spring welcomes maple syrup and fiddlehead season.
- ☀️ Plentiful berries, fruits, fungus & nuts in the summer and fall.
- 🍂 Fall and even early winter you can gather cranberries.
- ❄️ Chaga is great to harvest year-round including wintertime.



New Brunswickers love fiddleheads! Fiddleheads are tightly coiled young shoots of Ostrich Ferns. The shoots are green with brown paper-like casing. These are picked mid-spring (before they've fully opened) in forests alongside streams. To prepare, wash then boil, steam, or sauté. Great paired with pan-fried or grilled salmon or trout! To preserve; bottle, pickle or personally, I simply wash, blanch & freeze.

As a young family our favorite foraging activity is berry picking. Raspberry, Blackberry & Blueberry! Wild berries are much tastier than their cultivated cousins, they cost nothing but time, plus foraging will teach children where our food comes from and how it is harvested. The kids fill up their tummies on berries and I fill up a container to serve at home for snacks and to make our favorite wild berry muffin recipe!



Cranberries are another great foraging fruit. For many families, turkey dinner is just not right without cranberry jelly! Find high-bush cranberries bordering fields & roadsides, start looking in November after a few frosts. These red berries can be eaten raw but are usually used to make jelly, cooked in syrup or dried.

Here's a cool one! Wintergreen. This small evergreen plant with red berries that taste of mint is edible in small amounts; one or two as a breath mint & trailside snack. Chewing on the twig of a yellow birch tree will also bear a welcomed surprise of minty flavor.



**FUN FACT!** Birch syrup can be made similar to maple syrup. Birch syrup sugars are primarily fructose, which is found in fruit, where maple syrup sugars are sucrose, as in table sugar. I will note Birch syrup does take 2x more sap to produce a liter of syrup than using maple sap so prepare for increased boiling time and less yield.



Let's not forget Mushrooms! Chanterelle, Morel, Chicken of the Woods... All delicacies that can be locally found. I will not go into detail as mushrooms need to be researched to become confident before harvesting. We have many poisonous mushrooms, some even lethal! NEVER experiment with a mushroom that you cannot positively identify.

There are so many more foraging opportunities than those mentioned here. Pick up a field guide and do some exploring! New food, New Recipes & Fun for the whole family!

## Don't Eat Something That You Are Not 100% Sure What It Is!

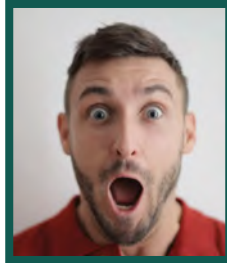
- Katelyn Anderson

	Registered Professional Forester and REALTOR®	✉️ <a href="mailto:ka.landnb@outlook.com">ka.landnb@outlook.com</a>
	<b>Land &amp; Rural Property Specialist</b>	☎️ 506-260-2214

# Living with Bears

Black bears can be scary to encounter, but with a few adjustments to our routine, we can all live harmoniously in our natural surroundings.

Our lovely little community is nestled among some of the prettiest forests you've ever seen. We see an abundance of natural beauty here in and around Hanwell... just take a look at our gorgeous trails! As with most forested areas, you'll find all kinds of wild birds and animals, from blue jays to partridges, foxes to hares, deer to... B-B-Bears!



Black bears are a common sight in and around our communities because, well, they live here too. Sightings from spring to early winter are very common here. It's no secret that they "follow their noses" to whatever smells yummy as they take advantage of any food available, even from the trash can. If it looks or smells like it is or once was edible, they're diving in.

As you can imagine, the sight of a large black bear can be startling as they meander through our yard or up onto our porch. Although rarely aggressive, it is best to let them be - don't panic or try to shoo them away or let your dog out after them. You can (and should) report sightings and/or damage to your property by bears to GNB's Department of Natural Resources and Energy Development (DNRED) as they track reported sightings, etc. It is also a good gesture to let your neighbours know - as many of you do already through the "Residents of Hanwell, New Brunswick" Facebook group (a private group hosted by residents like you) and others like it.

As we and other rural communities grow into forested areas, it is likely that sightings of wildlife will increase. We are, after all, moving in on their "turf". These animals are being displaced from their homes and their natural feeding areas and are forced to consider other options for food. When their natural food supplies such as nuts, berries, insects, and tender vegetation become scarce, animals will actively seek to eat just about anything. It is important to stress to NEVER FEED BEARS or any other wild animal on purpose. Any wild animal that has become accustomed to human interaction in this manner may still be aggressive and may lead to personal injuries or property damage, further leading to that animal's displacement (which usually causes its demise) or being put down.

There are a few things we can do in order to live harmoniously with bears, as mentioned here

(This information is also available on GNB's website and I'll include the link below):

- reduce garbage odours. Rinse food cans and wrappers before disposal (garbage and recycling);
- compost only vegetable scraps, never meat or fish;
- keep meat scraps in your freezer until garbage pickup day;
- wash garbage cans regularly and use lime or baking soda to cut odours;
- keep garbage cans in a bear-proof container or in a closed garage until morning of pickup;
- remove bird feeders at night and hang at a height of at least 2.5 metres;
- keep barbecue grills and picnic tables clean;
- use energized electric fencing to keep bears out of beehives, gardens, fruit trees and berry patches;
- if a bear comes in a yard, do not panic. Do not approach the bear or shoot it. Do not allow any pet dogs to go outside.

It is important that we learn to tolerate bears as they are a part of our environment. A bear management biologist with the Department of Natural Resources says "many bears are killed or injured when not causing any problems. Sometimes bears are simply travelling through an area. Most bears fear people and will leave when they see you. However, if a bear woofs, snaps its jaws, slaps the ground or brush, or bluff charges, then you are too close. If you find yourself in this situation, back away slowly, go inside and wait for the bear to leave." <sup>1</sup>



Bears will continue to exist in our communities, and we as humans can make it easier on ourselves and them by following those simple steps above to avoid interactions the best way we can. We have an

important part to play in their survival, and the less we see them as a nuisance, the better we can live in harmony with nature's flora and fauna. Isn't that why we live in such a beautiful, natural place?

- Cindy Hackett

For more information on bears and how to avoid encounters, please visit: <https://www2.gnb.ca/content/dam/gnb/Departments/nr-rn/pdf/en/Wildlife/be-aware-of-black-bears.pdf?random=1646676729055>

<sup>1</sup> Quoted from "[https://www2.gnb.ca/content/gnb/en/news/news\\_release.2012.09.0883.html](https://www2.gnb.ca/content/gnb/en/news/news_release.2012.09.0883.html)"

To report bear sightings, call: 453-2345



**Covid-19 brought about a dramatic increase in bicycle sales in response to the pandemic.**

More and more are choosing to use one of the most basic forms of mobility, leading to a so-called “bike boom”.

The phenomenon has been well-documented: suppliers have struggled to keep up with demand; manufacturers are trying to forecast the longevity of the bike’s newfound popularity; e-bikes’ rising popularity will enable more commuters to get to work. An industry that was already thriving before the pandemic has suddenly accelerated. But what will that mean for the future of bicycles?

Many adults reported having ridden a bike for the first time in a year (or longer) since the onset of Covid-19, expect for this trend to continue. Add to this, energy prices recently hit all-time records and with spring right around the corner we can expect impacts here in our community. An increase in bike traffic on our roads, sub-divisions

and driveways should be expected.

Cyclists have a responsibility to make themselves visible to drivers, and drivers have a responsibility to make sure they look carefully for cyclists.

Whether you are on four wheels or two, if you’re on the road, you’re traffic. Road safety is everybody’s responsibility.

Know the rules. Share the road.

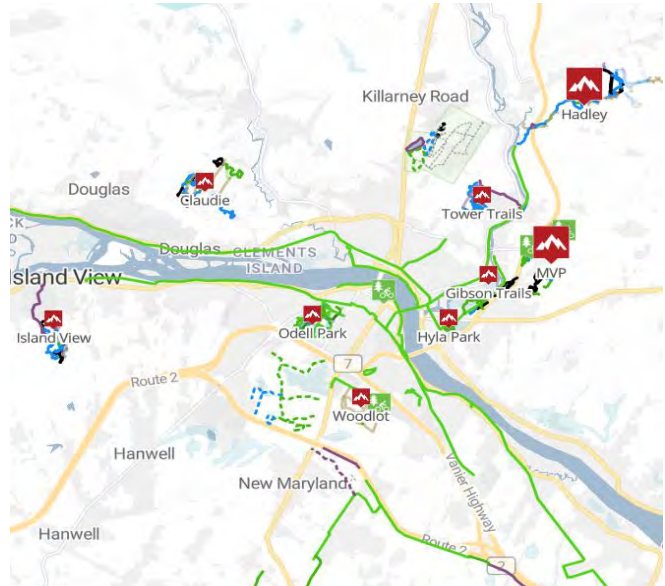
**The one-meter Rule –  
 Known as the Ellen’s Law.**

Under Ellen’s Law, the driver of a motor vehicle shall not pass a bicycle travelling in the same direction as the motor vehicle, unless there is sufficient space to do so safely, and the driver leaves at least one-metre (three feet) open space between the vehicle and the bicycle. Failure to provide this space will be an offence under the Motor Vehicle Act with a fine of \$172.50 and three demerit points.

**There are plenty of places to bike off-road with some being right in our back yard.**

The River Valley Cycling Club manages and maintains The Woolastook trail network. The trails are located on a former Provincial Park with multiple riding experiences in tall forests and with beautiful trails running by the water.

In addition to the Woolastook trails are 8 additional trail systems that you can ride with over 65 KM of various off-road experience



**Woolastook Trail Network**

More information can be found on their website:  
[WWW.Rivervalleycycling.com](http://WWW.Rivervalleycycling.com).

**River Valley Trail Network**

With warmer weather around the corner, outdoor activities will follow such as biking.

**Enjoy the season, it's a great way to get fit and to spend quality time with your friends and family. Enjoy!**

**Bike Safely and Enjoy Your Ride – 10 Tips to keep you safe**

- 1 Wearing a helmet is law in New Brunswick for all ages. Plus, It can save your you from serious injury
- 2 Wearing sunglasses protects your eyes from the sun and helps you look cool!!!
- 3 Gloves soak up sweat, keeping your hands dry to maintain a safe grip on the handlebars at all time
- 4 Running the correct tire pressure will not only keep you safe, it will help you get the most out of your bike
- 5 Drink 12 to 16 ounces of water 4 to 6 hours before you cycle and another 12 ounces 2 hours before. If the weather is hot drink more
- 6 You can ride a bike in just about any shoes, but anyone who rides regularly can benefit from shoes designed specifically for cycling
- 7 Are you sore from riding? Always wear clean shorts for every ride and avoid sitting around in dirty and damp shorts once you finished
- 8 Cleaning and lubricating your bike's drive chain at least once every month to maintain optimal performance and protection
- 9 Cyclists should wear light-colored or fluorescent clothing which helps other road users to see you in daylight and poor light
- 10 [Icons: bell, bicycle, wrench]

# ***Changing Lives One Ride at a Time***

## **Urban/Rural Rides**

### **Now Serving our Community!**

**Changing Lives One Ride at a Time' is the perfect tagline for Urban/Rural Rides, a charity that has recently brought their volunteer driver program to our community. *"Urban/Rural Rides provides safe, affordable and reliable transportation, particularly for seniors and low-income families,"* explains Kelly Taylor, Executive Manager for Urban/Rural Rides.**

"Some people, particularly in rural areas, who don't have access to a vehicle of their own can find it very difficult to get to the major centres for their medical appointments. Our volunteer drivers provide a means for these people to get to those appointments and receive the care that they need."

"As more drivers volunteer for the program and we have more capacity," Taylor notes, "we can look at expanding the program to other kinds of trips, such as grocery shopping or non-medical appointments. The key is getting a solid core of volunteer drivers."

Hanwell Council learned about Urban/Rural Rides through Faith McFarland, the Executive Director of the United Way of Central New Brunswick. McFarland's enthusiasm for the program led Council to seek more information, which in turn resulted in the expansion of Urban/Rural Rides to Hanwell and Kingsclear.

As the chair of the Age Friendly Committee, Deputy Mayor Susan Jonah recognizes the need for this service. "We have a number of older people in our community who could certainly benefit from this program. Getting to a medical appointment can be difficult and stressful for some folks, especially those with a limited income. Often a taxi is just too expensive for them, leaving them dependent upon

family and friends for a ride."

The problem with relying on friends and family is that most medical appointments are during the day, when these people are at work. Urban/Rural Rides fills this need with volunteer drivers who are available during the day. Volunteer drivers receive no payment for their time, but are reimbursed for mileage so there is no financial burden placed on them for using their own vehicle.

Clients pay a small fee for the service. Subsidized rates are available for clients with lower incomes making the service accessible and affordable. As a community, we needed to find a few volunteers to get the program off the ground. Deputy Mayor Jonah knew just the right person for the job. She reached out to Burt Folkins, a Kingsclear resident with exceptional organizational skills and a history of volunteerism. "I was excited about the benefits of the volunteer ride program and wanted to help out," said Folkins.

"I'm enjoying working with Urban/Rural Rides to build the program and I'll also be one of the volunteer drivers. Deputy Mayor Jonah and Councillor Fox are working as part of the team as well. We want to try to get ten volunteer drivers in our community and I'm afraid that we're still short of that goal."

When asked why he is volunteering as a driver, Folkins says,



Burt Folkins, a community member with a history of volunteerism!

***“It’s pretty simple really; I enjoy people and I want to help out those folks in our community who need a lift. I like driving and I have the time to do it, so it’s a good fit for me.”***

Volunteer drivers can commit as much or as little time as they have. They also have the option of refusing any drive at any time. “We appreciate our volunteers and work within their schedules and availability. It’s why we like to have a good list of volunteer drivers. We want to be able to provide rides to our clients when needed, but we also want to respect the time and the wishes of our volunteers,” says Taylor.

Clients of the program appreciate not only the rides, but the company. “Sometimes, you find you’re isolated when you don’t have a car and you can’t go out as much as you’d like to,” explains one client. Loneliness can be a serious problem, especially for seniors in a rural area who are living on their own. Volunteer drivers help ease this loneliness by providing human contact and conversation. In some cases, regular clients and volunteer drivers end up developing strong friendships.

The program cannot happen without enough volunteer drivers to fill the need. If you are interested in becoming a volunteer driver or if you would like to be a client, please call Urban/Rural Rides at (506) 999-2102 or email [gfaurbanruranrides@gmail.com](mailto:gfaurbanruranrides@gmail.com). Additional information can also be found on the website at <https://urbanruralrides.ca/fredericton-area/>

-Councillor Tim Fox

## Help Starts Here with 211

Life isn't always easy. Finding help can be.

Do you need mental health assistance? Are you seeking information on child, youth or family counselling? Maybe you're interested in parenting programs, need assistance with housing or are escaping and abusive relationship; or perhaps you need information about Alzheimer support, Meals on Wheels, disability support programs or walk-in clinics..

You can get help with these items and many more by calling 211. The service is free and confidential and is staffed by trained professionals 24 hours a day, 7 days a week and 365 days a year.



You can also go to the website at <https://nb.211.ca/> for a searchable database of information. You can also access support through the TTY number at: 1-855-405-7446 or you can e-mail [211nb@findhelp.ca](mailto:211nb@findhelp.ca).

211 is funded by the United Way, the Government of New Brunswick and the Government of Canada.

If you need help and you're not sure where to turn, call 211. They can help. balloon

In celebration of all parents, we wish you a very  
Happy Mother's & Father's Day!

### Ready for Spring?

I know I am and if by chance you're wanting to chat about Real Estate, I'm Happy to be Helpful

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 Office: 506-453-8461

Dominic.Cardy@gnb.ca Lisa.Cockburn@gnb.ca

Spring brings a renewed hope for all of us. Be safe and stay healthy!

Le printemps apporte un nouvel espoir pour chacun d'entre nous. Soyez prudents et restez en bonne santé !

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gfaurbanruralrides@gmail.com  
More information available on the website at  
<http://urbanruralrides.ca/fredericton-area/>**



Urban/Rural Rides is a registered charity providing affordable transportation to seniors, newcomers, low income individuals and families, and those living with moderate disabilities so they can access medical appointments and other essential life needs. Volunteer drivers use their own vehicles to transport riders and are reimbursed for their mileage.

If interested, register today for free and call a minimum of 48 hours in advance to schedule a ride. An amazing volunteer will pick up the rider at their home, take them to their appointment (hospital, doctor, vaccine, etc.), wait for them and return them to their home. Riders are invoiced monthly and subsidized rates are available for those who qualify.

Urban/Rural Rides has eight years' experience providing a volunteer drive service in the province. The service is now available in Hanwell! To learn more about us and our service testimonials, check us out online at [www.urbanruralrides.ca](http://www.urbanruralrides.ca)

If finding transportation to your appointments has been an issue for you, you can register as a rider now by calling us locally at 506-999-2102 and begin scheduling rides.

If you are interested in becoming a volunteer driver, please call us at 506-999-2102 or email us at [gfaurbanruralrides@gmail.com](mailto:gfaurbanruralrides@gmail.com).