



Summer 2022

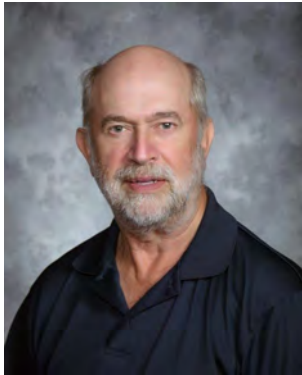
# Hanwell Herald



Photo of the  
Wolastoq/St. John River  
by Debby Peck



# Hanwell Rural Community Mayor, Council, & Staff



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Hello fellow Hanwellians!

First off, I would like to offer my congratulations to all our 2022 graduates. It has been a rough two years but in the end, perseverance and hard work has paid off. Let's hope we can all put this pandemic behind us. The world has become a much smaller place and there are so many choices for young folks today. I wish all the graduates the very best in their future endeavours, whatever they may be.

As for Hanwell updates, your Council has been very busy with all kinds of projects. Our Veteran's Memorial project is well underway. The collection of artifacts to add to the bronze ribbon on the sculpture on June the 11<sup>th</sup> was quite a success. This exercise was really unique in that it gave the community an opportunity to personalize the memorial. Hanwell has, with the generosity of the Herkert family, acquired Gorman Park. New playground equipment has been installed and there are more updates to come, such as expanded parking, if everything falls into place. A Benchfit Circuit will soon be installed on the first loop of our trails. A new multi-purpose paved surface will soon be constructed on the West side of Hanwell Place. Brookdale playground has been acquired from the Brookdale Recreation Association and there will be some interesting things happening there.

As for Government Reform, all is going well and we are looking forward to the joining of two great communities, Hanwell and a large portion of Kingsclear LSD.

~ Mayor Dave Morrison

## Rotary Club of Hanwell

### 100 Years of Rotary



**Hanwell Rotarians** (left to right): Paul McLeod, Dave Calhoun, Dale McLeod, Susan Cassidy, Dan Martin (Hanwell Staff), & Carla Ward

The greater Fredericton Rotary Club's are commemorating 100 years of Rotary service. On June 22, 2022, it will have been 100 years since the first Rotary Club of Fredericton was established. The Rotary Club of Hanwell is pleased to work with other clubs in the area to support the local and international goals of Rotary in the delivery of service to the community. In support of the organization, on Monday June 13<sup>th</sup>, the Rural Community of Hanwell as well as members of the Hanwell Club raised the Rotary Flag to honour the association's commitment to our communities.

# Hanwell Happenings

## Principal's Message

As the start of the 2022-23 school year approaches – the level of excitement for the opening of the new Hanwell Park Academy is rising. We know many of you cannot wait to see the new building and the surrounding playgrounds. The school site is a construction zone and therefore visits to the building can only occur once we can safely enter the building and have all furniture installed. When we can, we will announce dates for student tours and a community celebration. This will be announced widely on social media and other means of communications so that everyone is aware of the dates for our celebrations. We will offer tours for our students and their families by early September and have an open house for the community to see the magnificent facilities shortly thereafter. On behalf of the future staff of Hanwell Park Academy, Tarah Gauvin (VP) and I, we are excited to be part of this growing and vibrant community!

~ Principal Pierre Plourde

## Hanwell Rural Community's 'I've Been Pumped Campaign'

The annual 'I've Been Pumped Campaign' is in full swing again this year. Community members are encouraged to send a copy of their paid receipt to [administration@hanwell.nb.ca](mailto:administration@hanwell.nb.ca) to be entered to win a free future pump from Nicholson's Waste Management, Lud-San Enterprises, or Ready John Environmental Services or a full reimbursement of your paid 2022 invoice! Contest closes on September 30<sup>th</sup> at 4pm.

## Northern Lights Dance Club:

The Northern Lights Dance Club in partnership with Hanwell Rural Community will be offering two FREE line dance workshops at Hanwell Place (5 Nature Park Drive) on:

Wednesday, August 17<sup>th</sup> from 1:30-2:45pm & Monday, August 22<sup>nd</sup> from 7:00-8:15pm

For more information or to register, contact Eric Hart at 455-0483 or 447-1854 or [ehart@nb.sympatico.ca](mailto:ehart@nb.sympatico.ca).

## Nature NB Wildlife Detective Programs: (Updates at [www.hanwell.nb.ca](http://www.hanwell.nb.ca) & Facebook @HanwellIRC)

Tuesday, July 26<sup>th</sup> at 6:00pm at Hanwell Place & Tuesday, August 23<sup>rd</sup> at 6:00pm at Hanwell Place

**Strawberry Social** ~ Thursday, July 21<sup>st</sup> from 6:30-8:00pm at Hanwell Place

**Blueberry Social** ~ Thursday, August 18<sup>th</sup> from 6:30-8:00pm at Hanwell Place

**Terry Fox Run** ~ Sunday, September 18<sup>th</sup> from 12 - 3:30pm at Hanwell Recreation Park (5 Nature Park Drive)

**Harvest Moon Hike** ~ Saturday, September 10<sup>th</sup> (Updates at [www.hanwell.nb.ca](http://www.hanwell.nb.ca) & Facebook @HanwellIRC)

**Spookfest** ~ October 22<sup>nd</sup> (Updates at [www.hanwell.nb.ca](http://www.hanwell.nb.ca) & Facebook @HanwellIRC)

## Monthly:

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

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

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

## Community Cleanup Update

A big thank you to everyone who was “Inspired by Nature” this spring and participated in the Hanwell Community Cleanup on Sunday, May 1<sup>st</sup>! Fredericton Dumpster Services, locally owned by Colin Richard, generously donated the dumpster and landfill fees for this initiative. In addition to the efforts of residents who tidied-up Hanwell and surrounding areas, a UPS group cleaned up the Recreation Park for Global Volunteer Month. On behalf of Mayor, Council, and Staff, we appreciate your help maintaining our beautiful community!

## 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

## FUNERAL SUPPORT/HANWELL PRESBYTERIAN CEMETERY

The spring season and loosening of COVID restrictions brings the welcome return of many joyful activities. But this may not be the case for those dealing with the loss of a loved one or end-of-life matters. St. James can provide you support in this area. Our church cemetery – the Hanwell Presbyterian Cemetery, 2417 Route 640 - is also open to members of the community. We are also presently building and selling columbarium niches for those seeking economical interment options. For more info, contact Andy Green at (506) 209-0173 or Rev. Wendy MacWilliams at (506) 450-4031.

## 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 Medicine Shoppe Hanwell presents: (Don't) Feel the burn

Summertime brings lots of opportunities to get outside and enjoy our beautiful surroundings, it also brings opportunities for sunburns. Sun protection is always essential during our warmer months as the UV index remains high even on days with cloud cover. Understanding different methods of sun protection can keep you and your family safe and happy all season long. SPF stands for sun protection factor and represents the amount of energy (UV rays) it takes to protect from a sunburn on unprotected skin. For example, SPF 30 allows roughly 3% of rays to reach the skin while SPF 50 allows only 2%. It may seem like both products provide great protection, but when compared to each other SPF 30 allows 50% more rays to reach the skin! What you wear is just as important as how you apply it. Sunscreen takes 30 minutes to fully absorb into the skin to provide maximal protection. Many areas of the body are often overlooked when protecting from the sun including our lips which are exposed to maximum UV exposure- use a lip chap with built in SPF of 30 or higher to protect from burns. Additionally, sunscreen must be re-applied according to the product labeling especially if swimming or sweating. Stay sun safe and if you do get a sunburn, our pharmacists are always ready to provide advice to get you back to feeling your best!

# One Rural Community On January 1, 2023

Back in November, 2021, the Province released its White Paper on Local Governance Reform, called, “Working together for vibrant and sustainable communities”. With the release of this paper came wide-sweeping changes to local entities across New Brunswick, including Kingsclear Local Service District (LSD) and Hanwell Rural Community. These changes will take effect January 1, 2023.



Originally, a large portion of the Kingsclear LSD was to merge with Hanwell Rural Community, creating one entity, identified by the Province as, “Entity 62”. Island View was originally not included as part of Entity 62; instead it was slated to become part of Fredericton. Island

to be part of Entity 62 and the Minister agreed to their request. The new boundaries of Entity 62 can be seen on the map included in this issue of the Hanwell Herald. Essentially, the new boundaries include all of Hanwell and that portion of the Kingsclear LSD from the Fredericton city limit at Island View following Route 102 along the river to Woolastook Park, and all of the area along the Mazerolle Settlement Road. The portion of the LSD west and south of Longs Creek will be part of Entity 59 which extends past the Village of Harvey. The Province appointed transition facilitators to each new entity in order to guide the process outlined

by the Province. Greg Lutes, who works for Pivot Consulting in Fredericton, was appointed as the Transition Facilitator for our community.

Since February this year, Greg has been meeting with a Transition Advisory Group made up of representatives of Kingsclear LSD and Hanwell Council. The group members include Conway Elkins, Candice Dekleva and Lee Crouse from the Advisory Committee of Kingsclear LSD, and Mayor Dave Morrison, Deputy Mayor Susan Jonah, Councillor Holly Hyslop and Councillor Tim Fox from Hanwell Rural Community.



View residents responded immediately with a petition to the Minister of Local Government and Local Governance Reform, asking

A number of recommendations have been made by the group and accepted by the Province. In addition, the Province has laid out certain requirements for the new entity. These recommendations and requirements are outlined in paragraphs that follow.

Entity 62 will officially be called, “Hanwell” and will be a rural community.

Council will consist of the mayor, six ward councillors and two councillors at large. The current Hanwell Council will remain in place and two additional ward councillors will be added to represent Kingsclear LSD residents through a by-election on November 28, 2022. A full election for mayor and councillors will take place in spring 2026.

The two new wards that are being created in the existing Kingsclear LSD will be Ward 5 and Ward 6.

Ward 5 (see map) will encompass the larger geographic area including all of Kingsclear LSD east of Kingsclear First Nation. Island View would be the biggest residential community in this section of the ward. Ward 5 will also include a large area of land west of Kingsclear First Nation, including

French Village and the homes along the river as far as the Hammond Brook Basin.

Ward 6 is much smaller geographically, but has a similar population. It is essentially comprised of the properties along Mazerolle Settlement Road and the associated subdivisions that are not already a part of Hanwell Rural Community.



Residents have been asking how these changes will impact their current services. Any current service contracts will remain in effect until they have expired. For example, there are currently different garbage collection contracts in place for Hanwell and Kingsclear LSD. These will remain in effect after January 1, 2023 until they expire, at which time Council will make decisions about how to move forward with these services.

A new independent expert panel will study the community funding and equalization grant system in New Brunswick and make recommendations on how to improve it to the government this fall.

**Seeking Candidates for Fall By-Election**

On November 28, 2022, a by-

election will be held to elect councillors for Ward 5 and Ward 6. This is an excellent opportunity for community minded individuals to get involved in shaping the future of Hanwell. We encourage all citizens over the age of 18 and living in Wards 5 and 6 to seriously consider running for Council. Your voice is important to our democracy.

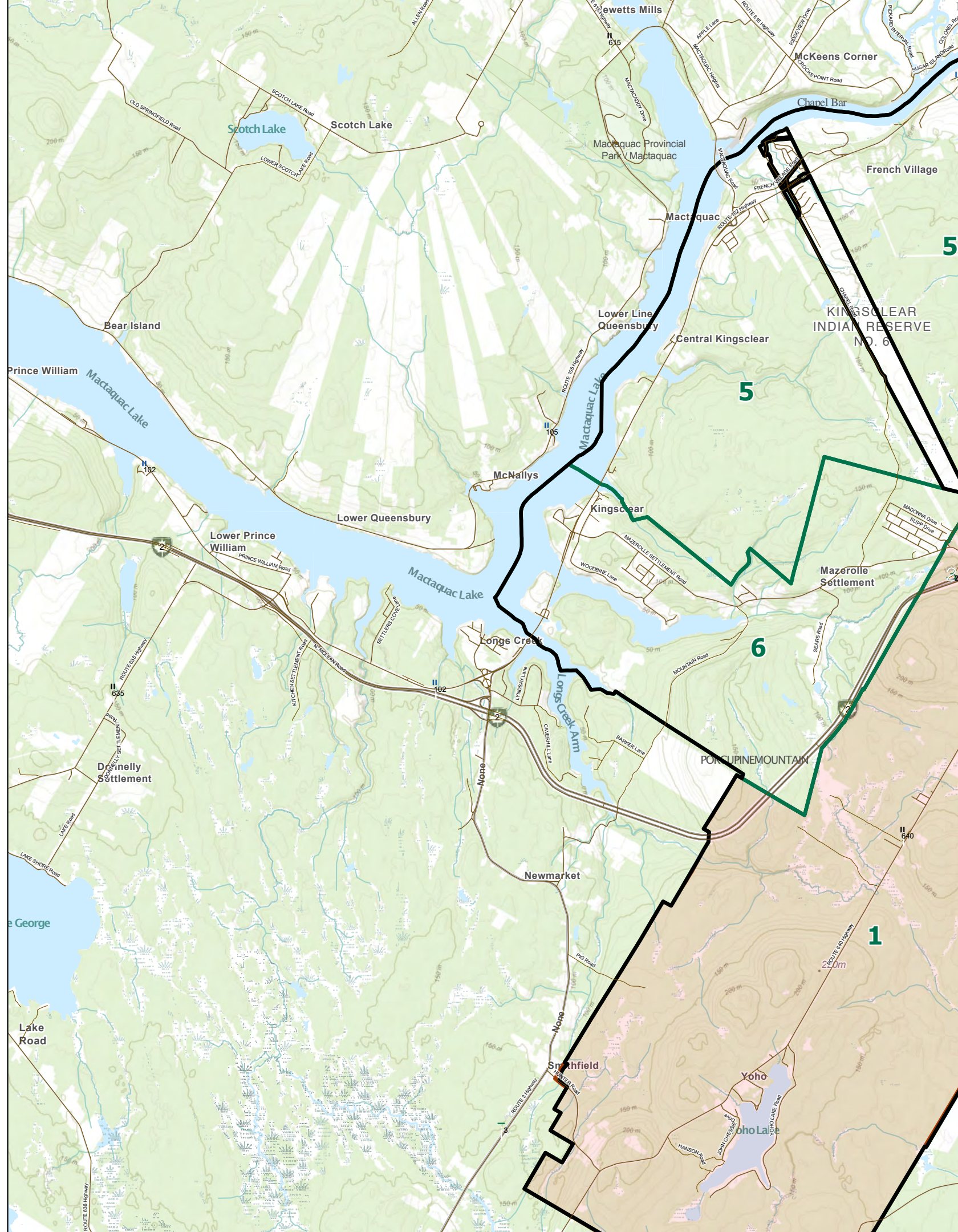
If you are interested in putting your name forward, attending a few Council meetings will help you gain an understanding of the process and some of the topics that Council is currently dealing with. Hanwell Council meets every third Wednesday at 7 pm at Hanwell Place, 5 Nature Park Drive. You are more than welcome to attend.

Another way to gain an understanding of the responsibilities of Council is to reach out to the current Mayor and Council members. They are all very approachable and would be willing to talk to you and answer any questions you may have. Similarly, Terri Parker, Hanwell’s Clerk-Treasurer, can provide insight into the workings of the Rural Community.

If you or someone you know might be interested in running in the upcoming by-election, Elections NB has some excellent resources. You can access these resources at **[electionsnb.ca](http://electionsnb.ca)**.

~ Councillor Tim Fox





Scotch Lake

Scotch Lake

Mactaquac Provincial Park (Mactaquac)

McKeens Corner

Chanel Bar

French Village

Bear Island

Lower Line Queensbury

Central Kingsclear

KINGSCLEAR INDIAN RESERVE NO. 6

Prince William Mactaquac Lake

McNallys

Lower Queensbury

Kingsclear

Mazerolle Settlement

Lower Prince William

Mactaquac Lake

Longs Creek

Longs Creek Arm

POPLINEMOUNTAIN

Drinnelly Settlement

Newmarket

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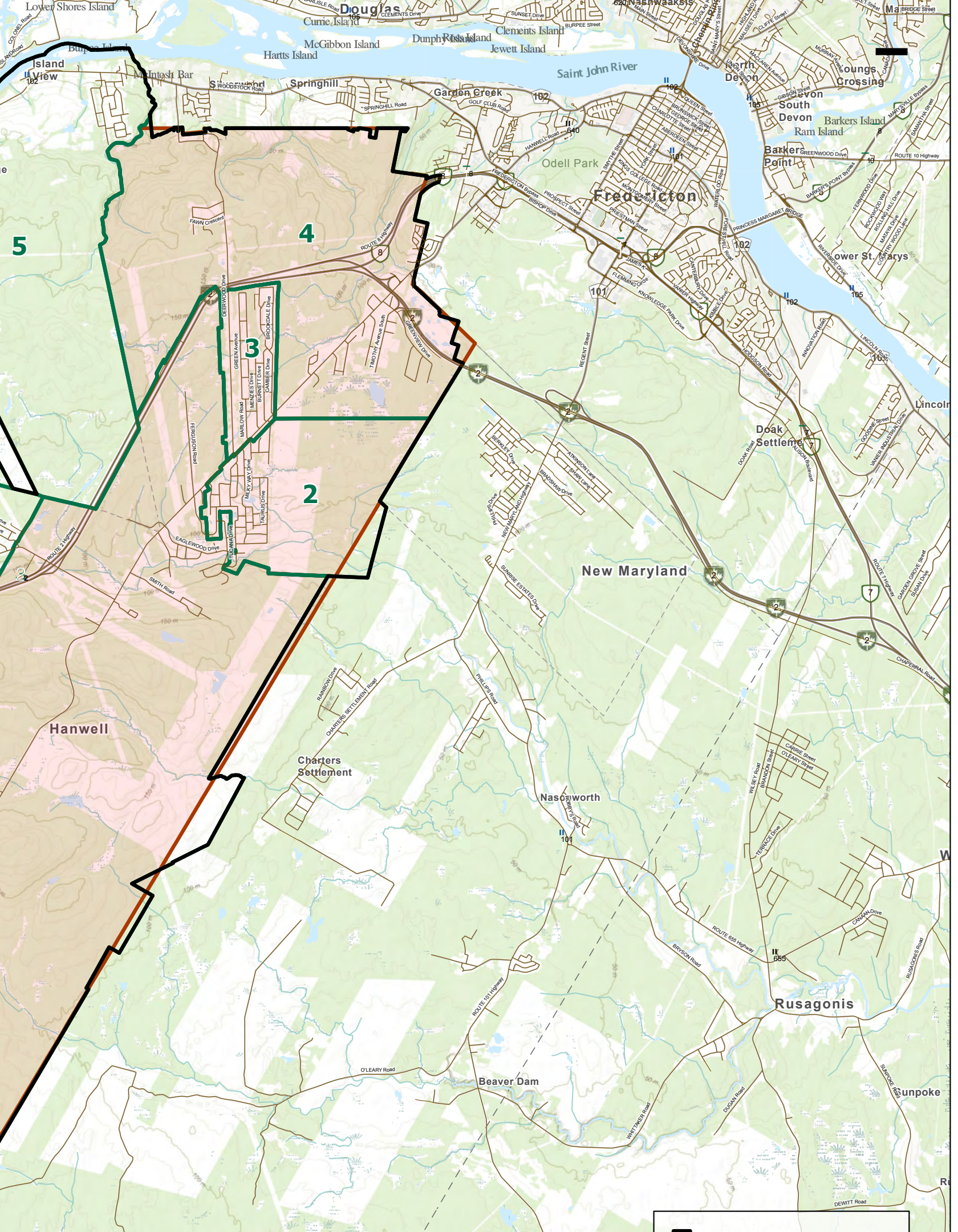
George

Lake Road

Smithfield

Yoho

Yoho Lake



5

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3

2

Hanwell

Charters Settlement

Nasaworth

Beaver Dam

New Maryland

Fredricktown

Rusagonis

Doak Settlement

Saint John River

Garden Creek

Odell Park

South Devon

Barkers Island

Ram Island

Lower St. Marys

Lincoln

unpoke

McGibbon Island

Dunphy Island

Clements Island

Island View

Springhill

Woodstock

Intask Bar

Springhill Road

GOLF CLUB ROAD

192

102

105

108

PAWN CREEK

DEERWOOD DRIVE

ROUTE 8

101

101

101

102

102

105

GREEN AVENUE

MARLOW ROAD

MENDES DRIVE

BURNETT DRIVE

BRIDGEMAN DRIVE

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FERGUSON ROAD

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# Serving our Country and Community

Our beautiful community of Hanwell is growing. Hanwell has a lot to offer and not only are we seeing a rise in new businesses, many are owned and operated by military veterans.

The transition to civilian life isn't always easy. Veterans can sometimes struggle to find their place. "When I found out I was going to have to retire I felt lost, like I'd lost my identity but when I reached out to my friends and to my fellow veterans I realized that I hadn't lost my identity it had simply evolved" says Hanwell Resident, Jay Tisdale. After a 20-year career as a Combat Engineer, Jay's body had had enough. He felt he was too young to fully retire and knew Hanwell was the place to start Grafiq Cuts, a laser engraving service. "Hanwell has a lot to offer new businesses, it is well situated and has numerous other entrepreneurs located here", he says. Starting a business has its challenges and takes a lot of research, planning and financing. The support of his family, friends and fellow veterans is the reason he keeps pushing forward to success.

Jay's wife, Amber also opened a small business in Hanwell and loves that they get to take the journey together. "We're learning together and get to support each other along the way and that's really special" says Amber Tisdale, owner of Birch Candle Studio.

"The sense of community Hanwell offers and the camaraderie between businesses enables success for all". Amber goes on to say, "building your own business doesn't have to be isolating



and having other small business owners in the area to turn to for advice and collaborate with really does make you feel like there is this amazing support system in place". Tom Peppard opened Brookstone Massage Therapy in 2015 after 30 years of service in the Canadian Armed Forces serving as an Armoured Officer. Hanwell resident since 2009, Tom enjoys what Hanwell has to offer to his family of seven and loves that he can work close to home. He says, "operating my own business is a dream-come-true", "The greatest reward of being an entrepreneur is the freedom to craft and sculpt my

business by my own hand". When it comes to success, he says a work-life balance is key. "As an entrepreneur its hard to know when to step away from the office", says Tom, who is now working on his second venture, Hanwell Wellness.

Lloyd Chambers, Reserve Combat Engineer in the Canadian Armed Forces and his partner Duncan McSporran, retired (Major) from the British Army, along with their wives as business partners opened Black Galley Distilling in 2021. Black Galley Distilling set out to produce high quality spirits that they would be proud to share with friends and the community. "We chose Hanwell because it offered a lot of advantages to us as craft distillers". Lloyd adds, "Hanwell has a great sense of community and a flourishing entrepreneurial sector with so many new and innovative businesses continuing to open in the commercial section".

Producing their own lines of gin, vodka and rum became a passion, however it would not be possible without the support of their families. "Our families continue to offer the both of us the support necessary and the patience with some of the erratic schedules and long hours that being a small business owner can cause", adds Lloyd.



As rewarding as it can be, entrepreneurship has its challenges as Cary Baker, owner of Iron Sights, knows. Major (Retired) Cary Baker MSM, CD served in the Canadian Armed Forces from 1984 to 2009. After retiring from the Canadian Armed Forces in 2009, Cary was immediately recruited by NATO as an instructor at the NATO Special Operations School in Belgium. In 2017 he retired and opened Iron Sights. “My biggest challenge was the mental switch of being a military leader in charge of like-minded gung-ho troops and millions of dollars of military equipment surrounded by being a one-man civilian shop owner” says Cary. When you start your own business, you also need to “be prepared to work long hours for free”, adds Cary.

Having lived in Hanwell for 13 years, he wanted help the Hanwell community grow with more retail options for outdoor adventure products and promote safe and responsible sport shooting. If you are a sport shooter, hunter, prepper, or outdoor adventurer, stop by Iron Sights and check out all the great products they have to offer.

Hanwell resident Jeff Alpaugh served in the military for 10 years as an Infantry Captain and is no stranger to the hard work behind launching a new business after a military career. He with his wife and business partner, Emilee, launched Jeff Alpaugh Custom - Home of the World's Most Dangerous Dress Shirts in 2016. From launching their first brick and mortar location in Fredericton, NB to being featured on The Dragon's Den in 2017 and now having opened a second retail location in Waterloo, Ontario in 2020, his business has had many successes and continues to grow, but not without plenty of perseverance and hard work. Jeff offers this advice to Veterans embarking on their own entrepreneurial journey, “Remember your training!! It can be so tempting to dump everything you learned in the army. Remember to follow the 16 steps of Battle Procedure. Make a plan, verify with a recce, communicate the plan and once you cross the line of departure execute with full intensity.”

With its warm sense of community, Hanwell is perfect for families and businesses alike. What could be better than doing what you love, where you love to be.

Iron Sights - 1757 Route 640, Unit 10, Hanwell, NB <https://ironsights.ca/>

Brookstone Massage Therapy - 1757 Route 640, Unit 4, Hanwell, NB  
<https://brookstonemassagetherapy.com/>

Grafiq Cuts & Birch Candle Studio - 1757 Route 640, Unit 1B, Hanwell, NB <https://grafiqcuts.ca>  
& <https://www.birchcandlestudio.ca/>

Black Galley Distilling - 3 Timothy Ave, Unit 16, Hanwell, NB <http://www.blackgalleydistilling.ca/>

Jeff Alpaugh Customs - 364 Victoria Street, Fredericton, NB <https://jeffalpaugh.com/>

~ Amber & Jay Tisdale

- Hanwell Herald -

# BEAR CLUB

Summer 2022 Edition

### BOOKS WE LOVE

"The Pout Pout Fish and the Mad Mad Day"

By Deborah Diesen

Grades 1-2



"Cat Kid Comic Club" series

By Dav Pilkey

Grades 3-4

"Rema Chronicles"  
By Amy Kim Kibuishi

Grades 5-6

### DID YOU KNOW?

The first day of summer is called "The Summer Solstice"



Watermelons are not a fruit, but a vegetable! They belong to the cucumber family.



Popsicles were invented in 1905 by an 11-year-old named Frank!

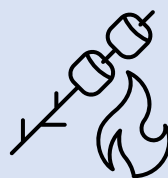


### TRY THESE!

#### S'MORE POPS

##### *Ingredients:*

- 4 whole graham crackers, crushed
- 24 lollipop sticks
- 24 large marshmallows
- 4 oz milk chocolate chips, melted



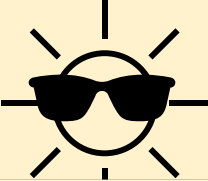
##### *Directions:*

1. Place crushed crackers in a bowl.
2. Insert 1 lollipop stick into each marshmallow.
3. Dip half of marshmallow into melted chocolate, allowing excess to drip off.
4. Dip chocolate portion into cracker crumbs.
5. Place on wax paper and let stand until set.



### JUST JOKING

1. What's black and white and red all over?
2. What is brown, hairy and spends all of its time on the beach?
3. Which tree can fit inside in your hand?
4. How do we know if the ocean is friendly?


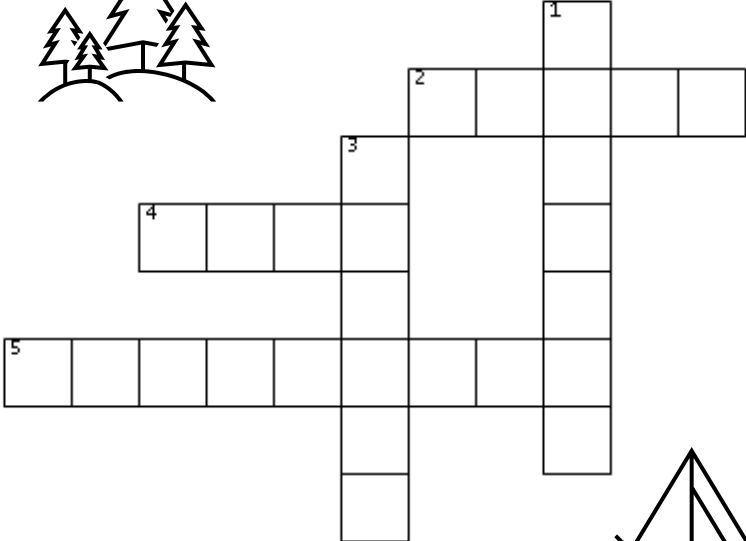
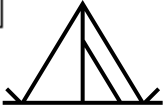


*waves!*

*A coconut 3. A palm tree. 4. It*

*Answers: 1. A sunburnt zebra 2.*

### CROSSWORD

<p><b>ACROSS:</b></p> <p>2. A sandy spot to play</p> <p>4. The best way to cool off</p> <p>5. Best sun protection</p>	<p><b>DOWN:</b></p> <p>1. Sleeping in the woods</p> <p>3. A sweet bonfire treat</p>
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### MAD LIBS

I have the coolest summer plans ever. My family is going to \_\_\_\_\_ (Place) to visit \_\_\_\_\_ (Celebrity). I've registered for a summer class to learn to \_\_\_\_\_ (Verb). I'll play \_\_\_\_\_ (Thing)-ball with the kids in my neighborhood every morning... It's just like \_\_\_\_\_ (Sport) but with \_\_\_\_\_ (Animals) and \_\_\_\_\_ (Things). I'll spend all afternoon at \_\_\_\_\_ (Adjective) \_\_\_\_\_ (Noun) Park across the street. But best of all, I get to sleep in until \_\_\_\_\_ (Time) every day!



Do you have ideas for our next issue?

Contact us at:

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

Subject line: Bear Club

# Hanwell's Adult Fitness Circuit

What, you say you had no idea...well let us tell you all about the adult gym that you can access in the Hanwell Recreation Park at 5 Nature Park Drive



## During a regular meeting of council on August 19, 2020

a motion was passed to purchase an Adult Fitness Circuit as part of our Gas Tax allotment for the 2020 Gas Tax Funds.

The circuit is designed for people 13 years of age or over and we suggest that you carefully read the instructions prior to using to reduce the risks of injury.

The circuit is set out to help improve your overall physical fitness. It features 9 pieces including; a flex wheel/twister, recumbent bike, the walker, leg press/balancer, classic jazz bench, jumping stool, ab bench, the double sit-up and parallel bars.

In the area you will also find several signs posted that suggests exercises designed to use a variety of your muscle groups. These exercises include general time lengths and repetitions for the average person. If you are just starting out, it is suggested to start slowly then increase your pace so that you don't exhaust yourself prematurely or injure yourself.

If you have set yourself a summer goal to spend more time exercising or simply would like to be outside more, this is a perfect spot that you can accomplish all of your health goals.

During the summer last year a couple of videos were created to demonstrate proper modeling of how to use the equipment. These videos can be found on Hanwell Rural Community Facebook page for reference and proper use; <https://fb.watch/dktpvkptyZ/> and here <https://fb.watch/dkto4ukTP9/>

If you are comfortable in doing so, we would love to see pictures of you using the circuit. If so, please post as often as you like using the #HanwellCares.

On a final note we asked that you please remember to be courteous of others while using the equipment and be mindful of your timeline if there are others waiting to use the circuit as well. Always think safety first, keep in mind your current health, and overall else have fun.

~ Nancy Moore

## New Brunswick Dementia Friendly Initiative

The New Brunswick Dementia Friendly Initiative is pleased to welcome the community of Hanwell. The Collaborative for Healthy Aging and Care, with the collaboration of community organizations, are working with communities throughout New Brunswick in becoming more inclusive of people living with dementia as well as their care partners.

A dementia-friendly community is a community where members come together to help people living with dementia feel supported, empowered, and included in everyday life. In these communities, individuals have an understanding and awareness of dementia. This initiative will support communities to become more dementia-inclusive by raising awareness, offering education, and conducting research.

To promote awareness of dementia, training and education sessions will be offered to the participating communities. These sessions include education from the Alzheimer's Society of New Brunswick, and the Gentle Persuasive Approach (GPA) training that will be facilitated by the New Brunswick Continuing Care and Safety Association. These sessions are meant to be inclusive and are open to anyone in the participating communities including caregivers and people living with dementia.

The individuals who have participated in the training and education sessions have found them to be beneficial. They have learned various skills such as improving communication, creating safer environments, and techniques to re-direct behaviours. In many instances, caregivers were also connected with new resources and supports.

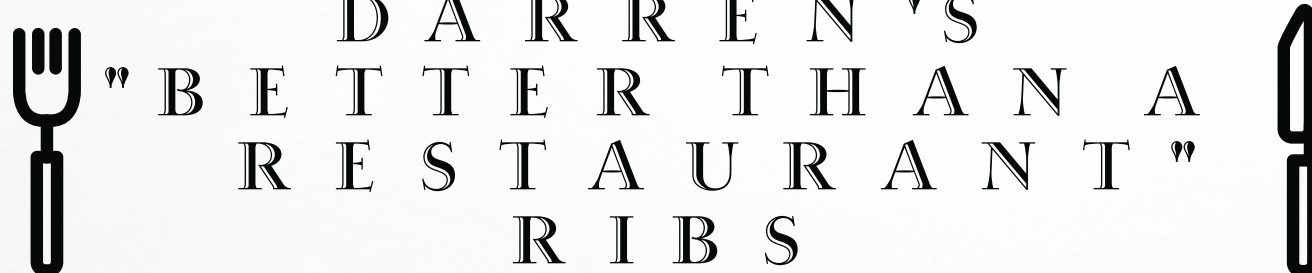
To promote awareness around dementia, it is important to highlight the needs and experiences of caregivers of people living with dementia. The New Brunswick Dementia Friendly Initiative team is working with Dr. Julie Caissie, researcher from the Université de Moncton, to collect data and conduct interviews with caregivers. During these interviews, caregivers are given the opportunity to talk about their experiences of providing care to a person living with dementia. Data collection is also being done through community surveys.

To learn more about this project and collaborating organizations, please visit the Collaborative for Healthy Aging and Care's website.

You may also contact Samantha Hachey  
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and Erin Jackson  
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**New Brunswick Dementia  
Friendly Initiative**



D A R R E N ' S  
" B E T T E R T H A N A  
R E S T A U R A N T "  
R I B S

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Process designed for a charcoal smoker, but you can easily substitute with a Crockpot. Better results with pork ribs than beef ribs, but either one will work.

### P R E P :

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If your ribs have a membrane on them, this will work best if you remove it. But it's not absolutely necessary. At least 24 hours prior to cooking, generously dry-rub granulated garlic and black pepper into the meat. If you want it a bit more on the spicy side, also rub in fine white pepper and some cayenne pepper. Put all the seasoned ribs into a freezer bag, and refrigerate overnight.

### C O O K I N G :

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1. Take the seasoned ribs out of the freezer bag and wrap in small batches (4 or 5) in aluminum foil. For best results, use non-stick foil or a small amount of cooking spray before wrapping.
2. Preheat the barbecue/smoker to a steady 225 degrees Fahrenheit. Low and slow is the name of the game here. At that low of a temperature, you can use direct or indirect heat, if you have a heat deflector. In a Crockpot, use the LOW setting.
3. Set the wrapped ribs in the grill or Crockpot, and cook for 8-10 hours. If using charcoal, every half hour or so ensure that the temperature is still solid at 225. If not, adjust the air flow.
4. After 8-10 hours, VERY CAREFULLY remove the ribs from the foil. When unwrapping, the oil that cooked off from the fat will want to run out of the edge. This will be hot. For best results here, I have a small pot on-hand, and use heat-resistant gloves to hold the ribs over the pot while carefully unwrapping one edge of foil to drain the oil. When the foil is off, again very carefully, replace on the grill, with the bone side (or side with less meat on it) facing up. It will be difficult to handle the ribs at this point, because they will very easily fall apart.

5. Put your BBQ sauce of choice on the side facing up and the sides of the meat. Continue to cook at 225-240F for another 15 minutes. If using a Crockpot, you should now move them to a lightly spray-oiled cooking sheet and heat in an oven at 225F for 15 minutes.

6. VERY CAREFULLY (they will fall apart!) use tongs to flip the ribs and sauce the other side. Cook for another 10-15 minutes. If you want them super-saucy, add more after a few minutes.

Carefully remove the ribs (or let them fall apart, but make sure somebody sees the awesomeness!) and plate them. That's all that's to it. Takes a long time, but the result is worth it.

~ Councillor Darren Mackenzie



## C U R R Y L I M E C I L A N T R O C H I C K E N S K E W E R S




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1 pound boneless skinless Chicken Breasts  
Cut into long strips.

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### M A R I N A D E :

1/2 cup plain yogurt  
1/4 cup snipped fresh Cilantro  
1 tsp. finely shredded lime peel  
2 Tbsp lime juice  
1 Tbsp honey  
2 Tbsp olive or cooking oil  
1 Tbsp Dijon mustard  
1/2 tsp curry powder  
1/4 tsp salt  
1/4 tsp pepper  
Mix

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### C O O K I N G :

Place Chicken in a zipper bag.  
Add the Marinade and coat the chicken.  
Refrigerate for 4 to 24 hours..  
Overnight is the best!

Thread the Chicken onto skewers.  
Reserve the marinade.  
Grill the skewers for 12 -15 minutes.  
Brush with extra marinade while cooking.

~ Deputy Mayor Susan Jonah

# SEE | SAY Something

On Tuesday May 10, 2022, Steven Scott of King Construction organized members of our business community to attend a forum on crime issues in Hanwell. Mayor Morrison on behalf of Council invited members of the RCMP, MLA Minister Dominic Cardy and Dan Goodwin, Director of Policing Standards and Contract Management to hear directly on what is happening concerning crime in our community. There were several members of the RCMP in attendance, including West District Superintendent A. LeClair and Sgt. JF Martel, detachment commander. Sgt. Martel has over 18 years policing experience and oversees investigations for our area.

There were many issues brought up, including call times, waiting periods, lack of response and crime issues we are all experiencing in our communities. At times the conversations shared were scary, eye opening for some of us, but all too familiar to members of our business community.

We all know someone or have had a personal experience with crime. We hear the stories of a crime that happened to a neighbour or a business. What became obviously apparent is that crime is not being reported. The RCMP stats indicated there was only 37 calls from January to May 2022 for crimes in our area. A quick look on Facebook and we can count more than that.

What happens is that small issues, little things are being dismissed. From the RCMP's point of view, their stats showed us as being relatively crime free! If crime is not being reported, even if you think it is insignificant, then police resources will not be deployed. Information is key in solving and preventing crime. It is important, for you, your neighbours, businesses for the safety of all of us and our properties that if you SEE SOMETHING, SAY SOMETHING! See a suspicious vehicle or a suspicious person in our area, contact the RCMP. If you see or know of a crime, report it to the RCMP! Big or small, recent or past call it in! Sgt. Martell and Superintendent LeClair were genuinely surprised to hear of all the issues. We all need to take charge and report these crimes, having the stats will help bring more resources to bear.

Cameras on your property prevent crime and can notify you of activities as well. Councillor Pat Septon shares his experience after an attempted break in. He found a \$60 camera with no ongoing costs that will notify you the moment someone is near your property, and alert people on your property they are being monitored. It scares some people as it literally lets people know they are being watched; it is effective.

If there is a crime in progress call 911 and stay on the line until you get a response. To report suspicious activity or report a crime, call the RCMP District office 357-4300. No detail is too small, you may help someone find their stolen property. Information is key.

If you want to report crime but remain anonymous call Crime Stoppers  
1-800-222-TIPS (8477)

Remember it is on all of us, to look after each other. So please SEE SOMETHING, SAY SOMETHING.

~ Mayor Dave Morrison



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### A Little About Us!

We have been living in Hanwell for 14 years and absolutely LOVE IT! The community is growing and is well informed through the various social media sites where residents can support local businesses, trades people, sports, and so much more. As members of the Rotary Club of Hanwell, we are looking forward to supporting and getting involved with the new Hanwell Academy.

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