

NACKAWIC-MILLVILLE RURAL COMMUNITY



RESOURCE DIRECTORY



SPRING 2024



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HVAC SOLUTIONS INC
HVAC Done Right!

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- Repairs, Maintenance, and Deep Cleaning (all makes and models including systems that we did not install)
 - New Construction / Existing
 - Refrigeration Services

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brewershvacolutions@gmail.com / brewershvacolutions.ca

NACKAWIC-MILLVILLE RURAL COMMUNITY

RESOURCE DIRECTORY

SPRING 2024

**Compliments of
Nackawic & Area
Wellness Network,
advertisers and supporters.
Support Local.**

EMERGENCY INFORMATION

911

In case of serious accident with injuries, a fire, poisoning, suicide threat, mental health crisis or persons in immediate danger.

506 - 357 - 4300 ~ RCMP

After hours: 1-888-506-7267

1-800-222-8477 – CRIME STOPPERS

When you wish to report criminal activity or help solve a crime, and wish to remain completely anonymous, phone Crime Stoppers. Your identity is protected, you are anonymous and you may qualify for a cash award. They care about what you know, not who you are.

**If you see something
say something.**



**NEIGHBOURHOOD WATCH
in Nackawic and
rural areas in much of NMRC**

“Working together to prevent crime.”

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NACKAWIC-MILLVILLE RURAL COMMUNITY RESOURCE DIRECTORY



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Dot MacElwain

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NACKAWIC & AREA WELLNESS is pleased to present a second edition of the Nackawic-Millville Rural Community resource directory. We appreciate the support received for this project from a COIN G grant, a Resiliency Grant and also through a donation from Destination Nackawic.

Every effort was made to contact all Nackawic and area businesses in order to include their ads in this publication as a way to promote local. Any error or omission is unintentional. Neither the Nackawic & Area Wellness Resource Directory nor the Nackawic & Area Wellness Network guarantee the reliability or accuracy of services advertised herein. We supply you with the information. Buyer beware.

Cover photo by Katie Green of Maple Ridge.

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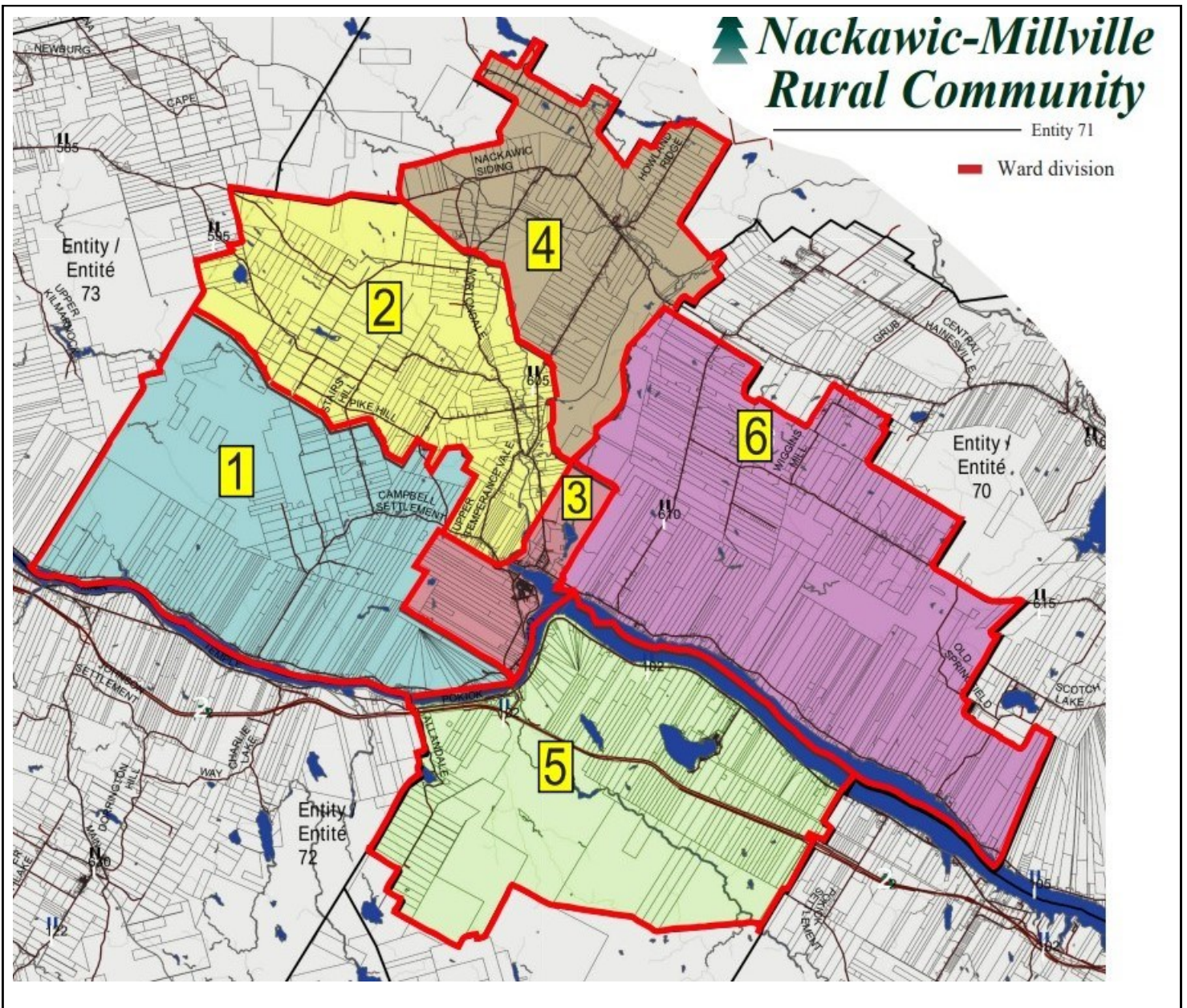
Issue 2, Spring 2024.

NACKAWIC-MILLVILLE RURAL COMMUNITY

ESTABLISHED 2023

WARDS & COMMUNITIES

- Ward 1** - Southampton, Campbell Settlement, Hartfield, Rossville, Stairs Hill.
- Ward 2** - Temperance Vale, Nortondale, Pike Hill, Bull Lake, Clarkville, Stairs Hill, Waterville.
- Ward 3** - Nackawic.
- Ward 4** - Millville, Maple Ridge, Hawkins Corner, Maplewood, Howland Ridge.
- Ward 5** - Dumfries, Davidson Lake, Barony, Hawkshaw, Pokiok, Allandale.
- Ward 6** - Queensbury, Bear Island, Springfield, Wiggins Mill, Caverhill, Scotch Lake.



A ACCOMMODATIONS



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Conference Manager
conferences@bwwoodstock.ca

Woodstock Hotel & Conference Centre
123 Gallop Court
Woodstock, NB E7M 3P7
P: (506) 328-2378
F: (506) 328-9195
Reservations: 1 (888) 580-1188
bestwesternwoodstock.com



Crabbe Mountain Inn
506-461-3701

Nackawic
MOTEL

736 Route 105, Nackawic, New Brunswick, E6G 1W6

☎ 506-575-8851

✉ Stay@nackawicmotel.ca

🌐 Nackawicmotel.ca

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Your vacation cottage awaits

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larsen@nb.sympatico.ca





Premium Cottage Rental

To Book contact Marie or Harry
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☎ 506-575-4552
f River Valley Escape



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3989 Route 104
Millville NB E6E 1M0

A place where family and friends can gather
for a retreat or reunion, use for a hunting lodge, ski, go wheeling or hiking, play cards and games, and then get a good night's rest. Perfect for school trips, ski competitions, out-of-province visitors, four wheeler or snowmobile runs. Sleeps 15 plus.
Or rent the space for a bridal or baby shower. Full equipped kitchen, Wi-Fi, and lots of parking. Central to Crabbe Mountain, Nackawic, Fredericton, Woodstock, and Hartland. Wheelchair-accessible.
Book your getaway!
Prices based on number of guests and length of stay.



Call me to discuss details.
Marilyn: 519 955 7936.

A AESTHETICS



Ally's Aesthetics
Ally Kennedy

☎ (506) 575-8666
✉ allysaesthetics@gmail.com
📍 316 NB-605, Temperance Vale, NB E6G 2C4

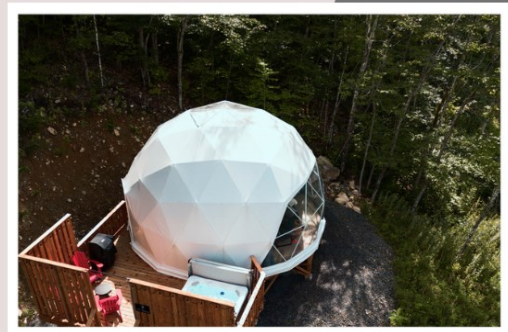
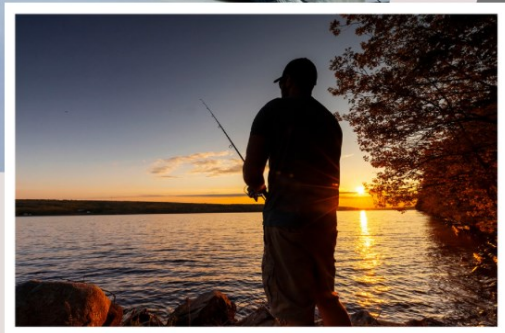
A ACCOMMODATIONS



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ABOUT US

Nestled along the picturesque Saint John River. Our geodesic domes provide a unique blend of comfort and nature. Enjoy breathtaking views, unwind in cozy interiors, and immerse yourself in the tranquility of the great outdoors.



FACILITIES

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- Air Conditioner
- Kitchenette
- Luxury Bathroom
- River access
- Wifi
- Hot tub
- Pet friendly 🐾

CONTACT US

www.bearislandkingdome.ca
glamping@bearislandkingdome.ca

 (506) 875-7175
3697 Route 105, Bear Island, NB

A AUTO, SALES, SERVICE, MAINTENANCE & TOWING

FAIRVIEW

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BUY OR TRADE



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Danny Roy
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Sales Manager

PHONE: 506.575.1885
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FAX: 506.575.2079
EMAIL: kedmar@nbnet.nb.ca

4669 Route 105
Upper Queensbury, NB E6G 1X2



Matthew Motors Towing
Used Auto Parts and Repair

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Sat 8am-1pm
Closed Sunday!

C: 1.5062920963
H: 1.506.575.8352



AUTO PARTS

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506-575-2215
16 Pinder Road
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E6G 1W3

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B BUILDING SUPPLIES

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“WE ANSWER OUR PHONE”

506-363-5747

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We carry a full line of building materials to meet all your needs, including interior and exterior doors, windows, flooring, paint, siding, and roofing materials.

Our team have over 100 combined years of experience. You can count on us to make your renovation project, one to remember. Building a new home? We are full service, from foundation to shingles.

We look forward to seeing you at the store.

130 Route 105

Keswick Ridge, NB

E6I 1B1



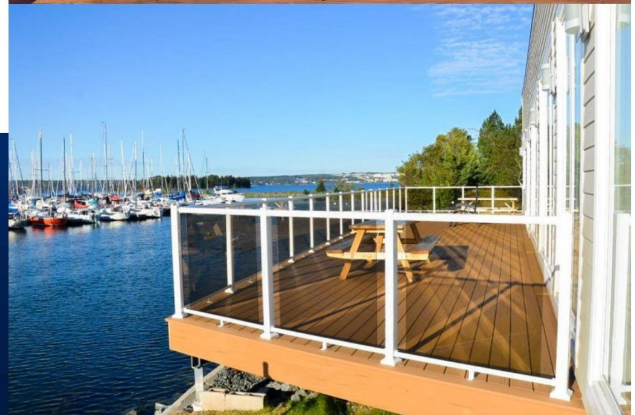
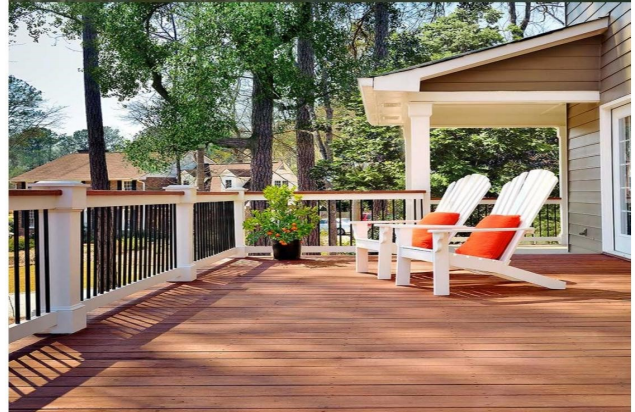
B BUILDING SUPPLIES



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506 575-2261

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- *Wave Armour Docks*
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- *Global Windows and Doors*
- *Logix ICF*
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W.E.T.T. Certified
Chimney Sweep*

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& WOODSTOVE
SERVICES**

TEXT OR PHONE
(506) 471-3345

EMAIL
darrenbrideau@gmail.com

C CHURCHES



The Anglican Diocese
OF FREDERICTON

Anglican Parish of Prince William, Dumfries, Queensbury
Rector: The Rev. Dr. David Mercer Phone 506-454-9998
Website: <https://nb.anglican.ca/fredericton/st-clement-dumfries>

Sunday Eucharist at 11 am

*The Parish spans both sides of the St. John River west of Fredericton
including three active churches:
St. Clement, Dumfries; All Saints, Magaguadavic; St. Luke, Temperance Vale*

C CHURCHES

Anglican Parish of Prince William
Includes St Clements, St Luke's, and
All Saints Magaguadavic, NB. Info: 506-575-2671.

Hartfield Church
c/o 69 Marsden Rd.
Campbell Settlement, NB. 506-575-8586.

Kirk United Church
29 Landegger Dr., Nackawic, NB.
Office: 506-575-8792.

Maple Ridge Wesleyan Church
1125 Route 605, Maple Ridge, NB.
Phone: 506-463-8144.

Middle Southampton Baptist Church
1316 Route 105, Southampton, NB.

Millville Nackawic Baptist Church
Millville Church & Riverbend Chapel
Nackawic NB. Phone: 506-463-2740.

Nackawic Wesleyan Church
475 Otis Drive, Nackawic, NB.
Phone: 506-575-8937.
Parsonage: 506-575-8837.

St. Simon & St. Jude Catholic Church
199 Otis Drive Nackawic NB.
Charge includes St. Thomas in Canterbury.
Woodstock: 506-328-3039.

Sure Life Assembly
335 Otis Drive, Nackawic, NB.
Phone: 506-575-2036.

Temperance Vale Baptist Church
673 Route 595, Temperance Vale, NB.
For info: Jane Christie 506-575-8657.

Temperance Vale United Pentecostal Church
34 Pike Hill Rd., Temperance Vale, NB.

*Where God
and
People Meet*



Sure Life Assembly
335 Otis Drive
Nackawic, NB E6G 1H4

Office Phone: (506) 575-2036
Email: surelife@nb.aibn.com

Pastor Ken Stoddard

Service Schedule
Sunday at 10:30am
Wednesday at 7:00pm

Temperance Vale UPC
34 Pike Hill Road
Temperance Vale, NB E6G 2E5
Pastor & Mrs. David Curtis

Sunday Worship and Sunday School 10:30 AM
Sunday Evening Worship 6:30PM
Wednesday Bible Study & Kids Power Hour 7:00 PM

"Embracing Faith, Sharing Hope, Spreading Love"

C CHURCHES



theridgechurch
Sunday Service - 10:30am



Ridge Youth
Thursdays, 7pm-9pm
Grades 6-12



the Ridge Kids
During Sunday Service
Newborn - Grade 5

theridgechurch.ca 1125 Route 605, Maple Ridge, NB (506) 463 - 8144

MILLVILLE NACKAWIC BAPTIST CHURCH



MILLVILLE CHURCH 1469 Route 104 Millville NB



RIVERBEND CHAPEL 94 McNair Dr Nackawic NB

ONE CHURCH MEETING IN TWO LOCATIONS

Tel. 506 463-2740 Email: mNBC2024@gmail.com Find us on Facebook!
SUNDAY MORNING SERVICE: 10:30 a.m. alternating weekly between locations
with potluck lunch following the service (Services livestreamed on Facebook)
PRAYER MEETINGS: 1:30 every Wednesday at Millville Church
and 7 p.m. Wednesday evenings alternating monthly between locations
MILLVIC KIDS: 6:30-7:30 Tuesday nights at Millville Church (ages K-Gr 5)
TRIVIA NIGHT: 7 p.m. first Friday of each month at Millville Church

7 p.m. third Friday of each month at Riverbend Chapel

If you do not have a church home, you are welcome to join us!

C COMMERCIAL PROPERTY MANAGEMENT

BIG
BOURQUE
INVESTMENT
GROUP

The
**NACKAWIC
SHOPPING
MALL**

135 Otis Dr. Nackawic NB 506-999-0240

C COMMUNITY SERVICES

**Big Brothers
Big Sisters**
OF CARLETON-YORK

There are youth and children in your community waiting for a mentor...

Steps to becoming a mentor

Step One
As soon as we get your inquiry all the information you need is shared via email

Step Two
Once you apply you are immediately asked to book an interview with an easy online scheduler

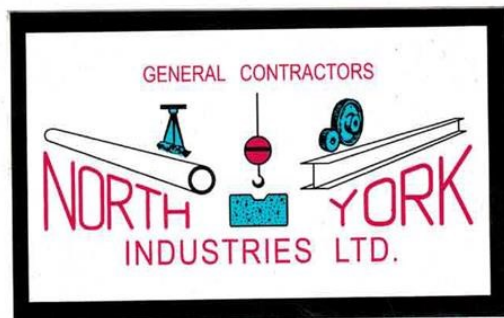
Step Three
After interview, we collect your references, police check and child abuse registry check

Step Four
Pre-Match Training!

Step Five
Acceptance & Match Selection

506-328-2094 or email melissa.hargrove@bigbrothersbigsisters.ca for more info

C CONTRACTING



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CELL: 506-575-4203

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NACKAWIC NB E6G 1W2

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AND REPAIR

MOBILE WELDING

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Photo Mugs
Wine Tumblers
Golf Towels

DBM

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Aluminum Signs
And More

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Cell: 506-897-1515
Email: larsen@nb.sympatico.ca
Follow Heart of Nature Soap on Facebook for all products



PRIMITIVES

EWJ Crafts (Erma Jones)
556 Whittaker Road
Rusagonis, NB
(506) 450-9457

Facebook: Crafts by Erma



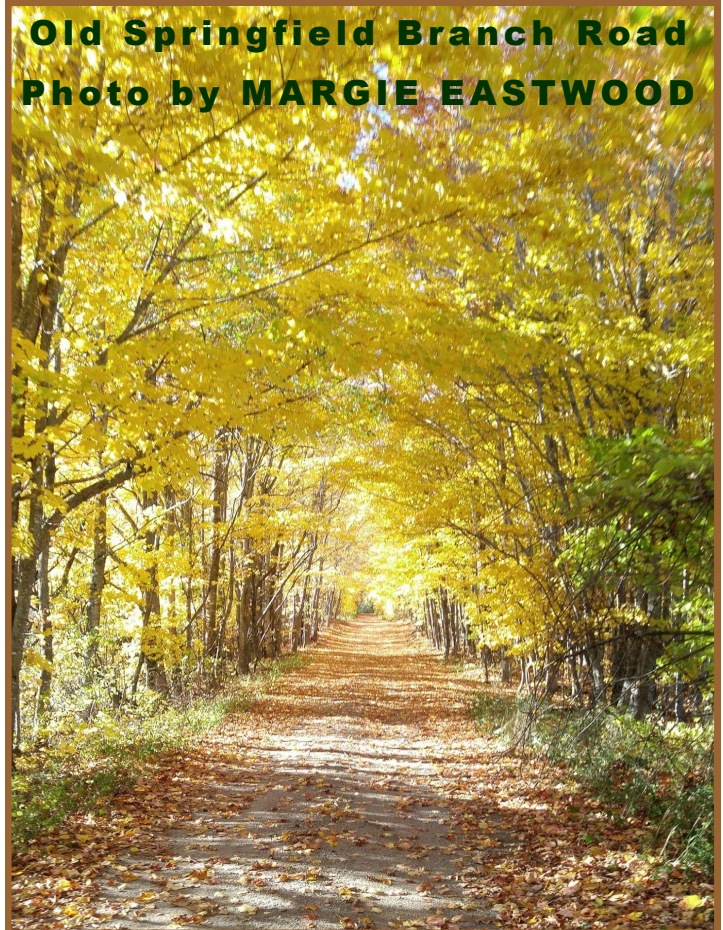
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Creations**

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Quality Handcrafted Leather Goods
Made In Canada

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A colourful finch
enjoying a snack.

Photo by EMMA
TUCKER,
Caverhill Photography.

Many locals enjoy
watching the
colourful birds we
have in the area.





CRIME STOPPERS ÉCHEC AU CRIME

1-800-222-8477 · WWW.CRIMENB.CA

TAKE BACK
your
Community



DOWNLOAD P3 TIPS APP



crimenb.ca

D DELIVERIES

A-Z DELIVERIES

(506) 612-0144

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F FARMS

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HAY AND STRAW SALES

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506-463-2779 | CELL 506-575-4620
fsconnor@nbnet.nb.ca
4200 ROUTE 104 HAWKINS CORNER, NB E6E 1T4



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Specializing in Dairy Production
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Barony NB
&
Balsam Fir Christmas Wreaths
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Dumfries NB
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506 575-8784

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Kris & Naomi Hurtubise
1234 Route 615
Springfield York Co
New Brunswick
(506)471-9926

www.symbiotichorizons.ca
symbiotic.horizons@hotmail.com



The horses and wagon master from FENWICK FARMS were popular on Family Day, February, 2024.



F FITNESS



FITNESS CLASSES

With *Mallory McCarthy*

Nackawic Middle School ~ Month-long sessions

Tuesday & Thursday evenings 6:30 pm: 45-minute classes

Also offering ~ all fitness levels ~ year-round ~ September thru June

Certified group fitness instructor:

Fitness NB & CAN FIT PRO Personal Trainer with CPR

F FLORIST

NACKAWIC'S SECRET GARDEN FLORAL SHOP

47 Harding Drive, Nackawic, NB E6G 1C2
506-259-6151

PICK UP OR DELIVERY AVAILABLE

(Free delivery within the town site and to Flewelling's Funeral Home)

Nackawic's Secret Garden has exactly what you are looking for! Offering beautiful, unique floral arrangements for every occasion. From lovely Mother's Day and romantic anniversary flowers, to special birthday flowers, exquisite Valentine's Day flowers, to sympathy funeral flowers and thoughtful get-well flowers, we can accommodate. We offer professionally-designed flower arrangements and floral gifts to fit any occasion and budget. We can help you find the perfect flowers and deliver them throughout Nackawic and the surrounding area and can accommodate most same-day deliveries.

**Order Online or Call
506-259-6151**

<https://nackawicsecretgarden.godaddysites.com>

F FOOD BANK



VALLEY FOOD BANK

Did you know? No one is refused at Valley Food Bank. We serve our Food Hampers from Monday to Thursday from 10 am to 1 pm, first-come first-served, and you do not need an appointment. All you need is to bring the NB Medicare Cards of everyone within the household with you and we will register you. We serve from Nackawic to River Du Chute. Our address is 162 Houlton Road Woodstock NB (506) 328-4417.

We have an outreach program once a month. On the third Monday of the month, you call 506 328 4417 from 8:30 am to 4 pm. We deliver to the parking lots of the following dedicated locations the third Wednesday and third Thursday of the month:

Wednesday we deliver to:

10:00 Meductic Baptist Church
10:20 Canterbury Village Hall
11:00 Nackawic Lions Club

Thursday we deliver to:

10:30 Hartland Baptist Church
11:00 Florenceville Civic Center
12:00 Bath Ultramar
12:30 Centerville – Senior Complex
behind Gramma's

If you would like to donate and are not sure what is needed, please give us a call. We accept all food and monetary donations from Monday to Thursday from 9 am to 4 pm and Fridays from 9 am to 3 pm. If you would like to volunteer and give back to the community, please give us a call at 506 328 4417 and we can set up a plan.

BRIGHTER DAYS BOUTIQUE



If you like to "Thrift," Brighter Days Boutique is the place to be! We have all sizes of clothing for men, women and kids. Need a new pot, but don't want to pay the huge price? Come on in. We have a selection of all dishes. Want to shop but have the kids? Come on in; we have a kids' zone. They can play in our toy section or have a seat in our reading area.

We are located at 162 Houlton Street, Woodstock, NB. All of our proceeds go back into the Valley Food Bank to purchase food for our food hampers. We are able to operate because of donations from our community members. We accept all donations, with the exception of big furniture. Our store hours are Monday to Thursday from 9 am to 4:30 pm and Friday from 9 am to 3 pm. We accept donations during open hours. Would you like to Volunteer and give back to the community? Please give us a call 506 328 4417 we can set up a plan.

F FORESTRY



BLANEY LOGGING LTD.
NORTONDALE, NB
506-575-5550
blaneylogging91@xplornet.com

Call Joe Blaney for your Woodlot needs.
"Over 40 Years of Experience."

F FUNERAL HOMES



Flewelling

Since 1908

Funeral Home

<p><i>Flewelling Funeral Home</i> 585 Otis Drive Nackawic NB E6G 1H6 Phone: (506) 575-8988 Fax: (506) 575-8822</p>	<p>Pre-arranged funerals funded by trust or insurance.</p> <p>Dealer for <i>Classic Memorials Inc.</i></p> 	<p><i>Swan Funeral Chapel</i> 1826 Route 3 Harvey Station NB Phone: (506) 366-1994</p>
--	---	--

G GARAGE DOORS

Andy Fox
President
afox@mcldoors.com
Heather Fox
Billing & Sales
hfox@mcldoors.com



McLaughlin Overhead Doors Ltd.

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Nackawic, NB
E6G 1W1

Your Garaga Dealer

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your challenges.

💧 CHALLENGE 💧
your limits.



G GENERAL CONTRACTORS



PH:
(506)440-5661

CELL:
(506) 575-5407

NACKAWIC, NB

G GENERAL CONTRACTORS

Daniel Cronkhite

Owner/Operator

(506)575-4455

Decronkhite1@gmail.com

**Cronkhite
Construction**

7 Rte 105

Nackawic, NB. E6G1T6



MOORE BOYS

--- **CONTRACTING** ---

**EXCAVATION - TRUCKING - FLOATING - SEPTICS
LANDSCAPING - GRAVEL - SHALE - TOPSOIL**

CALL: 506-575-5279

G GROCERIES

J-LYNN'S

Owned and operated by your
neighbours John & J-Lynn

Store Hours

Monday ~ Friday 7 am to 8 pm

Saturday & Sunday 8 am to 8 pm

Wednesday is Seniors' Day
with a 10% discount.



G GOVERNMENT



**Constituency
Office**
157 Otis Drive
PO Box 1123
Nackawic, NB
E6G2N1

Constituency Office Assistant
Sue Murch
Sue.murch@gnb.ca
506-575-6088

Special Assistant
Dustin Brownlow
Dustin.brownlow@gnb.ca
506-575-2604

Richard Ames, MLA for Carleton York
richard.ames@gnb.ca

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- Immigration
- Passports
- GIS/OAS/CPP
- CRA



MP / DÉPUTÉ

RICHARD BRAGDON

TOBIQUE-MACTAQUAC

1-800-671-6160 • Richard.Bragdon@parl.gc.ca

G GOVERNMENT

Municipal Office

(506) 575-2241
 115 Otis Drive
 Nackawic, NB
 E6G 2P1

Email: office@nackawic-millville.com

Website: nackawic-millville.com

Hours: 8:15am - 4:30pm
 Monday-Friday



Nackawic-Millville

RURAL COMMUNITY

Ward 1

Southampton
 Campbell Sett.
 Hartfield
 Rossville
 Stairs Hill

Ward 2

Temperance Vale
 Nortondale
 Pike Hill
 Bull Lake
 Clarkville
 Stairs Hill
 Waterville

Ward 3

Nackawic

Ward 4

Millville
 Maple Ridge
 Hawkins Corner
 Howland Ridge
 Maplewood

Ward 5

Dumfries
 Davidson Lake
 Barony
 Hawkshaw
 Pokiok
 Allandale

Ward 6

Queensbury
 Bear Island
 Springfield
 Wiggins Mill
 Caverhill
 Scotch Lake

Municipal Office of the Nackawic-Millville Rural Community

506-575-2241 For information on garbage pickup, rental of community halls in Dumfries & Millville and other municipal services.

H HAIR SALONS

Angela's
HAIR SALON

1116 ROUTE 595
 CENTRAL WATERVILLE
 YORK COUNTY, NB

Angela MacArthur
 • Owner / Stylist

575-8306 **BY APPOINTMENT**

Hair

Denise Fox
 Stylist/Colourist

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H HEALTH CARE

FOOT CARE CLINIC

Treatments include:

- Foot assessment ·
- Clipping and filing toenails ·
 - Fungal toenails ·
- Thick and discoloured nails ·
- Corns and callous removal ·
- Ingrown and involuted toenails ·
 - Diabetic feet ·

We would be happy to provide you with professional foot care services in our clinic or in your home.

**Call today
to book your appointment!**



CORRECTIVE FOOT CARE

Nackawic Health Solutions Bldg.,

(506) 262-1590

135 Otis Drive, Nackawic

info@correctivehealth.ca

We are registered providers of Blue Cross and Veterans Affairs

HEALTH FACILITIES

IN CASE OF EMERGENCY, PHONE 911

Nackawic Health Center 506-575-6600.
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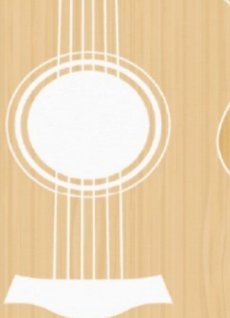
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Nackawic waterfront photo by DOUG FICK



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Dianne Schriver imagined this playful scene with her nephew, Darcy Hallett, a visitor from Newfoundland.




melissa lagacy
PHOTOGRAPHY

Melissa Lagacy
Photographer ~ Nackawic, NB
506.575.9626
melissalynphotography2018@gmail.com
www.facebook.com/melissalynphotography

Margie Eastwood captured perfect reflections along the Saint John River.



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The Age-Friendly Community movement encourages healthy aging and wellness under the following eight areas:

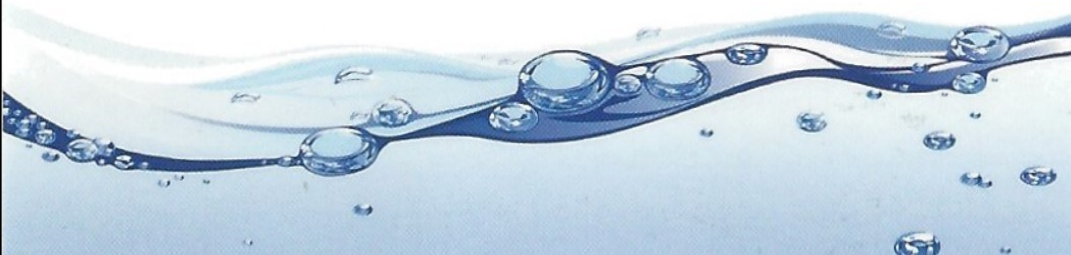
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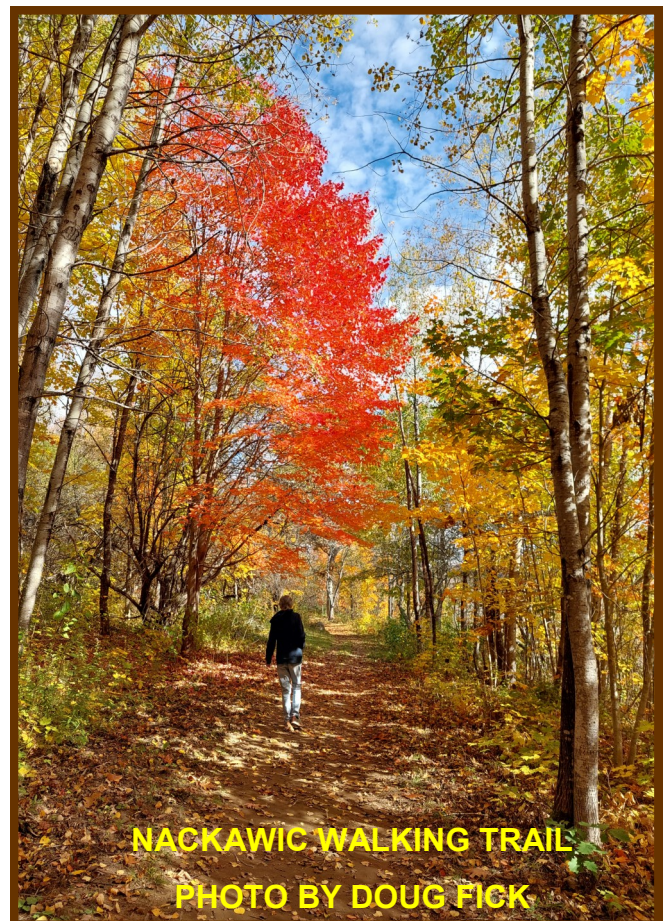
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MARGIE EASTWOOD PHOTO



NACKAWIC WALKING TRAIL

PHOTO BY DOUG FICK



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Photo by
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Principal 351 Rte. 105, Nackawic, NB E6G 1T9
rvca.mlagacy@bellaliant.com melissa.lagacy@yahoo.ca



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(506) 453-5454

Nackawic Elementary School, Gr K - 5, 110 McNair Dr., 506-575-6000.

Nackawic Middle School, Gr 6 - 8, 50 Landegger Dr., 506-575-6010.

Nackawic High School, Gr 9 - 12, 30 Landegger Dr., 506-575-6020.

S SERVICE CLUBS

NACKAWIC LIONS CLUB



We Serve

Nackawic Lions Club is situated on the river with a spectacular view in Nackawic, NB. Our hall seats 200 people and has a bar, a stage, and fully-furnished kitchen that provides snacks to full meals. The hall can be rented by the hour or by the day. For information on booking and catering, call Dilys Toole at 506-575-2885. Be sure to follow us on our Facebook page: ***Nackawic Lions Club.***

Bowling The Nackawic Lions Club has a six-lane bowling alley in the basement. It is available for children and adult parties. Call Shelby Christie at 506-323-2059.

Warming and Cooling Station In case of emergency, such as power outage, etc., we are a designated warming and cooling station. You can come in from the elements, charge your phone and have a cup of coffee or tea.

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S SERVICE ORGANIZATIONS

River Valley Caring Communities



*Eradicating Domestic Violence
and Sexual Assault*

For more information, contact:

River Valley Caring Communities
c/o Valley Outreach
(506) 328-9680
valleyoutreach@nb.aibn.com

River Valley Caring Communities is a committee working together as service providers and community members, to raise awareness, provide education, training opportunities and host events related to the issues of intimate partner violence and sexual violence since 1996.

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werehereforyounb@gmail.com

This program has been set up by volunteers based on donations and grants, to provide comfort kits, new replacement clothing and gift cards to those who have attended the local emergency rooms after suffering from Intimate Partner Violence, Family Violence, Elder Abuse and/or Sexual Violence. All of our services are FREE to victims/patients, we do not discriminate on who receives the services/supports. There is no requirement to report to police.



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W WELLNESS

NACKAWIC & AREA WELLNESS (NAW) Serving within the Nackawic-Millville Rural Community



BE PART OF THE ENERGY

Our Mission Statement: We are a group of individuals working together to improve the quality of life of residents of the Nackawic-Millville Rural Community.

Our Vision: Nackawic Area Wellness (NAW) of The Nackawic-Millville Rural Community provides equitable opportunities to access affordable housing, transportation, healthy and nutritious foods, education, employment, recreational pursuits, and a safe and nurturing environment.

Volunteer Opportunities If you are interested in volunteering in any of our activities, please contact us on Facebook **Nackawic and Area Wellness Committee** or by private message. Events and area goings-on are posted on our Facebook page Monday through Friday.

Nackawic and Area Wellness Network We endorse and encourage wellness events and social gatherings. We partner with the Kirk United Church, Nackawic Lions Club, Nackawic Curling Club, Nackawic Public School Library and the Nackawic-Millville Rural Community to bring the best possible experience to area residents as they participate in wellness initiatives.

Monthly Newsletter NAW publishes a monthly newsletter which is distributed throughout the Nackawic-Millville Rural Community. Daily, weekly and special events are listed, as well as details of the many programs taking place in the NMRC. Email us details of your events, including date, time, and place for inclusion in the newsletter.

W WELLNESS IN OUR COMMUNITIES



THE GATHERING PLACE

135 Otis Dr

The Gathering Place opened in 2023 and is a safe space for seniors and others to gather to interact, have a coffee, just sit and chat or take part in puzzling, crafting, or other special events. TGP is open daily from 8 am to 5 pm. It is maintained through donations and the support of our numerous dedicated volunteers.

On Wednesdays at 6 pm, ukulele instruction at TGP (from October until April each year.)

WELLNESS FITNESS PROGRAMS

Fitness activities sponsored by NAW include: Rusted Joints at Maxed Out Fitness and NB Housing. Select your level of participation. Designed with seniors who are rediscovering fitness.

NACKAWIC LIONS CLUB

Mondays: Senior bowling at 11 am.
For info, call Shelby Christie at 506-323-2059.
Also on Mondays, Shuffleboard at 1 pm.

HAPPY HEALTHY HIKERS

The hikers explore various trails both inside and outside the NMRC. For info, contact Avis Fitton 506-575-8160 or Audrey Cernivz 506-575-2671. We do a shorter hike on Friday mornings at 8:30, leaving from TGP. Come join us!

LUNCH AND LEARN

The first Friday of each month, September through May, the Wellness Network hosts Lunch & Learn at the Kirk United Church. A guest speaker is invited to speak on their area of expertise, while attendees enjoy a light lunch and are then invited to join the conversation. Volunteers prepare the lunches for self-serve. If there is a topic you would like us to cover, email nackawicareawellness@gmail.com.

COOKING & BAKING

We meet at the Lions Club, with sessions including learning to use your slow cooker, bread making, and more.

NACKAWIC PUBLIC SCHOOL LIBRARY

Thursdays at 1 pm, for African Drumming with Eileen Yeger.

~~~~~

**NACKAWIC & AREA WELLNESS** We support various learning opportunities such as babysitting, food safety, and first aid courses.

## NAW WHEELS TO WELLNESS

Do you need a drive to an appointment of need? Doctor, dentist, lawyer? Email us at [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com) and one of our volunteer WHEELS TO WELLNESS drivers will pick you up, drive you to your destination, and take you back home again. Your cost is \$15. Supported by NAW & United Way - Nackawic & Area Community Fund.

## NAW BULK BUY

Bulk Buy is a program in which everyone saves serious money on their monthly grocery bill by buying in bulk. Orders and \$20 payment are due the first Wednesday of each month. Pick up your bag of fresh fruit and produce on the second Wednesday between 10 am and noon at the Lions Club. You have three ways to pay:

- 1) **e-transfer** your payment to [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com),
- 2) **prepay** for the following month when you pick up your current order, or
- 3) provide Dilys Toole with your payment.

Forgot to pick up your bag? Your contact is **Dilys** at 506-575-2885. Bags not picked up on the Wednesday will be stored at Lions Club until picked up. Your empty bags can be left at TGP.

## NAW SENIOR LUNCH PROGRAM

The first and third Thursday of each month, a nutritious meal is delivered to a number of seniors within the Nackawic-Millville Rural Community. Volunteers prepare the meals the day before at the Lions Club and volunteers drive in all directions from Nackawic to deliver the meals. The meal deliveries provide a means of checking in with those who live alone and give a welcome interaction for the recipients. This program would not be possible without various donations and the many hours of our volunteers, who drive at their own expense. Our senior lunch program is made possible through The United Way - Nackawic & Area Community Fund, Fredericton Community Fund, through donations and local fund-raising.

## NAW VOLUNTEER OF THE MONTH

A VOTM is chosen each month and recognized for their contribution in our communities. They receive a complimentary bulk bag and a certificate of appreciation.

# W WELLNESS THROUGH SPORTS



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### Maxed Out Fitness

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### Nackawic Arena 506-575-2240.

Winter: Ice Rentals, Public Skating.  
Summer: Banquet & Dance Rentals.

### Nackawic Bowling Alley

Nackawic Lions Club ~ downstairs.  
134 Otis Drive, Nackawic, NB.  
Shelby Christie: 506-323-2059.

### Nackawic Curling Club

112 Carleton Drive, Nackawic, NB.  
506-575-2463. Seasonal. Available for rent.

## SEASONAL

### Public Skating Phone 506-575-2240.

In season: Public skating is available.  
Adult skating: 1 to 2 pm Wed. through Fri.

### Nackawic Bend Cross Country Ski Club

Phone Greg MacFarlane at Ryan's Pharmacy,  
506-575-8409 for info.

### Nackawic Golf and Country Club

101 Trenholm St., Nackawic, NB.  
Club House: 506-575-8433. Seasonal.  
Website: [www.nackawicgolf.nb.ca](http://www.nackawicgolf.nb.ca).

### Millville Area

Ball field, basketball court & skating rink.  
3958 Route 104, Millville, NB.

Walk or bike the Trans-Canada Trail.  
It goes through the heart of Millville.

### Middle Southampton Hall Grounds

Ball Field

### M & H Mudrunners Inc. (ATV Club)

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Contact: Darren Trail 506-461-6019.

### Millville Snowhawks Club #49

Beverly Forbes.  
H 506-463-2691.  
C 506-447-7586.

### Nackawic Sno-Drifters Inc. Club #10

Check out our FB page:

### Soccer Fields

Nackawic Elementary School, McNair Drive.  
Nackawic Middle School, Landegger Drive.

### Softball/Baseball Fields

152 Otis Dr., Nackawic, NB.  
Contact 506-575-2240.

Basketball Courts 506-575-2241 to get  
a key for the basketball storage area.

### Tennis & Pickle Ball Courts

Phone 506-575-2240 for equipment loans.

### Playgrounds

The Axe Playground & McNair Drive Park.

### Nackawic Nature Trail

Start at the Axe and stroll the  
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### Big Pokiok Nature Park

200-hectare Nature Park with trails & picnic  
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### Gazebo

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## SPORTS CLUBS

### Nackawic Youth Baseball

Contact: Nackawic Recreation and Parks.  
Phone: 506-575-2240.

### Atlantic Argonaut Soccer Club

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### York West Minor Hockey Association

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information, contact Debbi Graham  
506-425-0877 or email  
[debbijg@gmail.com](mailto:debbijg@gmail.com).

### **SUPPORT TO KEEP KIDS ACTIVE IN SPORTS:**

KidSport NB 506-451-1320

Cell: 506-238-3875

[programs@sportnb.com](mailto:programs@sportnb.com)



# W WELLNESS THROUGH LIFESTYLE



## CLUBS

### Granite Lodge Masons

Temperance Vale Community Hall.  
Bob Wilson 506-575-2505 or  
Mike Croft 506-233-1946.

### Nackawic Lions Club

134 Otis Drive, Nackawic, 506-575-8478.  
Meetings 2nd & 4th Monday of month at 7 pm.  
Accepting bookings.

### Royal Canadian Legion Branch #27

Meets second Monday of the month at 3:30 pm  
at Lions Club, 134 Otis Dr., Nackawic.

### Royal Canadian Legion Millville Br #59

3972 Route 104, Millville, NB.  
Phone: 506-575-8100. Bookings available.  
Regular events include ~

**General Meeting:** 1st Thursday of month 7 pm.

**Chase the Ace:** Fridays. Doors open at 7, draw  
at 8:30 pm. Get your tickets through e-transfer  
or at the door.

**Breakfast - 8 - 10 am** last Saturday each month.

**Crib - Saturdays** at 1 pm.

### Nackawic Lions Club

**Country Jamboree:** last Saturday of each  
month at 2 pm. Snack & 50/50.

**Community Breakfast** 8 am to 10 am Second  
Saturday of each month. Breakfast is hosted by  
the Lions Club and Nackawic & Area Wellness  
Committee with support from a local community  
group, which changes each month. Proceeds  
are shared with the community group.

**BINGO** Every Tuesday at 6:30 pm.  
1st & 3rd proceeds to Festival on the Bend.  
2nd and 4th proceeds to community projects.

## AT THE SCHOOLS

### Nackawic Middle School

Community Garden located near NMS.  
Come 'grow' with us. Details from NAW.  
nackawicareawellness@gmail.com.

### Nackawic High School

Pickleball Monday at 7 pm - Oct. to May.

### Ladies Pickup Basketball

Tuesdays at 7 pm at NHS.

## LOOKING FOR A GAME?

### Cards

**Tuesdays:** 1:30 pm.  
Crib at Nackawic Lions Cub.

**Wednesdays:** 1 pm. Cards & games.  
Temperance Vale Community Hall. All welcome.

**Fridays:** 1:30 pm.  
Crib at Middle Southampton Hall.

**Crokinole Saturdays:** 1:30 pm.  
Middle Southampton Hall.

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Toll Free: 1.866.377.3577 Email: woodstocksanctuaryhouse@gmail.com

## EVENTS HOSTED BY VARIOUS CHURCHES:

**North York Men's Fellowship** Meeting held  
at 7 pm the last Thursday of the month (except  
July & August). All men welcome.  
For info, phone Ralph LeBlanc at 506-575-2366.

### RIVERBEND CHAPEL

TOPS. Meet Tuesdays. Weigh in: 4:30 pm.  
Meeting: 5:45 pm. Evelyn Rossiter 506-575-8717.

### ST. CLEMENTS ANGLICAN CHURCH

6839 Route 102, Dumfries, NB. 506-575-0905.  
Breakfast second Saturday of June, July,  
August & September.

### NACKAWIC WESLEYAN CHURCH

475 Otis Drive, Nackawic, NB. 506-575-8937.  
The Comfort Quilters meet Thursdays at 9 am.

**GROOVE AND GO** (Dance) with Gracie Myshrall.  
Sept until April. Three years of age and up.  
For info: kmyshrall76@gmail.com.

### YOGA in the 'Wick

Hatha, Yin and Restorative.  
For info: gail.farnsworth@gmail.com

# W WELLNESS THROUGH PARTICIPATION



- FEBRUARY** Family Day
- MARCH** Cabin Fever Senior Games
- APRIL** Nackawic Music Festival
- MAY** NB Sport Fishing Association Bass Tournament
- JUNE** Senior Appreciation Picnic at The Axe  
Lions Club 300 Club Dinner  
High School Graduation
- JULY** Canada Day by the Big Axe  
Big Axe Craft Beer Festival  
*In Motion* Western Valley Games  
Rapala Bass Tour
- AUGUST** Festival on the Bend
- SEPT.** Nackawic Car Show
- OCTOBER** October is Wellness Month  
BRR Senior Games  
Muskie Canada: St. John River Chapter
- NOV.** Christmas in the Village ~ Millville  
Christmas Craft Sale ~ Lions Club
- DEC.** Christmas on the Bend ~ Nackawic

## COMMUNITY HALLS IN THE NMRC

- Middle Southampton Hall**  
1782 Campbell Settlement Road,  
Southampton, NB.  
For rentals: Terry Phillips, 506-325-8245.
- Prince William Community Hall**  
6131 Route 102, Prince William, NB.  
For rentals, phone 506-363-3201.

## TEMPERANCE VALE COMMUNITY HALL

542 ROUTE 605  
TEMPERANCE VALE, NB



RENTALS  
JOAN BRADLEY  
506-575-2073

The following community halls are available for events and gatherings for small groups. For information or to book, please phone Nackawic-Millville Rural Community office at 506-575-2241.

- Millville Community Hall**  
39 Howland Ridge Road,  
Millville, NB.
- Dumfries Community Hall**  
7222 Route 102,  
Dumfries, NB.

## SEASONAL RECREATION OUTSIDE THE NMRC

**Crabbe Mountain Ski Resort**  
50 Crabbe Mountain Rd., Hainesville, NB.  
506-463-2688 or 506-463-8311.  
www.crabbemountain.com.

**Kings Landing Historical Settlement**  
5804 Route 102, Prince William, NB.  
506-363-4999.

## MESSAGES FOR PATIENTS IN HORIZON HEALTH HOSPITALS

You can send a message to someone who is in a Horizon Health hospital, by sending an email to [volunteer@horizonnb.ca](mailto:volunteer@horizonnb.ca). Any message sent before 3 pm will be delivered the same day. This volunteer service is available every day except holidays and weekends.

***Please be sure to put the name of the hospital and the patient's name in the subject line, for instance:***

***"Jane Smith - Chalmers Hosp."  
"Bill Jones - URVH"***



## FOOD SECURITY

**A local food bank is provided through Volunteer Family Services, Woodstock, NB.**

In order to receive a food box from the food bank, you must be registered. In order to register, **phone 506-328-4417**. VALLEY FOOD BANK is located at 162 Houlton Rd., Woodstock, NB. Food Bank deliveries are made Wednesday of the third full week of each month, at 11 am at Nackawic Lions Club.

Don't have transportation to pick up your food box?  
Call **Nancy Coy at 506-461-0803**.



# W WELLNESS THROUGH COMMUNITY SUPPORT



## NACKAWIC PUBLIC SCHOOL LIBRARY

Located near lower entrance to Nackawic High. For info, phone: 506-575-2136.


Nackawic Public School Library hosts a number of Events and Wellness Activities open to all. Here are a few of those events:

Storytime Wednesdays at 10:30 am and also Thursday evenings at 6:30 pm. Choose which time works for you. “Nanny D” has interesting activities and stories for the little ones. Introduce your young children to reading while they meet others in a relaxed atmosphere.

Family Games Thursdays at 6 pm.

Browse & Café See what’s new at the library every Friday morning at 11 am. Join us for tea, coffee & a sweet.

Makerspace The library has a Makerspace. Space and materials are ready to go! Phone to book the room: 506-575-2136.



**Nackawic Public School Library**  
Bibliothèque publique scolaire de Nackawic

Hours - Heures  
Monday, Tuesday, Wednesday & Friday - 9:30am - 1pm & 2pm - 5pm  
Lundi, mardi, mercredi et vendredi - 9h30-13h et 14h-17h

Thursday 12pm - 5pm & 6pm - 8pm  
Jeudi 12h00 - 17h00 et 18h00 - 20h00

30 Landegger Drive, Nackawic E6G1E9  
506-575-2136  
Bibliackawiclib@gnb.ca

Library Manager/Gestionnaire de la bibliothèque  
Marsha MacDonald-Nason

## FREE TAX PROGRAM FOR LOW INCOME RESIDENTS

FREE TAX CLINIC ~ spring each year. If you have annual household income of \$50,000 or less, or are single with income of \$40,000 or less, your income tax return can be prepared free of charge. Contact Jenifer Morgan for an appointment: 506-463-8151 email [jenifermorgan@xplornet.com](mailto:jenifermorgan@xplornet.com). This service is available year round. Confidential tax preparations are done by our certified tax specialists.



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TTY Line / Ligne ATS  
1-855-405-7446

Search & Chat / Cherchez et clavardez  
[nb.211.ca](http://nb.211.ca)

E-mail / Courriel  
[211nb@findhelp.ca](mailto:211nb@findhelp.ca)



**INTRODUCTION TO LOSS.** If you have experienced the loss of your job, a child, partner, a family member, or pet, we want to help. If you are navigating through a sense of having lost yourself or being in limbo, join Edith Martel as you are guided through your difficult journey.

Edith, a retired registered nurse, with many years of experience in all facets of life events, invites all those interested to meet for this time of healing. The circle will be of a casual and social

nature. If you have a friend who is dealing with loss, they are welcome too. Email [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com) for information on when and where the group is meeting. Open to all.







# NACKAWIC FIRE & RESCUE

## Since 1971

*Dedicated men and women volunteers committed to serving their community and surrounding area.*



CELEBRATING MORE THAN 50 YEARS OF SERVICE



Hydrants are maintained regularly



ADDISON HOPKINS, here in his Grampy William's arms, is now a Jr fireman.



Ice Rescue Training



Captain Dave Nason assisting Jr Fireman Addison Hopkins

**Fire Prevention  
Fire Suppression  
Ice Rescue  
Live Fire Training  
Medical Assist  
Motor Vehicle Extraction  
Off Road Rescue  
Water Rescue  
Year-Round Services**

**VOLUNTEER WITH US**



JAWS OF LIFE ~ used when needed for extraction



# NACKAWIC FIRE & RESCUE

## 2024

As volunteers, we work closely with other fire departments to keep you and your neighbours safe. We currently have 17 senior members and three junior members.



**Controlled burn training**

**TRAINING IS ONGOING TO KEEP OUR MEN AND WOMEN UP TO DATE ON PROCEDURES AND METHODS OF EQUIPMENT HANDLING.**



**A RECENT TRAINING SESSION**



**RICHARD BARROW**

Our longest-serving member, **RICHARD BARROW**, since 1971.

Our second-longest serving member, **Trevor Ridley**, joined a bit later.



**TREVOR RIDLEY**

We provide mutual aid with other departments. Here with Millville Volunteer firemen.



**DID YOU KNOW?**  
75% of the departments that put on the bunker gear when the tones sound are volunteer. **FILL OUT AN APPLICATION TODAY!!**

**It's the toughest job you'll ever love.**

*~ Join us ~*



**VOLUNTEER WITH US!**





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