

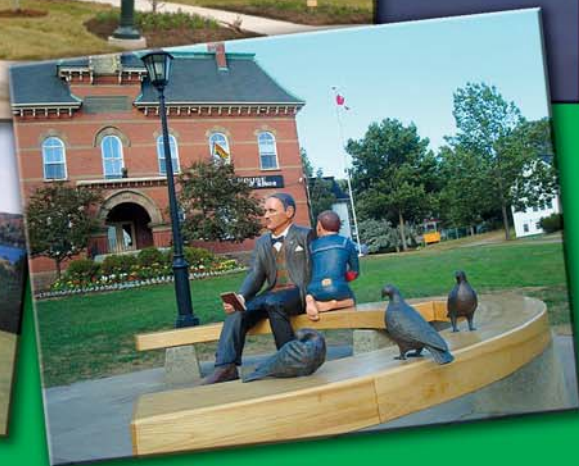
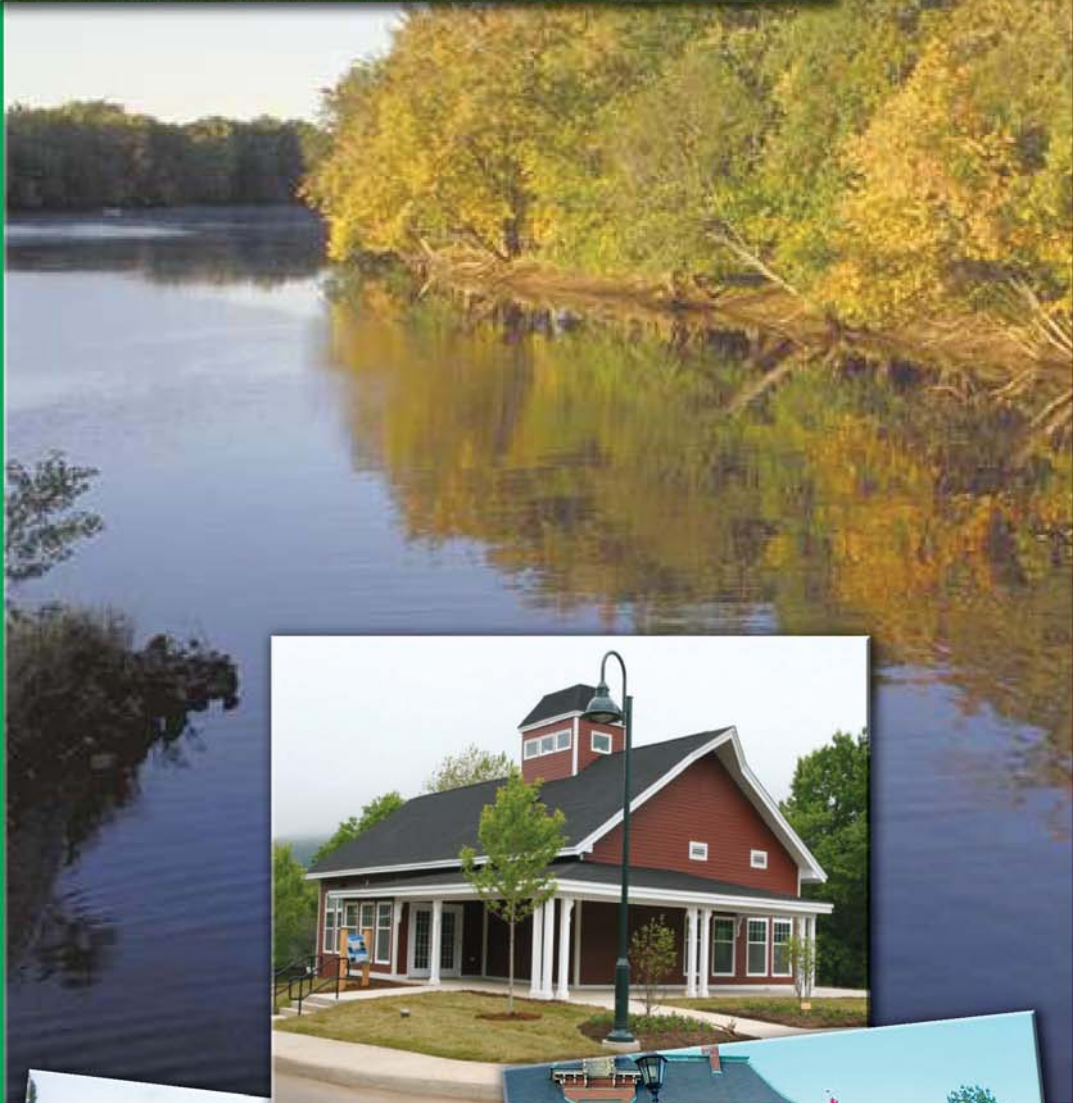
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John Murphy, 832-4501

Archery Club  
Lionel Gautreau, 832-7273

Communities in Bloom Committee  
Laurie Mills, 832-7842

Ducks Unlimited  
Gary Rent, 832-9110

Emergency Measures Committee  
Don Doran, 832-5081

Fundy Solid Waste Commission  
738-1212

Hammond River Angling Association  
832-1230

Hampton Alliance for Lifelong Learning  
Kathy English, 832-5665

Hampton Area Environment Group  
Keith Morgan, 832-7983

Hampton Basketball Association  
Sylvia MacVey, 832-5875

Hampton Brownies, Guides  
and Sparks  
Heather Bullock, 832-0831

Hampton Co-Ed Softball  
Pam Martin, 832-4444

Hampton Community Club  
Len Goobie, 832-5327

Hampton Community Theatre  
Peter Guravich, 832-6024

Hampton Concert Group  
Kathy Guravich, 832-5986

Hampton Curling Club  
Bonnie Holder, 832-2853  
Ian Patrick, 849-7520

Hampton Figure Skating Club  
Pam Moulton, 832-9194

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Shawn Miller, 832-5045

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Emily & George Gilberts, 433-8082

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Bob McInnes, 832-5591

Hampton Junior Oldtimers Hockey  
Rob Coleman, 832-2679

Hampton Lions Club  
Dave Carr, 832-7853

Hampton Minor Ball  
Doug Thomas, 832-7016

Hampton Minor Hockey  
Ivan Davis, 839-2676

Hampton Oldtimers Hockey  
Russell Bryant, 832-3902

Hampton Rifle and Pistol Club  
Austin MacPhee, 832-4033

Hampton River Runners  
Darrell Travis, 832-3233

Hampton Scouts, Cubs, Beavers,  
and Ventures  
Paul Chiswell, 832-5168

Hampton Sea Cadets  
Amie Rogerson, 832-3216

Hampton Soccer Club  
832-2255

Hampton Speed Skating Club  
Heather Richard, 832-7137

Hampton Volunteer Fire Department  
Roger Breau, 832-6094

Intermediate Indians Baseball  
Harvey Johnston, 832-5247

John Peters Humphrey Committee  
Betsy Delong, 832-5382

Kennebecasis Toastmasters Club  
Dana Floyd, kvtoastmasters.com  
847-5754

Kings County Museum  
Faye Pearson, 832-6009

Kingston & Area Guides,  
Brownies, and Sparks  
Kelly Laaper, 832-4703

Kingston & Area Cubs, Beavers,  
and Scouts  
Michael Laaper, 650-1549

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Lakeside Women's Institute (Hampton)  
Glenna Geer, 832-5338

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Joyce McInnes, 832-5591

Nauwigewauk Community Club  
832-5637

Osprey Canoe Club  
Rafe Hooper, 832-5142

RCMP – Hampton  
832-5566

Rotary Club of Hampton  
Erik Klein, 832-4197

Royal Canadian Legion Branch #28  
832-4633

Saint John Outdoor Enthusiasts Club  
Murray Goodman, 832-7848

Seniors Resource Centre  
Jim Hovey, 832-7871

Service New Brunswick  
Hampton, 832-6003

Tae Kwon Do  
Sean Whelpley, 832-3653

Taoist Tai Chi Society of Canada  
Diane Arseneault, 832-4149

Visitor Information Centre  
Jennifer Duguay, 832-6111

Upham Girl Guides  
Carol Kilpatrick, 832-4388

Vivien Myles Fowler  
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# Town of Hampton

27 Centennial Road P.O. Box 1066, Hampton, N.B. E5N 8H1

[www.townofhampton.ca](http://www.townofhampton.ca)



## Mayor

Kenneth A. Chorley

## Deputy Mayor

Dwight Bond

## Councillors:

Robert "Dewey" Doucet,  
Peter T. Behr,  
Clara Ann Lights



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## Council Meetings

Held 2nd Tuesday of each month at 7 p.m.

## Town Office

Phone: 832-6065 Fax: 832-6098

Town Manager: Richard Malone

Town Clerk / Dev. Officer: Megan O'Brien Harrison

Administrative Assistant: Mary Osmond

Treasurer: Sherman St. Germain

## Committees of Council

Mayor Chorley	Health Care Committee
	Human Resource Committee
	Finance Committee
	Library Committee
Deputy Mayor Bond	Protective Services Committee
	(EMO / Fire / RCMP)
	Utilities Commission
	Finance Committee
Councillor Doucet	Leisure Services Advisory Committee
	Public Works Advisory Committee
Councillor Behr	Environment Committee
	Hampton Area Chamber of Commerce Rep
	Fundy Regional Solid Waste Commission
Councillor Lights	Planning Advisory Committee
	Economic Development & Tourism

## Building Inspector,

## By-Law Enforcement Officer

Richard King - 832-6082

## Works Department & Utilities

Phone: 832-6065 Fax: 832-6401

Superintendent - Charles Keirstead

## Police Department

RCMP - 832-5566

## Fire Department

Emergency 911

Fire Chief - Roger Breau

Deputy Chief - Lee Thompson

Asst. Deputy Chief - Tim Nickerson

## Leisure Services Department

Phone: 832-6102 Fax: 832-6405

Director - Gena Fowler

## Tourist Bureau/ River Centre - 832-6096

Supervisor - Jennifer Duguay

## Emergency Operations - 832-5081

Director - Don Doran



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# John Peters Humphrey 1905-1995: Child of Hampton, Citizen of the World



John Peters Humphrey was born in the village of Hampton, New Brunswick, on April 30th, 1905. His father died while John was just an infant. When he was six, he suffered serious burns as the result of an accident, which led to the amputation of his left arm. He attended Hampton Consolidated School until his mother died when he was 11 years old.

Perhaps his painful childhood was the inspiration for his lifelong compassion for his fellow man. After establishing a

career at the McGill Faculty of Law, in 1946 John was appointed the first Director of the United Nations Human Rights Division. In 1947 he was asked by Eleanor Roosevelt, the Chair of the United Nations Commission on Human Rights, to compose what was to become the original draft of the United Nations Universal Declaration of Human Rights. The final version was adopted by the United Nations on December 10th, 1948, and Eleanor Roosevelt stated that the Universal Declaration might well become known as "a Magna Carta for all of mankind". Today, it remains the world's most important document on human rights.

Among the many honours awarded to John Peters Humphrey were thirteen honorary doctorates from around the world, Officer of the Order of Canada, the Order of Quebec, the Saul Hayes Human Rights Award from the Canadian Jewish Congress, and, in 1988, the U.N. Human Rights Award for lifetime achievements in the field of human rights.

Since his death in 1995, John Peters Humphrey continues to be recognized. Canada Post celebrated fifty years of the Universal Declaration of Human Rights in 1998, by issuing a stamp in his honour. On July 1st, 1998, MacLean's Magazine listed Humphrey among the "one hundred most important Canadians in history". Nelson Mandela referred to Humphrey as "the father of the modern human rights system". Heritage Canada funded an exhibit on the life and works of John Peters

Humphrey entitled Citizen of the World, which went on a cross-Canada tour, courtesy of McGill Archives.

As director of the U.N. Human Rights Division, and as founding president of the Canadian Human Rights Foundation and founder of Amnesty International Canada, Humphrey's work took him to the far corners of the world. But always, Hampton, New Brunswick, was home, and held a special place in his heart. In his diaries, edited by John Hobbins and published by McGill University Press, he wrote, "When I dream (no matter what about) the background is always Hampton." He chose to have his final resting place in the Humphrey family plot in Hampton Rural Cemetery, just a few hundred feet across the Ossekeag Creek from his childhood home.



Inspired by a letter from Dr. Margaret Kunstler-Humphrey, John Humphrey's widow, The Hampton John Peters Humphrey Foundation was established and incorporated as a not-for-profit organization in 2000. The mission of the Foundation is to provide an ongoing tribute to John Peters Humphrey by educating individuals of all ages about his life and accomplishments; to provide a venue to learn about John Peters Humphrey and his work; and to educate people about human rights issues.

In June 2006, the Hampton John Peters Humphrey Foundation was selected as the recipient of the 2006 New Brunswick Human Rights Award. It recognizes outstanding effort, achievement or leadership on a volunteer basis in the promotion of human rights and equality in New Brunswick.

Hampton has community and high school groups working in support of human rights throughout the world. Peace Cranes 2000, a musical play based on the life of John Peters Humphrey, was written and produced by Hampton Elementary School teachers Anne Scott and Donna Veniot. For their efforts, the students and



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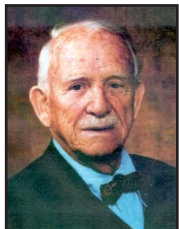
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staff were awarded the 2000 New Brunswick Human Rights Award. The Gift for Africa Project involved Hampton area students collecting enough toys, books, bikes and soccer balls to fill a 40 foot container for underprivileged children in South Africa. FAST BLAST is an annual fundraising Arts Weekend at Hampton High School for children's causes in third world countries. The Green Team at Hampton High School, through its recycling efforts, raises money in support of social justice initiatives. The Town and Hampton High have twinned with Piggs Peak, Swaziland, an AIDS-affected town.



In 2003, the Foundation commissioned Hooper Studios of Hampton to create a memorial to Humphrey that would be a world class work of art and which would encompass the goals of the Foundation. On June 15, 2008, that memorial was ceremoniously unveiled on the historic Kings County Courthouse lawn in the centre of Hampton. The sculpture's title, Credo, is a Latin word meaning "a set of principles or beliefs". Resting on a bed of slate, interspersed with small patches of thyme, the memorial is multi-faceted. The colourful figures of John Humphrey as an adult and as a small boy, carved from mahogany, are sitting on a semicircular bench symbolic of the United Nations. On the bench are three bronze doves of peace. Two huge sandstone monoliths, one with several articles of the Universal Declaration of Human Rights carved in English, French, Mi'kmaq and Maliseet-Passamaquoddy; the other with a fountain gently spilling water down its faces, complete "Credo". Along the pathways are several interpretive panels telling the story of John Peters Humphrey's life, the story of the artists and their inspiration, the work of the Hampton John Peters Humphrey Foundation, and listing the articles of the Universal Declaration of Human Rights. There is also a donor panel naming the many individuals and groups who that have donated their time and money to make the memorial possible.

## Hampton Golf Club



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Hampton Speed Skating  
Chito-Ryu Karate  
Tae Kwon Do  
Hampton Sparks, Brownies, and Guides  
Hampton Beavers, Cubs and Scouts

## Town of Hampton ~ Leisure Services Department

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Tennis: 832-6114  
Ballfield Closures: 832-6449  
Communities in Bloom: 832-6083

## Hampton Community Centre Public Skate Schedule

### Preschool & Adult Skate:

Monday 1:00 - 2:30  
Wednesday 9:00 - 10:30

### Free Skate:

Sunday 1:45 - 2:45  
Monday 2:45 - 3:45  
Thursday 2:30 - 3:30

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# Town of Hampton

## Facts and Figures:

- Hampton is located on Highway Route 1, which connects New Brunswick with the State of Maine at the St. Stephen-Calais border.
- It is also only a 20 minute commute from the Saint John Airport.
- Well over 100 businesses are located in Hampton and the surrounding area.
- Total Population: 4001
- Land area: 21sq.km. (2001)
- Tax Rate: \$1.25 per \$100 of assessed value (2008)
- Water Rate: \$150/yr (2008)
- Sewer Rate: \$140/yr (2008)
- Member of Fundy Solid Waste Commission, which offers recycling, composting and more
- Housing: single family dwellings, duplexes, small apartment complexes and seniors' housing

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# The Lighthouse River Centre



The Lighthouse River Centre is the newest addition to Hampton's landscape, and is located on the banks of the Kennebecasis River at 1075 Main St. In partnership with the St. John River Society, the grounds boast many interpretive signs, ranging in topic from the history of Hampton to its natural wonders, and everything in between.

The main level features a rental facility that seats 80, and is ready to host your event. The River Centre is the place to book your business meetings, community gatherings, small wedding receptions, environmental workshops and arts and culture awareness events, just to name a few possibilities. We are a designated "hotspot" for wireless.



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Rafe Hooper's Statement: *"I have paddled the Kennebecasis River system for the past 34 years. In my opinion we have the best kept secret in NB. The river is tidal and the freshwater marsh is one of the largest and most diverse of its kind. Its abundant wildlife, diverse water fowl population and the various birds of prey make this river system a fascinating area to explore."*



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# The Town of Hampton

is nestled on the Lower Saint John River System, 30 km northeast of the City of Saint John, Canada's first and New Brunswick's largest city. Hampton is a small, friendly community with many points of interest and beautiful natural scenery. The rolling hills, water ways, world renowned marsh area, farmland and wildlife will reward you with a visual feast.

The Town of Hampton, as Shiretown of Kings County, has a rich heritage and culture. It boasts such historical buildings as the Court House, Kings County Goal, Saint Paul's Church and Loyalist Burial Ground and many Heritage Homes.

The Kings County Museum, located in the Centennial Building, is operated by the Kings County Historical and Archival Society. It is open to the public and houses an extensive collection of artifacts related to past life in Kings County and elsewhere. Main exhibits are located in the Centennial Building, with further displays in the Goal next door. The Museum also provides genealogy services for residents and visitors.

Late in 1966, with the approach of the Centennial Year, an agreement was made between the Kings County Historical Society, the Municipality of Kings County, and the New Brunswick Centennial Administration to have space for a Museum in the new County Centennial Building in Hampton. Keys for this facility were given to the Society on September 21, 1966. The official opening of our Museum was held on June 1, 1968.

This part of the Museum consists of four rooms. The main display area has a collection of beautiful crystal, pictures, furniture, guns, a 150-piece bell collection, a broad assortment of textiles ranging from clothing to quilts, and many other items. Two of the Museum's greatest treasures are the "Confederation Conference Quilt" made from the cuttings of dresses worn by

the ladies to the balls and galas of the Confederation Conference in 1964 at Charlottetown, P.E.I., and a print dress worn by an 8-year-old girl who came to Kings County as a Loyalist over 200 years ago.

There are three other rooms including the vault where historical records, over 80 partial genealogies, community histories and other valuable artifacts are kept. This has been named the "Ernest C. G. Graham Room" after one of the Society's Presidents who contributed many hours to historical research. A collection of Royal and Military artifacts are kept in the "Lt. Col. Otty Corbett Room", named after the Society's founding President.

The Kings County Goal is a historic building which was moved from the Kingston, New Brunswick area over the ice, one block at a time and reconstructed in Hampton. It presently houses part of the Kings County Museum. Tours of the building and the museum exhibits are available from June through September.

The Kings County Court House dates back to the early 1870's and still houses the historic and well-preserved county court.

The Kennebecasis River flows through Hampton, and provides an excellent opportunity for boating enthusiasts with an easily accessible public launch. Anglers can enjoy fishing for salmon, striped bass, smallmouth bass, sea-run brook trout, sturgeon, gaspereau, pickerel, perch and eel. Downstream provides access to the Saint John River.

Hampton has four schools: Dr. A.T. Leatherbarrow Primary School, Hampton Elementary School, Hampton Middle School, and Hampton High School. Most religious denominations have meeting places in Hampton: Anglican, Baptist, The Church of Jesus Christ of Latter-day Saints, Pentecostal, Presbyterian, Seventh Day Adventist, Roman Catholic and United.

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Hampton boasts two theatres: the Hampton Community Theatre, located in the Hampton High School, and the Leah MacGowan Theatre in the middle school. Both are open to the public for many different forms of entertainment.

The business section of Hampton offers all essential services: restaurants, Bed & Breakfasts, medical, dental and veterinary services, hair styling, banking, vehicle service, pharmacy and wide variety of small businesses. Farm Vacations, Camping (with hookup for RVs, trailers and tenting) are available nearby.

Town services include: police protection (RCMP), volunteer fire, recreational facilities, street lighting, sanitary sewer system, and works department.

The Senior's Resource Centre, located on DeMille Court, serves as a recreation facility for seniors as well as functions such as wedding receptions, card parties and musical events.

The Dr. V.A. Snow Centre is a provincially licensed, accredited facility for seniors needing long term care, and an apartment complex for seniors who are still able to care for themselves.

911 Service is fully implemented in the Hampton area in case of emergencies. There are also a number of family physicians practicing within the town limits.

The Hampton Community Pool is located on Main Street adjacent to the Hampton Arena. It is a Junior Olympic size outdoor pool with attached wading pool, open from the end of May until late August. All staff members are National Life Guard certified. Programs include: swimming lessons for all levels, diving, synchronized swimming, adult lessons, private lessons, public swims, and family swims.

The Vivien Myles Fowler Community Library, housed in the historical Goal Building, is operated by the Hampton Community Club and is staffed by volunteers. Memberships are available free of charge.

Parks and Playgrounds are maintained by the Town of Hampton. The largest of these is the Dutch Point Park (30 acres) which serves as a hiking area, with a network of walking trails laced through the evergreen forest surrounding the park, and into the marshland walkways. Lighthouse park located on Wharf Road, offers a boat ramp facility and a beautiful view. Other parks contain recreational equipment and baseball-softball fields.

The Hampton Community Centre is a major Town facility. It includes an 85' X 185' ice arena during the winter, seating for 400 people, and the Ossekeag Room multi-purpose hall used for meetings, dances, and receptions.

The 18-hole Hampton Golf Club is located off Highway 1 and is open daily from May to October for men's, ladies', and juniors' programs. The Pro shop offers the latest in golf clothing, equipment, and accessories.

The Hampton Curling Club has ice surface for local curling and bonspiels, a recreation area, and bar facilities.



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# Hampton Area Chamber of Commerce

27 Centennial Road, Unit 6, Hampton, New Brunswick, Canada, E5N 6N3  
(506) 832-2559 Fax: 506-832-2807 email: HACC@nbnet.nb.ca

## ***"The Hampton Area - A Better Place to Live"***

**The Hampton Area Chamber of Commerce is an organization that promotes trade and commerce, the economic, civic and social welfare of the district.**

To unite the business and professional community in a manner that positive economic growth may be achieved.

To improve the quality of life of everyone in our community by always striving for a stronger business community.

To increase the efficiency and usefulness of the individual chamber members and to promote mutual co-operation between members.

To develop and present informed news and opinions of its members to the municipal, provincial and federal governments.

To promote agriculture, civic, commercial, industrial and other general interests of the business community.

### **Why should I join the Chamber?**

- Low fee merchant rates for Visa and MasterCard.
- Chamber Insurance - excellent group insurance plan for members only.
- The Chamber assists every day as a single voice for business matters to municipal, provincial and federal governments.
- Chamber discounts for members on advertising, trade shows, police information service, etc.
- Business related information seminars.
- Networking with fellow business people to increase business efficiency and productivity by working as a group.
- Regular membership meetings with informative guest speakers.
- Access to Chamber / government partnerships and opportunities.



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# Vivien Myles Fowler Community Library

17 Centennial Road, Hampton



Initially located in the Court House basement, the library was moved to the Jail House in 1983.

The library now offers an excellent collection of children's books. If you're a history buff you're sure to appreciate the library's unique selection of historical collections, biographies and stories on past wars.

There also is a nice selection of mystery, murder and science fiction novels, autobiographies, and children stories.

**Winter library hours:**  
Tues, Weds, Thurs  
2 p.m. - 4:30 p.m.  
Wed. evenings  
7 p.m. - 8 p.m.  
Phone 832-3335.

# Hampton River Runners

The Hampton River Runners is a running group in Hampton that attracts runners from Hampton and the surrounding area. Runners of all ages and abilities, from serious runner to beginners are welcomed. Activities of the club are varied but mainly revolve around the group run on Saturday morning at 8 a.m.

Saturday's run starts and finishes at the Hampton High School where showers and change facilities are available.

Following this the group goes for breakfast at Holly's Restaurant. This part seems to be more popular than the run.

The club runs year round and is open to anyone with a pair of sneakers and a desire to run. For more information contact Darrell, 832-3233.

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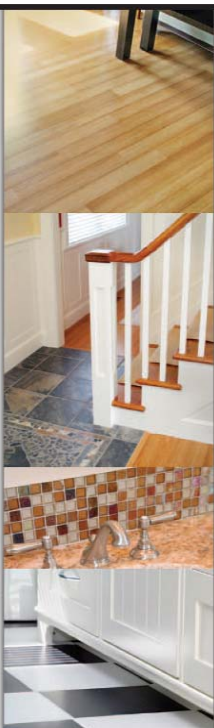
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## PICKWAUKET LIONS CLUB

*Under the shadow of the Pickwauket Mountain*

Six Lions got together and laid the foundation of the new Club with a vision of membership that invited youth, women, men and couples to join and activity participate. The chapter for the new Club was granted by Lions Clubs International on December 10th, 2003. The Club formed with 31 charter members.

Today, we are a strong Lions Club who are active in community events, fund raising, and Lions activities throughout the District, like our Breakfast fundraiser on the last Saturday of the month, 8am to 10am, \$5.00 per person at the Lion's Den. (Bacon, egg, sausage, home fries, tea or coffee and juice)

Tomorrow, we will continue to grow and will continue to be a bright new light in the greater Hampton/Kingston area and in world of Lionism.

Our Lions motto is . . . "WE SERVE".

We meet monthly on the 2nd and 4th Mondays at 7:00pm  
250 Pickwauket Road, Hampton, NB

Club Address:

50 Donlea Dr., Hampton, NB E5N 5K3

<http://pickwauket.lionwap.org>

Email: [pwklions@nbnet.nb.ca](mailto:pwklions@nbnet.nb.ca)



**We Serve**

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# Rotary Club of Hampton

**R**otary is an organization of business and professional leaders which provides humanitarian service, encourages high ethical standards in all vocations, and builds goodwill and peace in the world. Rotary is an opportunity for members to build lifelong friendships and experience the personal fulfillment of providing volunteer service to others.

The Rotary Club of Hampton, admitted to Rotary International on 18 November 1983, today, members meet each Monday at the Hampton Seniors Resource Center at 6:00 p.m., visitors welcomed. The club has consistently addressed Rotary's four avenues of service: club, vocational, community and international. The club provides bursaries to selected high school graduates from the Hampton area. The club actively supports a variety of projects including several international humanitarian and educational projects such as Gifts for Africa, various district-organized projects, Rotary International Youth Exchange, Rotary Disaster Relief and Rotary Group Exchange. Local activities include support to the Hampton Food Basket, Community Christmas Tree, literacy initiatives, Hampton Victim Services, RCMP Minor Sports, Camp Rotary, the D.A.R.E. program and Junior Achievement.

The Club raises funds through donations and projects including Ladies Diamond Night, the Sportsman's Dinner, Annual Giant Book Sale and the Christmas Grocery Draw.

The Rotary motto is "Service Above Self".



**We Serve**

# Hampton Lions Club

The Hampton Lions Club is a Service organization made up of civic minded men and women, who volunteer their time and resources to help improve their community.

Here is a partial list of some of the Lions projects that are done here in Hampton:

**Bursary Program  
Community Services  
Diabetes  
Drug Awareness  
Eyeglasses  
Food Basket  
Huggy Lion  
Junior Achievement  
Safe Grad  
Terry Fox Run**

These are just a few of our community projects that are sponsored by the Lions Club.

Our major fundraiser is our Thursday Night Bingo at the Royal Canadian Legion. Doors open at 5:30pm with early games starting at 6:30pm and regular games at 7:00pm. Continuation of bonanza game and after games to follow our regular program. Our bingo is now SMOKE FREE.

Some of our other events are the Annual "Cruise to the Town" - our very popular car show. The yearly Casino Night to raise money for the D.A.R.E. program. We are also involved with Canada Days and the Santa Claus Parade.

For further information on any of the Lions projects or on how to join the Lions Club, please contact any member of the Lions Club or call President Jim Simpkins at 832-0914.

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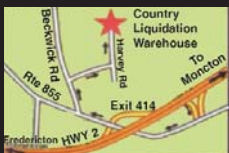
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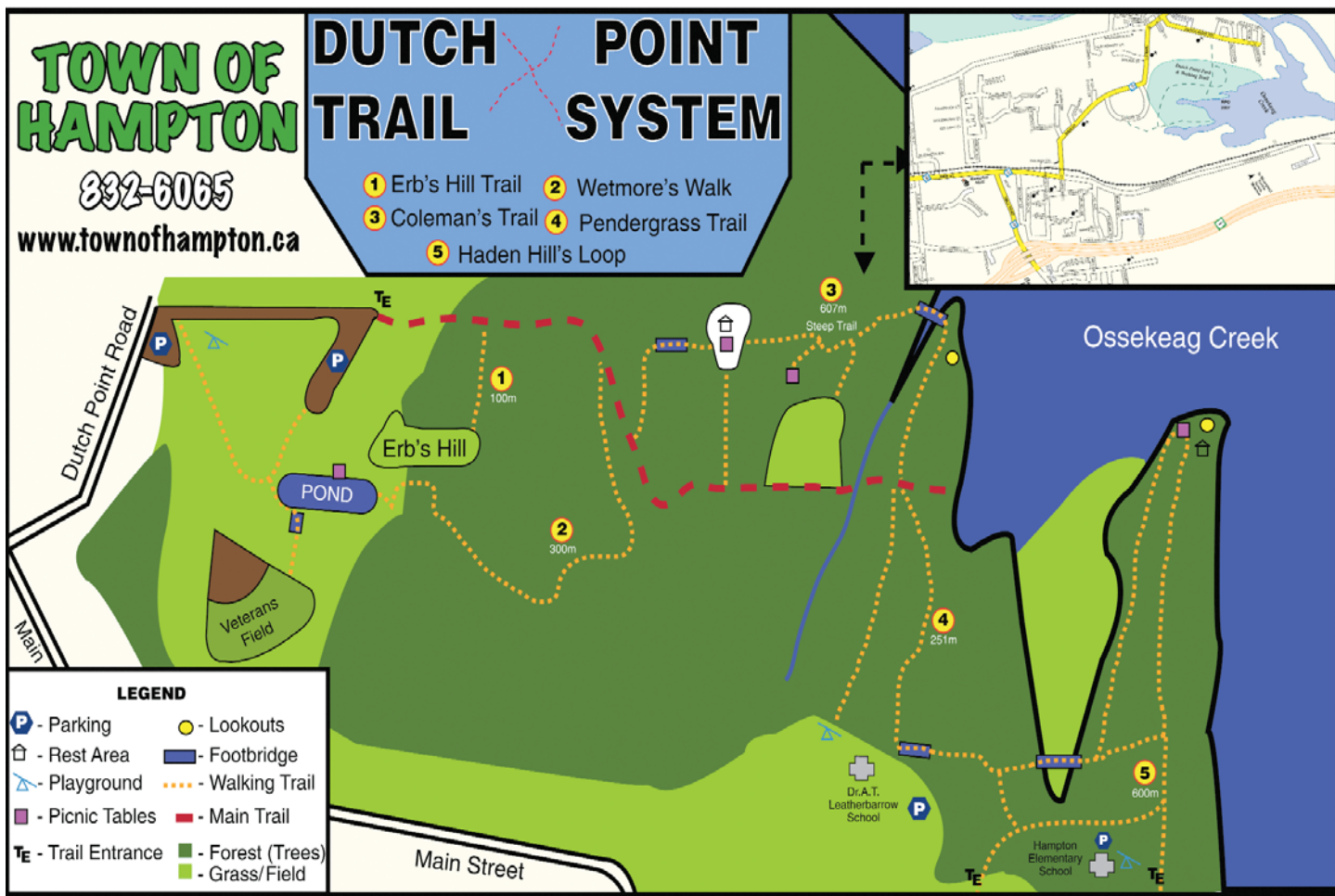
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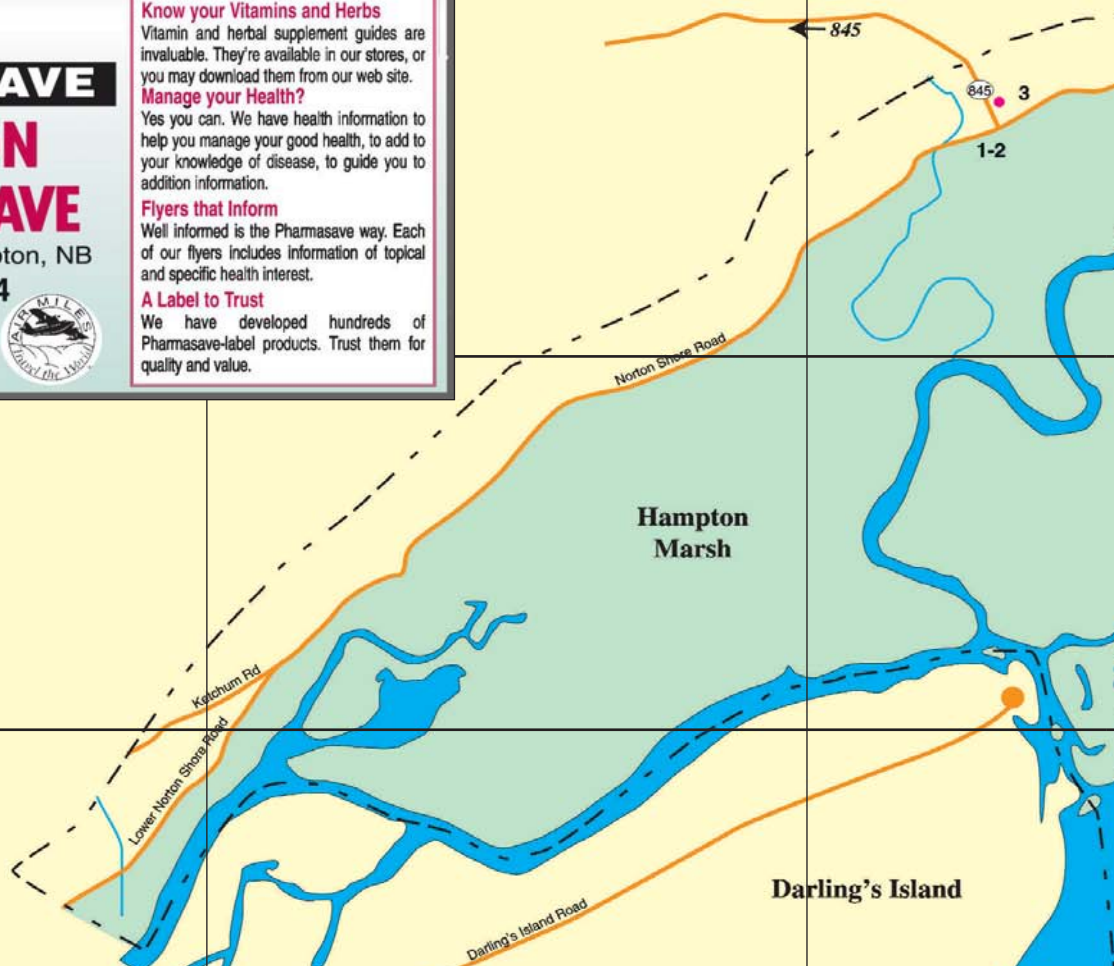
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## Hampton Street Index

Acadia Crescent	D3	Dann Drive	D2	Hilltop Drive	D3	Meadow Avenue	D3,E3	Robin Street	D5
Albert Street	D5	Darlings Island Road	D5	Honey Meade Court	D2	Millwood Street	D1	Rockcliffe Drive	D3
Alexander Ct.	E3	Dearborn Drive	D3	Ivan Court	D2	Moran Lane	D4	Roy Street	E3
Barbara Street	D3	Demille Court	D2,D3	John Hill Drive	D5	Mott Street	D2	St. Andrews Street	D4
Bartlett Avenue	E3	Dineen Crescent	E3	Kelti Avenue	E3	Neill Drive	D2	Saint James Street	D4
Birch Grove Court	D4	Donlea Drive	E3	Kennebecasis River Rd	D2,D3,D4	Norton Shore Road	B3,B4	Saint Paul's Street	D2,D3
Bonney Rd	D1	Dunvegan Court	D3	Ketchum Road	A3,B3	Osburn Avenue	E3	School Street	D4
Bovaird Street	D3	Dutch Point Road	D5	Kierstead Avenue	D3	Ossekeag Court	D5	Second Street	D2
Boyd Street	D1	Elizabeth Avenue	D2,D3	Lakeside Road	D1	Park Street	E3	Tilley Street	D3
Brookview Drive	E3	Everett Street	D3	Langstroth Terrace	D3,D4	Parkridge Court	D3	Third Street	D2
Brown Street	D4	First Street	D2	Law Avenue	D3	Pedersen Avenue	D4	Vernon Avenue	D3
Brunswick Street	D4	Fourth Street	D2	Logie Drive	D2	Pickwauket Road	C5,D5	Victoria Street	D4
Cedar Hill Avenue	D3	Geldart Court	D3	Lower Norton Shore Rd	A2, B2	Pleasant Street	D5	Villa Drive	E3
Centennial Road	D3,E4,E5	George Dixon Lane	D5	Loyalist Drive	D3	Railway Crescent	D3	Viola Avenue	D3
Cemetery Road	D3	Gordon Street	D5	Ludlow Lane	D2	Randall Drive	D5	Walker Street	D5
Christopher Avenue	E3	Greenfield Drive	E3	Main Street	D2,D3	Ravine Road	D5	Water Street	D3
Church Street	D3	Greenwood Court	D2	Mapleton Crescent	E3	Raymond Street	E3	Wharf Road	D5
Craig Court	D3	Hall Road	D3,E3	Mapleview Dr	D2	Riverdale Drive	E3	William Bell Drive	D2
Crawford Street	D3	Hawthorne Court	C2,C3	Marilyn Court	E3	Robb Court	D3	Woodberry Court	D3
Dale Drive	E3	Highland Drive	D3,E3	McKinley Lane	C2,D2	Robertson Road	E2,E3	Wright Street	D4

A

B

C





D

E

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# HAMPTON EXPRESS

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-	-	6:15	6:22	-	6:47	-
-	-	7:10	7:17	-	7:45 *(1)	7:55
6:32	6:55	7:35	7:42	-	8:07	-
7:52	8:15	8:55 *(2)	9:02	9:30	9:42	-

\*(1) Trip will continue on to UNBSJ via Churchill Blvd.

\*(2) 8:55 Trip from Hampton will go via McAllister Mall.

## AFTERNOON & EVENING RUN

CONNECTION FROM UNBSJ	PLACE KING'S SQUARE	McALLISTER MALL	HAMMOND RIVER	HAMPTON	PLACE KING'S SQUARE	
3:12	3:50	-	4:15	4:30	5:05	
4:12	4:40	-	5:05	5:20	5:55	
4:32	5:10	-	5:35	5:50	6:25	
5:52	6:30 *(3)	6:40	7:00	7:15	7:50	

\*(3) 6:30 Trip will return to Hampton via McAllister Mall

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# Hampton Seniors Resource Centre

The Hampton Seniors Resource Centre, located adjacent to the Dr. V. A. Snow Centre, on Logie Drive, was built initially as a resource for seniors, a place where they could spend a few hours during the day visiting in a social atmosphere. This is still the main focus of the Resource Centre, but as with most things, the use of the hall has changed and expanded over the years. It no longer has a full time administrator, but is run by a Board of Directors and volunteers.

Some of the activities held on a regular basis at the Centre include a craft day, where a group meets to quilt and make crafts that are sold as fundraisers for the Centre; the Rotary group holds their weekly meetings at the Centre as well as hosting two dinners throughout the year, the Hampton Hoedowners square dance every Monday evening; Tuesday nights is Bridge; Wednesday nights is cards; and each Thursday during the fall and winter a luncheon is held at noon for those who wish to attend. The luncheon provides a nourishing lunch and a social time and often concludes with a short activity. The lunch is prepared by a group of volunteers and a nominal fee is charged to cover the cost of the food. There is also a regular "Foot Clinic" by the Public Health and Blood Donor clinics held on a regular basis at the Centre. The Centre is also rented out for use by the public and is used for many, many purposes over the year, such as, wedding receptions, meetings of all kinds, dances and music concerts, along with birthday parties and anniversary parties.

The Resource Centre is handicap accessible and is a bright and large area that suits just about every group and has a large fully equipped kitchen. It can accommodate over 200 people and information regarding rental of and a list of activities can be obtained by calling 832-7871.

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- If you have a large amount of meat or fish, freeze it until compost pick-up day.
- Tightly wrap meat and fish waste in newspaper or brown paper bags, or place it in a compostable bag and tie up the bag. This helps reduce moisture, avoid odour, and deter flies.
- Only use compostable bags with this symbol:  **COMPOSTABLE**  
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- The lid of your Compost Cart must be closed on pick-up day.

For more tips and a detailed list of compostable items, visit [www.FundyRecycles.com](http://www.FundyRecycles.com) or call the Hotline at 738-1212.

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We need your help. **Please remember:**

- Please place bags in the separate Plastic Bag Blue Bin. No plastic bags in the Rigid Plastic Blue Bin.
- All recycling items must be clean.
- Styrofoam belongs in the garbage. Examples: Styrofoam to pack appliances, meat trays, take-out containers, etc.
- No vinyl siding in the blue bins.



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# COMMUNITY SERVICES

**S**pecial Thanks to the HUMAN DEVELOPMENT COUNCIL for access to their Community Services Database INFO-line. INFO-line is a community information and referral service for the greater Saint John area. Operated by the Human Development Council, INFO-line provides a link between those who need help and the services available. INFO-line publishes the Human Services Directory, a guide to community services. Services can be found online through the Community Services Database.

**T**he directory of community-based services provides information on health wellness, social and human services programs.

The directory is intended to be a source of information to incorporate the promotion of health and wellness along with the curative, restorative and rehabilitation services to the citizens of the Kennebecasis Valley and Greater Saint John areas.

Every effort has been made to include as many service providers as possible. We apologize if any service has been inadvertently missed.

Special thanks for their participation in providing information is accorded to the Human Development Council who co-ordinates and promotes social development in the greater Saint John area.

## **AL-ANON - Adult Children and Families of Alcoholics, Saint John**

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Local meetings are held as follows: Portland Family Group - Thursdays, 8:00pm at Portland United Church (50 Newport Cres.), Rothesay Group - 8:00pm at St. Paul's Anglican Church Hall.

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Susan Whittaker, Office Manager

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Email: sjalzheimer@nb.aibn.com

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Kerrie Luck, President

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E-Mail ihamilton@chha.ca  
www.chha.ca  
Ian Hamilton, Chapter President, Email: ihamilton@chha.ca  
Reheal Leger, Chapter Vice President, Email: legerrh@rogers.com  
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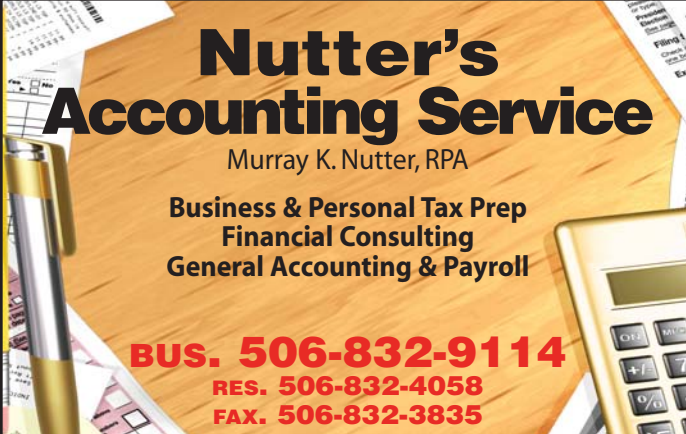


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You go to work every day. Wouldn't you want to save money on gas, save the environment, and save wear and tear on our roads? Carpool to work and meet new people along the way.

The Saint John Parking Commission recommends that residents from Saint John and surrounding areas from Sussex to St. Stephen visit [ShareYourRide.ca](http://ShareYourRide.ca). Share Your Ride is an online easy, stress free way for commuters to find a carpooling match. This secure service connects drivers through a state-of-the-art ride-matching system. It's safe, simple and free to register.

All you have to do is fill out the online form and the system finds suitable matches based on criteria that you specify.

Commuting causes 46 per cent of car emissions, resulting in serious environmental impacts. It's also expensive. Gas prices are rising at rates not seen in decades—not to mention the rising costs of insurance as well as vehicle maintenance and repair.

Why not try an alternative way to get to work?

Visit [www.shareyourride.ca](http://www.shareyourride.ca) to register or find out more information.

For residents in Grand Bay-Westfield, Rothesay, Quispamsis and Hampton, consider commuting to work using Comex, our commuter transit service offered by Saint John Transit. Visit [www.thinktransit.com](http://www.thinktransit.com) to learn more about this option.

Go Cheaper, Go Green, Go Stress Free

— we'll help!

# Dealing with Depression

Everyone probably has times when they feel a little depressed, but some people really struggle with this feeling. Let's look at some reasons why this is so common.

It's a fact that our nervous system needs nutrients like B-Complex, Vitamin C, Lecithin and Calcium/Magnesium to run smoothly and help keep us calm in stressful situations. Excellent sources include whole grain bread, healthy cereals, brown and wild rice, fresh fruit, lots of salads, plain yogurt and natural cheese. If we choose processed food for years, we can expect to experience hypoglycemic reaction. When the blood sugar drops below normal, one of the many symptoms is anxiety and depression.

The friendly flora in our bowel manufacture seven different B vitamins, but if we've had a number of infections and taken antibiotics, we may not have enough good bacteria left to do that job. Without good bacteria to protect the walls of the bowel, the Candida Yeast organism takes over and produces toxins which can attack the nervous system causing depression and what appears to be an under active thyroid which can lead to depression. A four month Candida Program can, do wonders to correct this problem and replace the necessary flora.

Dr. Zoltan Rona, M.D. MSc from Toronto says, "Many studies have documented the fact that the Birth Control pill creates vitamin and mineral deficiencies (e.g. B vitamins, magnesium, vitamin C and Zinc) — leading to depression, fatigue, abnormal food cravings, anorexia, migraine headaches, anemia, vision changes and dozens of other side effects.

The brain is 60 percent fat, and Omega 3 fatty acids from fish play a critical role in both nerve cell structure and function. In his landmark study, Dr. Joseph Hibbein of the US National Institutes of Health reported that nations consuming higher amounts of fish and seafood had the lowest rates of depression. Omega 3 deficiency results in reduced functional activity of brain cells, diminished blood flow to the brain, and abnormalities in the blood-brain barrier, a specialized network of vessels responsible for monitoring what can and cannot gain access to the delicate nervous system cells.

Feel free to contact Diana Richardson, Wellness Consultant (506) 635-4122 with your health questions.



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## On your tour of the beautiful Kingston Peninsula make Kingston General Merchants your one-stop shop

The high cost of fuel has many people staying closer to home for their summer outings this year. Day trips are becoming very popular as people postpone their more extensive vacation plans. Residents of Hampton and surrounding areas should consider driving the Highway 845 scenic river loop on the Kingston Peninsula. The route begins and ends at the historic Kingston Corner located at the crossroads of Highways 845 & 850.

At the beginning of the scenic drive, history buffs will want to spend time exploring the cluster of historic sites at Kingston Corner, which include the 1788 Union House, now Kingston General Merchants a general merchandise and antique store; 1789 Trinity Anglican Church and 1788 Rectory; 1810 Carter House tearoom, gift shop, and heritage gardens; and 1910 Macdonald Consolidated School, which is also home to the John Fisher Memorial Museum. Also within walking distance are two Farmers Markets that operate Saturday mornings May-November.

Visitors touring the scenic loop will also discover cable ferries, lighthouses, numerous churches and a covered bridge, indicative of the Loyalist roots on the Peninsula. As well, there are walking trails, beaches and a golf course. The scenery, taking in both the Kennebecasis and Saint John Rivers, is outstanding this time of year.

Travelers are invited to stop at Kingston General Merchants, a general store that pays tribute to the past in everything from goods for sale to surroundings. As such, there is a constantly changing selection of reasonably priced antiques, collectibles and vintage items. The wide variety of merchandise for sale, made possible by the large 2007 expansion, has some customers referring to Kingston General Merchants as one-stop shopping. There is regular and supreme gas, diesel, propane exchange, ice, lottery tickets, fireworks, coffee, sandwiches & other snacks, movies, automotive supplies, hardware including nuts, bolts and nails sold by the pound, lots of toys, etc.

Open seven days a week until 10pm Kingston General Merchants invites you to stop in and browse, pick up a copy of the Kingston Peninsula map, get directions, or use the ATM. For additional information call 832-5876.

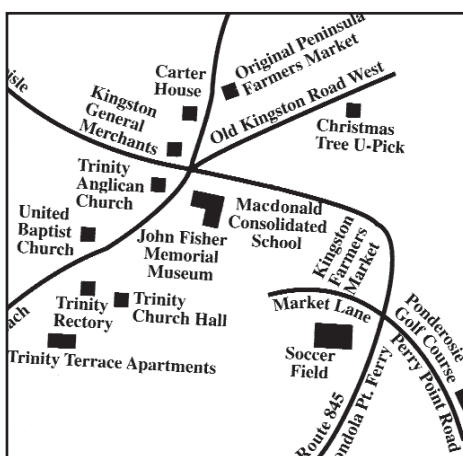
## Kingston Farmers Market

The Kingston Farmers Market Co-operative Ltd. was established in 1982 and operated in rented premises in the Kingston Community Hall until it became filled to capacity. In order to expand, the Market became legally incorporated in 1997 as a Co-operative Association, purchased a 3 acre piece of land and constructed a larger building with much help from Peninsula residents, local business enterprises, the Provincial Government and the sale of shares.

The Market operates every Saturday from May to November under the direction of an annually elected unpaid Board of twelve Directors. The Market employs a Market Manager responsible for the renting and allocating of vendor space (currently over 50 places) and a Kitchen Manager and staff who prepare and serve, with the 500 persons each Saturday.

Vendors are independent operators who rent table space by the week, month or season to sell a wide variety of produce and crafts to a clientele

of as many as 1,000 persons. The Market frequently features musical entertainment by buskers, has a traditional annual Customer Appreciation Day corn boil, a pumpkin growing contest, and other special Market Day events.



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# THE CHEF'S TABLE

## CELEBRATIONS AND EVENT CATERING

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To add a distinctive flavor to those grilled items this year, try adding aromatic wood chunks or chips to your charcoal, briquettes or gas grill. Chunks may be burned alone or in a combination with coals. Chips are thinner and are most suitable for gas grills. Chips and chunks may be presoaked in cold water for 20 minutes, to prolong their burning time; add them when the coals are hot and ready, then wait 5 minutes before beginning to cook. To enhance the intriguing smoked flavors, lower the grill lid for the last few minutes. Most popular and widely available woods:

**Hickory**—reminiscent of bacon is well suited for assertive meats as beef, pork, ribs, turkey, chicken

**Mesquite**—from the scrub tree, subtly enhances the flavor of chicken, lamb all types of fish and ...vegetables too!

**Alder**—adds a subtle, smoky flavor to steak and fish [particularly good with salmon!!]

**Fruitwoods**—Cherry and Apple are the most widely used and the subtle aromas are good with fish. Use with Poultry, pork and veal, as well as any recipe containing grilled fruit.

**Grapevine twigs and cuttings**—soaked in water, then tossed onto the coals, these give off a subtle, winy, slightly sweet aroma, particularly nice with fish and poultry.

**PS: seaweed!**—washed and dried in the sun, seaweed is a natural flavor enhancer for all manner of seafood

### RECIPE

Fish-- on the Summer Grill....Caramelized and Smoky!

Whole fish may be grilled, using a specially hinged fish grill that aids in turning them easier

### Grilled Salmon Roast with Pommery-Dill

A whole side of Atlantic salmon cooked as a roast makes a great presentation but individual salmon filets or steaks may also be used, adjusting the grill time to about 5 minutes per side-remove it from the grill before it begins to flake! Steamed Asparagus and toasted spicy pecans would finish off this eastern favorite with a little cool beverage too!

¼ cup fresh lemon juice // ¼ cup pommery mustard // ¼ cup olive oil

3 tablespoons minced shallots or ½ cup of minced green onions  
½ cup chopped fresh dill // ½ teaspoon freshly ground pepper // ½ teaspoon sea salt

2 ½ lbs to 3 lbs of salmon, in one piece, ask your fishmonger to remove the pin bones

1 cup plain yogurt [probiotic] or sour cream // 1 tablespoon grated lemon zest // whole dill sprigs for garnish

### Method

Whisk together the lemon juice, pommery mustard, olive oil, shallots, chopped dill, pepper and sea salt.

Add salmon and turn to coat both sides. Cover and refrigerate at least 1 hour up to 4 hours.

Combine the yogurt and lemon zest.

Prepare a medium fire. Cover and grill the salmon [lightly oil the salmon skin], until browned on the bottom, about 10 minutes. Turn and grill until the fish is opaque, 5-10 minutes longer.

Serve with the dill-lemon-yogurt sauce and suggested finishes. YUM!



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## BEAUTY SALONS

**Village Hair Design**  
622 Main St., Hampton  
832-4933

## BEEF & TURKEYS (FRESH)

**Gorham's Creek Farms Inc.**  
163 Gorham Bluff Rd., Kingston  
763-2825

## BUILDING SUPPLIES

**Hampton Home Hardware  
Building Centre**  
406 William Bell Dr., Hampton  
832-5525

## CAMPGROUNDS

**Fire Fly Forest Recreation Area**  
64 Robertson Rd., Hampton  
832-3200

## CANVAS GOODS / AWINGS

**Fundy Canvas Inc.**  
1587 Main St., Hampton  
832-3889

## CLOTHING NEW & USED

**Sarah's Seconds**  
563 Main St., Hampton  
832-5027

## CREDIT COUNSELLING

**Credit Counselling Services**  
Saint John Atlantic Canada  
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## COMPUTER SALES & SERVICES

**Hampton Total Communications**  
936 Main St., Hampton  
832-1885

## COMPUTER TRAINING

**Hampton Total Communications**  
936 Main St., Hampton  
832-1885

## CONTRACTORS / CONSTRUCTION

**Bonney Excavating Ltd.**  
381 Bonney Rd., Nauwigewauk  
832-4512

**Bonney Construction Ltd.**  
381 Bonney Rd., Nauwigewauk  
832-4512

**Ganong Enterprises**  
Hampton  
832-7033

**T and M Homes**  
119 Cogle Rd., Sussex  
506-433-2063

## CONVENIENCE STORES

**Coles Convenience & Gas Bar**  
280 Route 100, Nauwigewauk  
832-5554

**Convenience Plus**  
406 Route 845, Kingston  
832-0092

**Kingston General Merchants**  
878 Route 845, Kingston  
832-5876

## COURIER SERVICE

**Canada Post**  
540 Main St., Hampton  
832-7523

## CURLING

**Sussex Golf & Curling Club**  
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Smith Creek Road, Sussex  
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## FARM EQUIPMENT SALES & SERVICE

**Hall Bros. Enterprises Ltd.**  
308 Route 124, Norton  
839-2442

## FAX SERVICES

**Atlantic Press 2000**  
14 Centennial Rd., Hampton  
832-5218

## FIREPLACES / STOVES

**Valley Home & Hearth**  
83B Hampton Rd., Rothesay  
847-2707 or 847-7102

## FLOORING

**Hamilton's Carpet and  
Ceramics Ltd.**  
621 Rothesay Ave., Saint John  
634-7777

## FLOWER SHOP

**Hampton Flower Shop**  
557 Main St. Unit 1, Hampton  
832-3100

## FOOT CARE

**Foot Health Care Center**  
599 Main St., Suite 205, Hampton  
333-5552

**Thera-Ped Ltd.**  
**Foot and Ankle Clinic**  
238 Metcalf St., Saint John  
632-9397 1-800-663-3668

## FUNERAL HOMES

**Reid's Funeral Home**  
1063 Main St., Hampton  
832-5541

## FURNITURE / HOUSEHOLD

**Bustin's Fine Furniture Ltd.**  
99 Germain St., Saint John  
634-1655

**Country Liquidation Warehouse**  
88 Harvey Rd., Havelock  
506-534-2809

## Furniture Deals

401 Westmorland Rd., Saint John  
696-7227

## Leons Furniture

428 Rothesay Ave., Saint John  
634-1966

## GARAGE DOORS

**Phil Brideau Edition Overhead Doors**  
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## GARDEN CENTRE

**Ken Val Co-op Country Store**  
1 Market St., Quispamsis  
848-2349

## GARDEN SUPPLIES

**Halifax Seed**  
664 Rothesay Ave., Saint John  
633-2032

**Ken Val Co-op Country Store**  
1 Market St., Quispamsis  
848-2349



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## GAS BAR / SERVICE STATIONS

**Coles Convenience & Gas Bar**  
280 Route 100, Nauwigewauk  
832-5554

**Kingston General Merchants**  
878 Route 845, Kingston  
832-5876

## GIFTWARE BOUTIQUE

**Hampton Flower Shop**  
557 Main St. Unit 1, Hampton  
832-3100

## GOLF CLUB

**Hampton Golf Club**  
Hampton  
832-3411

**Sussex Golf & Curling Club**  
148 Picadilly Road, Sussex  
506-433-4591

## MINIATURE GOLF/ DRIVING RANGE

**Fire Fly Forest Recreation Area**  
64 Robertson Rd., Hampton  
832-3200

## GROCERY STORES

**Atlantic Save Easy**  
Hampton Mall, 454 Main St., Hampton  
832-7032

## HARDWARE STORES

**Hampton Home Hardware Building Centre**  
406 William Bell Dr., Hampton  
832-5525

## HEALTH & FITNESS

**Lifestyles Health & Fitness Studio**  
14 Centennial Rd., Hampton  
832-4848

## HEALTH PRODUCTS

**Shaklee**  
Connie Titus 847-2312  
Diana Richardson 635-4122  
Spring Lake 849-8832

## HOMES (NEW)

**T and M Homes**  
119 Cogle Rd., Sussex  
506-433-2063

## HOME IMPROVEMENTS

**Dowd Home Improvements**  
550 Somerset St., Saint John  
632-0022

## HORSE STABLES

**Butternut Stables**  
18 Robertson Rd., Hampton  
832-3219

## ICE CREAM PRODUCTS

**Chapman's Atlantic Canada**  
www.chapmans.ca

## INSURANCE COMPANIES

### AUTO / HOME / PROPERTY / HEALTH

**Fundy General Insurance Co.**  
8 Centennial Rd., Hampton  
832-5925

### Hovey Insurance & Financial Services

39 Railway Cres., Hampton  
832-9030 832-9032

## INVESTMENT PLANNING

**Mark C. Barry**  
Saint John  
674-7283

## LAWYERS

**Lutz Longstaff**  
4 Centennial Rd., Hampton  
832-1500

## MAIL BOXES / BUSINESS SERVICES

### RENTAL & MAIL SERVICES

**Canada Post**  
540 Main St., Hampton  
832-7523

## MASSAGE THERAPISTS

### REGISTERED

**Massage Matters**  
599 Main St., Hampton  
832-0006

## PEDORTHISTS

**Foot Health Care Center**  
599 Main St., Suite 205, Hampton  
333-5552

## Thera-Ped Ltd.

**Foot and Ankle Clinic**  
238 Metcalf St., Saint John  
632-9397 1-800-663-3668

## PET GROOMING / KENNELS

**The Paw Shoppe and Kennels**  
662 Gondola Point Rd., Quispamsis  
847-8812

## PET SUPPLIES

**Ken Val Co-op Country Store**  
1 Market St., Quispamsis  
848-2349

## The Paw Shoppe and Kennels

662 Gondola Point Rd., Quispamsis  
847-8812

## PHARMACY

**PharmaSave**  
599 Main St., Hampton  
832-5564

## PHOTOCOPYING

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14 Centennial Rd., Hampton  
832-5218

## PRINTERS

**Atlantic Press 2000**  
14 Centennial Rd., Hampton  
832-5218

## RECREATION

**Town of Hampton Dept. Leisure Services**  
808 Main St., Hampton  
Ph: 832-6102 Fax: 832-6405  
hamptonls@nb.aibn.com

## RESTAURANTS

**Holly's Restaurant**  
Hampton Mall  
832-5520

## ROOFING / INSULATION

**Bonney Construction Ltd.**  
381 Bonney Rd., Nauwigewauk  
832-4512

**Dowd Home Improvements**  
550 Somerset St., Saint John  
632-0022

**Ganong Enterprises**  
Hampton  
832-7033

## RV / TRAILERS

**Doug's Recreation**  
116 Cogle Rd., Sussex Corner  
506-433-4222

## SENIOR'S HOME

**McKellar Special Care Home**  
61 Bonney Rd., Nauwigewauk  
832-3510

## SMALL ENGINE & EQUIPMENT REPAIR

**Halifax Seed**  
664 Rothesay Ave., Saint John  
633-2032

## SOCCER

**Soccer Plus**  
103D Hampton Road, Rothesay  
849-7776

## SOCCER CLUB

**Hampton Soccer Club**  
832-2255

## SOLID WASTE MANAGEMENT

**Fundy Regional Solid Waste Commission**  
738-1212

## SPORTS EQUIPMENT

**Soccer Plus**  
103D Hampton Road, Rothesay  
849-7776

## STOVES/RANGES

### SALES & SERVICES

**Floyd's Appliances**  
739 Main St., Hampton  
832-5571

**Valley Home & Hearth**  
83B Hampton Road., Rothesay  
847-2707

## TACK SHOP

**Butternut Stables**  
18 Robertson Rd., Hampton  
832-3219

**Ken Val Co-op Country Store**  
1 Market St., Quispamsis  
848-2349

## TRACTORS & EQUIPMENT

**Halifax Seed**  
664 Rothesay Ave., Saint John  
633-2032

**Hall Bros. Enterprises Ltd.**  
308 Route 124, Norton  
839-2442

## TRANSPORTATION

**Comex Bus Service**

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## WATER CONDITIONERS

**Culligan Water Treatment**  
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849-SOFT (7638)

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888-235-7888

## WINDOWS / DOORS / SIDING

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# Hampton



# Home

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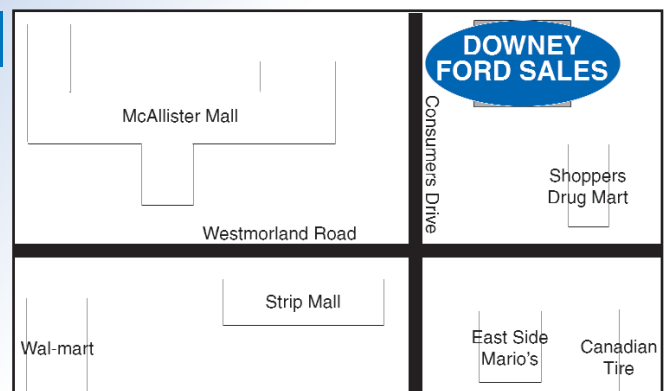
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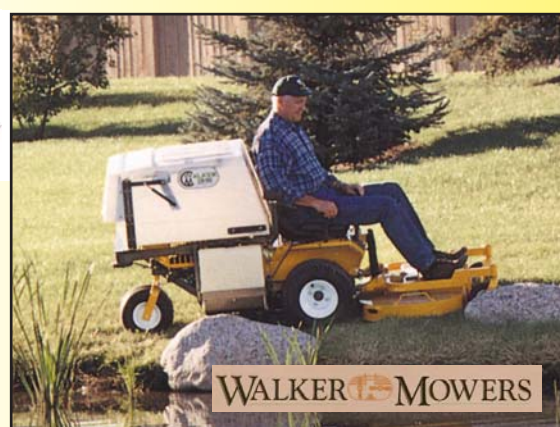
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