

Canterbury Community Newsletter

Published for the community by the Canterbury United Community Church ~ January 2024

Presidential primary and the start of town and school meeting season are upon us

New Hampshire presidential primary voting will be held Tuesday, Jan. 23, from 7 am to 7 pm at the Canterbury Elementary School. **Please contact the Town Clerk as soon as possible for absentee ballots.** (You'll find his hours on Page 7.) The application is also available on the town website.

School meetings: The public hearing for the 2024-2025 school budget will be held on Wednesday, Jan. 10, at 6 pm at Belmont Middle School, with a snow date of Tuesday, Jan. 16, also at BMS at 6 pm.

A deliberative session, at which changes to the proposed budget can be made, will be held on Wednesday, Feb. 7, at Belmont High School beginning at 6 pm. That will be followed in March by voting at the polls on the proposed budget and other items, with no opportunity for further discussion.

Town Meeting: The filing period for local offices in the March town meeting begins Jan. 24, and petitioned warrant articles are due on Feb. 6. For more, see Page 7.

January: the perfect time to think about seeds ~ and a seed library!

Elkins Public Library is starting a seed library for the public, adults and children alike.

There is a strong educational component to a seed library. Just as libraries share books to enrich the community, a seed library will enrich the gardening community in our town. It will encourage experimentation and offer a low risk way to try something new for experienced or novice gardeners – and everyone in between. A seed library (supported by UNH Extension Master Gardener Program) will support botanical literacy as folks share their seed and plant knowledge, seek solutions to gardening challenges, and learn the effects of climate change on start and harvest dates. It will encourage gardeners to save quality seeds and provide a venue for sharing. Most importantly, the seed library will provide a tool to experience garden fun and build Canterbury's community of gardeners.

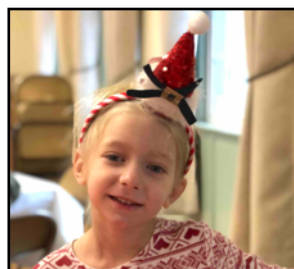
Plan to attend the next Canterbury Garden Club meeting on **Saturday, Jan. 20, at 9 am** at the Parish House to learn more about seeds, the seed library, look at catalogs, get advice and more.

Email canterburynhgardenclub@gmail.com for more information.

~ Mindy Beltramo

Wait, gardeners! There's even more!

Laurie Lockwood kicks off the 2024 Elkins Speaker Series on **Thursday, Jan. 4**, with a talk on permaculture gardening in the Town Hall beginning at 6 pm. And that's only the first of two speaker series events in January! For the library's full listings this month, see Page 6.



Seasonal scenes from the 4H breakfast (left and above) and the CES holiday pageant (right). For more about our kids, see Page 4!



Local Folks, Here to Serve You ...

COLD GARDEN SPIRITS: Winter hours tastings and sales by appointment or online sales at coldgardenspirits.com or text 603-491-4400. New releases: High Rye, High Proof Straight Bourbon, Pommeau aged 5 years. Thanks to Canterbury for a great yeast!

ALTERNATIVE THERAPIES in your own backyard! Contact Alan Berman for Hypnotherapy for anxiety, depression or habit control, Inner Child Work or Past Life Regression. (603)387-3611 or presence.alan@gmail.com Susan LeClair for Reiki, CranioSacral Therapy, Inner Child healing. (603)724-7145 or Susan@ReclaimingHarmony.services.

NORTH FAMILY FARM'S 2023 organic maple syrup is available at local stores, the Canterbury Farmers Market or by appointment at the farm. Thank you for your business! Check our website for more information: www.northfamilyfarm.com or call Jill or Tim at 783-4712.

MAQ DESIGN: quality custom upholstery, slipcovers, and window coverings — curtains, valances, shades, and blinds. Fabric, foam, and upholstery supplies. 603-783-9640, maryann@maqdesign.net, maqdesign.net.

MEADOW'S PONDS SOAPS; Happy New Year from Meadow's Pond Soaps! My products are sold at the Canterbury Country Store, Elkins Public Library, and online at meadowspond.breezi.com. You can also find me on Facebook.

CANTERBURY WHOLE CHILD CENTER is accepting waitlist applications for children 3-12 yrs to nature/art based preschool & before/after school care. 603-783-4370 or CanterburyWholeChildCenter@gmail.com for more information.

BROOKFORD FARM: Farm store is open daily from 7 am to 7 pm. Pre-order for pickup Tuesday-Sunday. CSA subscriptions and bulk meat orders available too. Organic vegetables, krauts, aged meats, 100 percent grass-fed beef and dairy, pastured chicken, eggs, pork and lamb. brookfordfarm.com.

JOEL'S OIL: Our goal is to keep you warm at an affordable price! Compare and save at newenglandoil.com. Current price is \$3.75 per gallon. Call or text 603-892-5505.

BACON ELECTRIC, LLC: Residential electrician serving Canterbury and surrounding areas. New construction, remodeling, or any other electrical service needs. Licensed and fully insured. Call Zack Bacon, 603-631-4325, or find us at facebook.com/baconelectricllc.

CLOUGH TAVERN FARM sells registered Teeswater Sheep and wool products — fleece, knitted items and rugs. Dried garlic based blends-seasonings, dip, rub are always available. cloughavernfarm.com. 603-731-5574.



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Love: A Feeling ~ and a Practice!

Dear Friends,

In January darkness, I find myself daydreaming about light and heat and fewer layers of clothes and blankets! I'm rereading Bernd Heinrich's wonderful book, *The Homing Instinct*. It carries me off to southern Africa's Kalahari Desert, to the sociable weaver birds that practice communal compound nesting. These sparrow-sized birds build massive nests like desert apartment buildings on the tops of spreading acacia trees or even telephone poles. What looks on the outside like a ramshackle bale of hay is, on the inside, a honeycomb of dozens of small round holes, chambers for egg tending, nurseries for young birds and shared housing for adults. Social weaver birds are cooperative even beyond family groups; birds from various parents share the work of feeding chicks, making repairs to the nest, and keeping watch for danger. And these birds provide nesting and roosting space not only to other weaver birds but also to lovebirds, finches and even falcons. The nests function for decades, even centuries, and each new generation benefits from and contributes to the security and well-being of their shared inheritance.



Pastor Becky

The lights flicker, Henry barks, and I pull up the blanket and stare into the early evening dark. I wonder about communal compound nesting for us. I suppose, to work it must involve sharing, but also love. Maybe I'm anticipating Valentine's, or a long election year, but I think of Dr. King's day coming up this month, and his ethic of agapic love. This love is not a feeling, but a practice. It is love as a verb that means understanding and acting for others, giving of ourselves without expecting anything in return. This is a love Jesus taught and lived, and it's a verb that Christians are called to embody. We may think of it as noble and beautiful, but in practice it often looks more like a hay bale than a tidy house wren's nest! Living together in all our differences requires a big, messy love. It will not be pure or graceful, and it requires us to keep giving of ourselves not just for a comfy January, but for the coming spring and summer and for each new generation's benefit and the well-being of our shared inheritance.

Blessings and peace in this new year, Becky

You are welcome here!

Sundays

- Worship, 10 am
- Children's Church (ages 3-7) 9:45 in the Parish House
- Open Fellowship, 11 in the Parish House, with coffee, snacks and conversation

Mondays and Thursdays, 9-10 am, free Strength and Stretch Class, Parish House. (See Page 5 for more!)

- **Wednesday Walkers**, 9 am at the gazebo. All abilities welcome!

- **Wednesday Stillness in the Center**, 7 to 8 pm, Candlelight and quiet in the church, interfaith prayer and meditation. Stop by for 10 minutes or an hour, as you wish!

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Club Activities Abound at CES!

Happy New Year! Canterbury Elementary School students and staff are gearing up for a fantastic 2024.

Our many before- and after-school clubs have been keeping busy. Second and third grade computer club members have explored composing simple rhythms and original melodies using multiple music software programs, while fourth and fifth grade students dove deeper using these concepts to create their own complex short songs. Student Council members sponsored the annual Thanksgiving Luncheon as well as a bake sale to fundraise for I Love to Read Month reading awards. Student Council members also coordinated a card-making drive for local veterans. The yearbook club has been working diligently to design our yearbook, including focusing on the design of each class page. Our basketball players have



A few more faces — and furry antlers — from the holiday pageant!

been working on developing and improving their dribbling and shooting skills. Players have enjoyed scrimmaging each other as well!

Garden club members worked hard to beautify the front entrance and school grounds this past fall and the members of the

newsletter club have been busy interviewing students and staff and creating great content for each issue! CES also has a running club. Runners meet weekly and strengthen their running skills through games, drills, and good old-fashioned running. The members of the School Store club have done a great job ordering stock, setting prices, and managing sales. We also have a homework club. Students attend twice a week and work on their short-term and long-term assignments and projects with a teacher advisor to support them. Volleyball club members have enjoyed honing their skills, and the drama club will start up in January!

The CES PTO has also been quite busy organizing events and activities for the learners at CES. They recently hosted their annual Holiday Family Fun Night with a very special guest, Santa. Students enjoyed the opportunity to decorate cookies and make crafts with their families at this special annual event. Thank you to the PTO!

~ Mrs. Chubb, Principal

Coming in 2024: a Canterbury Newsletter website! It'll give you another option for reading all the information we pack into each monthly newsletter. We're excited! Stay tuned ...

4H Pancake Breakfast draws a crowd

On Dec. 2, Santa's 4H Pancake Breakfast drew 110 friends and neighbors to the Parish House to meet Santa and enjoy a delicious breakfast! The Canterbury Cloverbuds had lots of fun crafts for kids to make and a great time was had by all.

Thank you everyone for coming out and supporting our club, we're lucky to live in such a great community. A special thank you to North Family Farm and Hutchinson Family Sugarhouse for the delicious maple syrup, and all our adult volunteers who made it happen.

At our Jan. 8 meeting our club will have appetizers and welcome a Merrimack County 4H board member to present awards and certificates to members. Look for more community events in 2024!

*~ Aurora Hutchinson,
Reporter for the Canterbury Rascals*

The Cloverbuds will focus on the theme of healthy living at their next meeting on Monday, Jan. 8, at the Parish House at 5 pm. They'll practice using healthy foods to create edible art scenes, build food sculptures, and learn about healthy eating. It's for children ages 5-7. Come and join the fun!

Happy New Year from Dave and Jane!

Planning resolutions?

Taking some you time?

Having Sunday brunch with friends?

Our Feed Loft is a warm and cozy place to idle away some hours this January. We invite you in for some refreshment and friendship. We look forward to seeing you!

**Groceries ~ coffee, bakery and eatery ~
fine local arts and crafts!**

CANTERBURY COUNTRY STORE

Hours: Mon-Sat, 7-6, Sunday 9-4
3 Center Road ~ 603-783-9933 ~ canterburynhcs@gmail.com

News From Around Our Town

Look for new, lower electricity rates soon!

We won't know the new default energy rate for Canterbury Community Power (CCP) customers until the Community Power Coalition Board establishes it on Dec. 28, but coalition leaders have said it will once more be lower than those of Unil and Eversource. New six-month default energy rates (February-July 2024) will take effect for all New Hampshire utilities on Feb. 1 – but the 30-day window for Canterbury residents to change their electric energy choices starts right away, on Jan. 2.

Look for the new rates in the town email. If you now buy energy from CCP and like where you are, sit tight! But if you want to opt out, up, or down, or you're a non-CCP customer who wants to opt in, go to communitypowernh.gov/canterbury or call the Coalition's customer service line at 866-603-7697 from 9 am-5 pm weekdays.

~ Howard Moffett,
for the Canterbury Community Power Committee

Strength and Stretch classes continue at the Parish Hall on Monday and Thursday mornings from 9 to 10. These are free classes and individual participants can work at their own pace. Classes are led by experienced participants and modifications are made for those who can't do floor exercises. Extra weights and mats are available. Please contact Judy Nelson if you have questions at 603-493-4207, Otherwise, just show up a bit before 9 to get yourself ready to go.



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Well done: With appreciation to Kent Ruesswick (Cemetery Sexton and Selectman) for his time, effort and craftsmanship.
~ Canterbury Cemetery Trustees

The Treasure House at the Transfer Station has been open since June. We have tried to have it staffed and open from 9 to 3 on Saturdays. **This winter, during January, February and March, we hope to have it staffed and open from 10 to 2.** The Treasure House is one way to lessen our town's solid waste. Everything in the Treasure House is free! When you are cleaning out items you no longer want, if they are in good enough shape to be reused, bring them to the Treasure House – one person's trash is often another person's treasure.

We can always use more help. If you'd like to volunteer to staff the Treasure House for 2 hours a month, please contact Emily Burr (603 899-7570 or revemilyburr@gmail.com).

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North Country HVAC, LLC, whose ad is above, was founded by James and Mickey Chandler, longtime residents of Canterbury!

You'll Find a Warm Winter Welcome at Elkins Library

A daily calendar and list of programs and events for Elkins Public Library can be found at www.elkinspubliclibrary.org or on Facebook or Instagram. Our hours are Mondays and Tuesdays, 9 am to 5 pm, Wednesdays and Thursdays, 9 am to 7 pm, and Saturdays, 9 to noon. We will be closed Monday, Jan. 1, for New Years Day and Monday, Jan. 15, for Martin Luther King Jr. Day.

The next meeting of Library Board of Trustees is on Monday, Jan. 22 at 6 pm.

Story Time: Join us Tuesday mornings at 10 for stories, songs and a craft. This program is perfect for infants through Kindergarten. Come to the library and meet your children's future classmates while fostering a love of reading.

Play-Based Learning Story Time: Join us on Tuesday, Jan. 30, for a structured hour where children can check out different stations that promote learning through play. The children will be working on fine motor skills, gross motor skills, sensory skills, and participate in building activities. This is a perfect time to work on social skills, imagination, collaboration and self expression.

Tunes, Tales and Tumbles: Join us Thursday mornings at 10 for songs, stretching, stories and more! This program is perfect for our youngest patrons ages, from infants through preschool. Come enjoy this active and music-filled program and help your children nurture their love for the library, books and their community.

Teen Night: Join us Tuesday, Jan. 16, from 5 to 7 pm for our next Teen Night.

The Old Man Boring Book Club: This group reads and reports on favorite nonfiction titles. Join them on Thursday, Jan. 4, at 6 pm back by the fireplace.

Elkins Cafe: On Thursday, Jan. 18, at 2 pm, we'll mark the start of the third year of Elkins Cafe. Join us by the fireplace for fellowship and company on this winter day. Let's talk about the programs you have enjoyed and the programs you want to see.

Evening Book Group: In January we will read *The Rose Code* by Kate Quinn. We meet for discussion by the fireplace on Wednesday, Jan. 17, at 6 pm. Copies are available at the circulation desk or on Libby or Hoopla.

Murder, Mayhem and Misadventure: For this month we will pick out a book that appeals to us from "The 100 Best Mystery and Thriller Books of all Time" (according to the *New York Times*), available from the library. You may agree with some and disagree on others, but nonetheless, each of us is choosing one book from the list. We will give it a read and discuss it, in turn, at our meeting on Tuesday, Jan. 23. We will meet at a new time of 2:30 for all the meetings. Make a New Year's Resolution and join us. We are a participant-driven club, so come and add your two cents worth.

Pins and Needles: Dust off your knitting needles and crochet hooks and find your latest work in progress. Pins and Needles will be starting back up on Wednesday, Jan. 10, at 2 pm. This program

Elkins Speaker Series kicks off 2024 with two programs this month!

Permaculture Gardening with Laurie Lockwood, Thursday, Jan. 4, at 6 pm in the Town Hall. Come hear Laurie present on permaculture's origins, applications in home gardens in the Northeast, and effectiveness in mitigating climate change.

NH on Skis, Thursday, Jan. 18, at 6 pm in the Meeting House with E. John Allen. Join us and learn about early skiing in the state, the importance of jumping, the mechanization of skiing, and how New England and New Hampshire fit into the big picture of America's ski culture.

will be held weekly through April 17. Sit by the fire and join in the lively conversation while expressing your creativity.

Free Tech Help: Thursdays from 4 to 6 pm, in half-hour time slots, Kal McKay offers free tech support at the library. Please schedule an appointment and give a brief description of the nature of the issue. Kal's appointments fill up quickly so be sure to sign up.



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21-010-03-459717/V1.01.2021

Canterbury United Community Church

How to reach us: By phone, 783-9365. By email, mycanterburychurch@gmail.com

Parish House rental: By phone, 783-9365. By email, mycanterburychurch@gmail.com

Online: canterburychurch.org
facebook.com/
MyCanterburyChurch

Newsletter: Deadline is 16th of month before publication.
Editors: Mark and Brenda Travis,
newslettercanterbury@gmail.com

Canterbury Fair:
twitter.com/CanterburyFair
facebook.com/CanterburyFair

Town Email List

Kal McKay manages the Canterbury Town Email List and posts Canterbury happenings to the *Concord Monitor*. Join or submit by emailing canterburytownemail@gmail.com

Post Office

Hours: Mon.-Fri., 10 am to 5 pm
(closed 12:30 to 1:30 pm);
Sat., 8:30 am to noon; 783-4158

Stores

Canterbury Country Store: Mon.-
Sat., 7 am to 6 pm; Sun., 9 am to 4
pm; 783-9933

Brookford Farm Store: 7 am to 7
pm daily; 783-4084

106 Beanstalk: 6 am until
midnight daily; 783-4305

Loudon Food Pantry

Hours: Open for donations and
volunteers Tues. 10-6, Wed. 10-1,
Thurs. 10-4.

Service: By appointment only at
same hours as above.

Location: Huckleberry Business
Park, Unit D, 30 Chichester Road,
Loudon.

Contact: 603-724-9731, on
Facebook at LoudonFP, or on our
website: loudonfoodpantry.org.

Town offices and organizations

EMERGENCY? Dial 911

Police Department: Call
783-0433 for non-emergencies.
Concord police dispatch:
228-1010 for non-emergencies.

Fire Department: Call
783-4798 for non-emergencies.
Email chief at canterburyfire
@canterburynh.gov

Town website:
canterbury-nh.org

Transfer Station: Tue. and
Wed., 4 to 6:45 pm; Sat., 8 am
to 5:45 pm. Call 783-9980 or
email transferstation
@canterburynh.gov

Town Clerk/Tax Collector:
783-0153. Mon. and Wed., 9 to
3; Tue. and Thur. 12 to 7.
Email:
spapps@canterburynh.gov

**Selectmen's Office, Town
Administrator, and
Assessor's Office:** 783-9955.
Mon. and Wed., 9 to 1; Thur. 10
to 2. Emails:
selectmen@canterburynh.gov
assessing@canterburynh.gov
kfolsom@canterburynh.gov

Building Inspector: 783-9033
buildinginspector@
canterburynh.gov

Highway Dept: 783-4123
canterburyhighway@
canterburynh.gov

Planning Board: 848-2059
planningboard@canterburynh.
gov

Monthly Meetings (Check
town website for details.)
- **Planning Board:** 2nd Tue., 7
pm; 4th Tue. as needed
- **Conservation Commission:**
2nd Thurs., 7 pm
- **Historic District
Commission:** 3rd Wed., 7 pm
- **Selectmen:** 1st and 3rd Mon.,
6 pm
- **Solid Waste Committee:**
Monthly on 2nd Monday, 3:30
pm, Library, or as needed.
- **Zoning Board:** As needed.
- **Energy Committee:** 1st
Mon., 7 pm

Looking to run for local office? You'll need to file between Jan. 24 and Feb. 2

The regular Selectmen's meetings will be Monday, Jan. 8 and 22.



The Town Office is closed on Monday, Jan. 1. Monday, Jan. 19, is a federal holiday. The Town Clerk will be closed but the Town Office will be open. The Town Clerk's Office will also be closed on Tuesday, Jan. 23, for elections.

The filing period for candidacy for local offices in March Town Meeting voting runs from Wednesday, Jan. 24, through Friday, Feb. 2. The Town Clerk will be open normal hours to accept declarations of candidacy and on the deadline day, Friday, Feb. 2 from 3 to 5 pm for last-minute applications.

Tuesday, Feb. 6, is the last day for petitioned warrant articles. The signatures of 25 or more registered voters are required.

A public hearing will be held in February for the 2024 budget and town warrant. We will post the date.

~ Ken Folsom, Town Administrator

Holiday generosity: Food pantry provided for more than 10,000 meals in November

In November, Loudon Food Pantry gave out enough food to 282 individuals for them to prepare 10,626 meals. Of these people, 147 were age 60 and older (52%), 59 were age 18 or under (21%), and 76 were between those ages (27%).



Thanksgiving Boxes: We handed out 65 Thanksgiving Boxes this year. This year we received \$25 gift cards from the New Hampshire Food Bank in place of turkeys (our choice). This enabled everyone to get the meat of their choice for their Thanksgiving dinner.

Closed and unavailable: Loudon Food Pantry will be closed and unavailable for the holiday through Jan. 8. We will reopen on Tuesday, Jan. 9.

Do you need food? Call me at (603) 724-9731 to see if you qualify. The process is simple and if you have all your paperwork, you'll receive food the same day as your appointment! You'll find our location, hours and more in the listings to the lower left on this page.

~ Sue Houck

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Looking for a non-alcoholic alternative to celebrate this New Year's Eve?

If you're looking for a non-alcoholic alternative on Dec. 31, the Quaker Meeting invites you to an Alternative New's Years Eve Game Night at the Quaker Meetinghouse from 6:30 pm to 10 pm. Families welcome. Bring your favorite games, finger food and/or bubbly beverage to share, and a friend! Come for all or part of the time for fun and games and conversation. The Quaker Meetinghouse is at 11 Oxbow Pond Rd in Canterbury (near the new Market Basket). Contact Sara at 603-738-6264 with questions.

Save the date, March 27, for a family friendly event at the Quaker Meetinghouse. More details next month ... but it will involve eggs, games, crafts!

As always, all are welcome to worship with us any Sunday morning (10 to 11:15 am). There is an active children's program. For more information contact Ruth Heath 603-724-4343.

Market's annual meeting is coming soon!

If you are a Canterbury Farmers Market member, you are officially invited to the annual meeting and potluck supper, Wednesday, Jan. 10, in the Parish House. Bring a dish to share and it's helpful (but not necessary) to bring a plate and cutlery for yourself as well. We will gather to eat at 6pm, and continue to meet starting at 6:30. Please check your email or keep an eye on our Facebook page and website for more.

The annual meeting is a happy gathering where the board, the vendors and the market members look at the season just past and start planning for the season ahead. There is a little bit of voting, a few housekeeping details, an update or two, and a lot of good cheer and good food. We hope that you will join us!

Save the date: Opening day for the 2024 outdoor market season is the first Wednesday in June! Can't wait that long? Visit us at www.CanterburyFarmersMarket.com to see where many of our vendors can be found in winter.

Finally: We wish all of our supporters a very Happy New Year. You not only help to make the market possible, you help to make it fantastic!

~ Beth Blair

Beavers seem to have things figured out. Maybe someday, we humans will do so too!

Beavers seem to have it figured out. The human race, on the other hand, less so. Beavers, of course, had a head start on us. Estimates of numbers of beavers living in North America well before humans arrived run from 60 million to 600 million. In areas where water was plentiful, beavers ran the show. They definitely had their thing together. They're hard-wired to control water flow. They don't get distracted.

When indigenous people arrived they had to be impressed. Beavers had organized the water flow so that the environment provided a good living for a wide variety of inhabitants. It was clear how working with and paying attention to how the environment worked could provide them with a good living. They were focused.

Why we haven't been focused on the environment is a whole other question. We're very late to the game. Indigenous people learned from their environment. They realized they were part and parcel of it and had to communicate with it. This is clear in their language. The names they used for the natural things they dealt with were closely related to what they did with them and how they used them. They considered everything around them to have spirit. Thus they did not make a distinction between themselves and the nature around them. For western humans our thinking is based on a distinction between us and nature. This handicaps our connection with nature and produces unfortunate consequences in how we relate to nature.

Life forms that survive and thrive do so by connecting with other life forms. This is very obvious with beavers. Their connection with woody plants is impressive. Dogs connect with us. A few beavers have been known to connect with humans somewhat as dogs do, though I can't think of them as pets. If they live in a house with humans the chair legs would need to be metal.

We ourselves are an incredibly complex combination of life forms, which work well together (most of the time). It would behoove us to see ourselves as just another life form, and behave accordingly. Our present course may make this very necessary. Perhaps in time it will be thus.

Recommended reading: *Braiding Sweetgrass* by Robin Wall Kimmerer. Best portal to indigenous people's thought and spirituality. *Inheritors of the Earth: How Nature is Thriving in the Age of Extinction* by Chris D. Thomas. A great read for these times. Not easy but enjoyable.

~ David Emerson