

# Canterbury Community Newsletter

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

## Love pancakes? You're in the right town!

**Dear friends and neighbors of the Canterbury Fire & Rescue:** We will be hosting a pancake breakfast on



Saturday, April 20, at the fire station at the municipal complex at 26 Baptist Road. Ten dollars per plate, children 6 and under are free. Breakfast will be served between the hours of 7:30 and 9:30 am.

We hope that you can take the time to come have some breakfast and meet some of the members who serve our community. There will be goodies for the kids as well as opportunities for fire truck and

station tours for those who are interested. We hope to see you and would appreciate your support of the CVFD.

~ Fire Chief Michael Gamache

## Don't forget the Easter breakfast as well!

You can get your first fix of pancakes — plus scrambled eggs, bacon, sausage, potatoes and more — at the Community Easter Breakfast in the Parish House in the town center on Easter morning, Sunday, March 31, from 7 to 9:30 am. Invite a friend!

Free for children 5 and under, \$6 for seniors and kids 6-11, \$10 for adults 12-64, and \$25 for immediate families. Proceeds benefit the CUCC.

## ~ More Things To Know ~

**Thursday, April 4:** Window Dressers info session, Town Hall. *Page 9.*

**Monday, April 8:** Solar eclipse! Get special glasses for safe viewing at Elkins Library. *Page 5.*

**Tuesday, April 9:** Planning Board hearing on Master Plan. *Page 8.*

**Wednesday, April 10:** Mapping Canterbury Through the Centuries with Evan Christensen. Town Hall. *Page 5.*

**Saturday, April 13:** Townwide Roadside Cleanup. *Page 12.*

**Parish House Presents**

**movie WITH community**

**Sat. 04/06 @ 3pm**

**CANDY & ICE CREAM BAR!**

**Free! All are welcome! G rated**

**Blankets encouraged for family seating.**

## Wait! Free movie fun? That's right!

Mark your calendars for Saturday, April 6, at 3 pm when the Parish House presents a sweet and chocolatey movie for all ages.

Attend for free and enjoy a candy and ice cream bar with friends. Purchase a golden raffle ticket for \$1 to win movie passes to a local theater. Share some popcorn, partake in a little trivia and enjoy some sweet treats!

Bring a blanket and join in the fun. Located in the upstairs room of Parish House in the town center. Enter the candy wonderland from the back of the building using the ramp.

All are welcome, no strings attached for this community building event! Raffle earnings will be directly applied to support the cost of candy and the ice cream bar. For more information, contact Becca Plue at 603-210-3070.

# Local Folks, Here to Serve You ...

**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](http://brookfordfarm.com).

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

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**COLD GARDEN SPIRITS:** Winter hours tastings and sales by appointment or online sales at [coldgardenspirits.com](http://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!

**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](http://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](mailto:maryann@maqdesign.net), [maqdesign.net](http://maqdesign.net).

**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](https://facebook.com/baconelectricllc).

**CLOUGH TAVERN FARM:** For sale: registered Teeswater Sheep (breeding and spinner's), fleece, roving, yarn, hats, skins. Twin Sisters' Garlic dried blends, dip and rub. [cloughtavernfarm.com](http://cloughtavernfarm.com). 603-731-5574.

**GULF BROOK RENOVATIONS:** "When Ordinary Just Won't Do." Bathrooms, kitchens, additions, decks and more. Jaime Higgins. 603-496-2414. [Gulfbrookrenovations.com](http://Gulfbrookrenovations.com)

Have your event right here in Canterbury Center!



**EVENT VENUE RENTALS**  
Welcoming and available for public use:

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Birthdays	Anniversaries
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6 Hackleboro Rd Canterbury, NH 03224  
[mycanterburychurch@gmail.com](mailto:mycanterburychurch@gmail.com)  
603.783.9365

**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](mailto:CanterburyWholeChildCenter@gmail.com) for more information.

**REIKI, CRANIOSACRAL THERAPY and HYPNOTHERAPY** with experienced therapists in Canterbury. Susan LeClair (603-724-7145) for Reiki, Inner Child healing, communication with departed loved ones and CST. Alan Berman (603-387-3611) for depression, anxiety, habit control, Inner Child healing or Past Life journeying. Our websites: [www.ReclaimingHarmony.services](http://www.ReclaimingHarmony.services), [www.wellnessintegration.org](http://www.wellnessintegration.org)


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# April: Our Month of Surprises

Dear Friends,

It seems like every morning in Canterbury brings a surprise these days: the changing light, the tree buds, vicious pricklers that grow a foot overnight, new birdsong. April is full of surprises. Of course there are those surprises we keep on our calendars, like April Fools Day and Opening Day at Fenway. We get ready for these, but somehow, they still catch us off guard; they never turn out quite the way we expect. And many surprises are perennial, we've witnessed them year after year, yet, again they fill us with wonder.



*Pastor Becky*

Every year around this time, I'm stopped dead in my tracks in the farm store. Here's how it goes down. I stop in for specific items: twenty pounds of black oil or a 5/16 bolt to fix the bed. My objective is clear. I'm a one-woman SEAL-team tackling the to-do list; I don't check out the seed packs or even unzip my jacket. Then I'm standing at the checkout, tucking my receipt away for future accounting, when an invisible force intervenes. Amid polite small talk and paper bag rattling and the sound of the register, the softest, sweetest sound imaginable captures me: the peep-peep-peep of dozens of chicks.

Then the to-do list evaporates, my all-business face relaxes, and I'm navigating the labyrinth of shelves to find three wide crates alive with chicks, warmed by light bulbs rigged just for this. Who can resist setting everything down and kneeling here? Who doesn't reach out one finger to ever so tenderly feel their soft down?

What will catch us and open us this spring? To me it's always a mystery. Why does this sound, this light, this song melt our hearts? Maybe it's an ancient connection to newness, or fresh beginnings, or some relief from thinking that we're in charge. But I do know that when we remind one another of that sweetness with some unlooked-for tenderness, some patient

## Easter (and more) at the church

### SPECIAL SERVICES AND EVENTS

**Thursday, March 28**, 6:45 pm: Tenebrae in the Parish House. An ancient service of light and shadows; we gather at table and retell the story of Jesus's passion.

**Friday, March 29**, 7 to 8 pm in the church, Good Friday meditation and prayer in the church.

### Sunday, March 31: EASTER!

- **Sunrise Service**, 6 am at Shaker Village, an ecumenical start to Easter.

- **Community Easter Breakfast**, 7-9:30 am in the Parish House.

- **Easter Morning Worship**, 10 to 11 am in the church. All are welcome!

### ONGOING

**Worship**, every Sunday, 10 to 11 am in the church, followed by open fellowship in the Parish House at about 11.

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

acceptance, we give each other a safe space to grow, maybe even with our very own heat lamp! Spring sweetness can still surprise us, can still stop us in our tracks, even if we've known it year after year. It wakes us up and makes us more fully human, more fully alive.

In Peace, Becky

## Canterbury Fund: Time for students to apply!

The Canterbury Fund is a charitable trust, administered by the trustees of the Canterbury United Community Church, who also act as trustees of the fund. The Canterbury Fund is primarily funded through the Canterbury Fair.

The Declaration of Trust of the Canterbury Fund, as amended, states that: "The purposes of this Charitable Trust are to aid financially, or in any other manner deemed reasonable and necessary by the Trustees, those Canterbury, New Hampshire residents who are in need of

financial assistance due to hardship; to aid the higher education of worthy students; to make grants or loans to said individuals; and to make grants or loans to organizations in Canterbury to assist in the funding of community projects which, in the opinion of the Trustees, are in the best interests of all Canterbury residents"

**The student application deadline is May 31.** No exceptions. The applicants will be required to introduce themselves at an informal meeting in June. To request an application, please contact Jessie Tichko via email: [tshot04@gmail.com](mailto:tshot04@gmail.com).



# It Takes a Village ...

## What do you want to see in the next director of the Canterbury Shaker Village?

Since early February, the Shaker Village Executive Director Search Committee, appointed by Board Chair Gingie Nye, has been meeting to update and prepare our process, timeline and materials as we begin the search to fill this vital role at the village. We're interested in your feedback as we collect ideas and insights from staff, community members, external stakeholders, and friends. This is your opportunity Canterbury.



Enter this link – <https://forms.gle/jDpgU4SMm4nx7iX97> – or point your cell phone's camera at the QR code.

~ Rachel Baker

## Granted! Village gets help fixing Meeting House

Canterbury Shaker Village has received a \$7,500 award to preserve ten windows in the Meeting House. The money was awarded by the Preserving America Grant Program.

The Meeting House is the visual and spiritual focal point of the village, the first building constructed by the Canterbury Shakers in 1792. It is among the least changed of all the structures in the village.

The village will begin restoration of the windows this spring. Completing this project will allow the village to do more work recommended for the building, including interior finishing and exterior painting.

## Elkins friends offer thanks for your support!

The Friends of Elkins Public Library (FOEPL) would like to express our gratitude for the support, kindness and generosity of all who attended the Irish Pub Night in March. The volunteer effort for this fundraising activity was outstanding and a good time was had by all.

The event was a huge success and the funds raised through the sale of raffle tickets and the donation jars will all be used to support the library's growth. This could not have been accomplished without the support of FOEPL members, library staff and the wonderful people in attendance. And, of course, the fantastic performance by Jordan Tirrell-Wysocki.

Thank you to all. We are humbled by your support.

**Spring Meeting:** There will be a full FOEPL membership meeting at 6 pm on Tuesday, April 16, in the Meeting House next to the Elkins Library. After reviewing the success from Irish Pub Night, we'll be discussing plans for future fundraisers, hearing from the library director about programming needs and voting to allocate funds to these programs. Please come if you want to find out more about what is going on at the library. All are welcome! If you are interested in joining us and are not yet a member, you can find membership forms at the library.

~ Pam Smarling



**Opening April 6th!**

### April Hours

Saturday 10:00 to 5:00

Sunday 10:00 to 4:00

- April starts off with pansies and violas, although you may want to cover them up on those nights that drop below 30 for a while more.
- Later in April brings on a larger selection of cool-soil tolerant annual and vegetable transplants, along with some of our perennials as they emerge from dormancy.

So, grab a friend and stop by for a relaxing & friendly plant shopping excursion, some unique plants and helpful advice. We look forward to seeing you soon!



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# Into the Eclipse? The Library Has Your Eyes Covered!

**Don't forget to come get your eclipse glasses at the library.** We have plenty to give out for FREE as we hope you use safety in viewing the upcoming eclipse. Come in and learn more. In the U.S., totality will begin in Texas at 1:27 pm CDT and will end in Maine at 3:35 pm EDT on Monday, April 8.



## For the young

**Story Time:** Join us Tuesday mornings at 10 for stories, songs and a craft. This program is perfect for infants through kindergarten age. Come to the library and meet your children's future classmates while fostering a love of reading. (No story time on Tuesday, April 23.)

**Tunes, Tales and Tumbles:** Join us Thursday mornings at 10 for songs, stretching, stories and more! This program is perfect for our youngest patrons, 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. (No TT&T on Thursday, April 25.)

## Special children's programs for April vacation

Join us on Tuesday, April 23, from 10 am to noon for Lego Club. An April school vacation favorite! We will have DUPLOs out for our youngest patrons.

**Extra special program!** Lindsay and Her Puppet Pals is a traveling puppeteer who uses giant, hand-crafted puppets for interactive, comedic shows for children and families. Lindsay's performances are known for being fast-paced and funny. Come enjoy her program on Thursday, April 25, at 4 pm.

**Teen Night:** Join us on Wednesday, April 10, at 6 pm in the Town Hall for Evan Christensen's presentation: Mapping Canterbury through the Centuries: A Presentation on Luther Cody. Come support our good friend!

## For the young at heart

**Have you visited the Elkins Public Library Seed Library?** Come in and get your seed for FREE! We are cultivating community! Thank you to Doneta Fischer and the Canterbury Garden Club for this amazing project.

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

**Elkins Cafe:** On Thursday, April 4, at 2 pm, Qwinkle is back by popular demand. Come and play this colorful and addicting tile game. On Thursday, April 18, at 2 pm come meet Katy Magoon-Fredette. A registered dietitian nutritionist, she will present about Gut Health and Immunity and help us break down the links between a healthy gut, hormones, immunity, energy

## What could be better than the Elkins Public Library Speaker Series? Nothing!

**Mapping Canterbury Throughout the Centuries:** A Historical Presentation of Luther Cody by Belmont High School senior Evan Christensen. Wednesday, April 10, at 6 pm in the Town Hall. Come hear Evan as he presents his work of locating the scenery captured by this famous Canterbury photographer.

**New Hampshire's One-Room Rural Schools:** The Romance and the Reality by NH Humanities presenter Stephen Taylor. Join us Thursday, April 25, at 6 pm in the Town Hall as Taylor explores the lasting legacies of the one-room school and how they echo today. This is a Canterbury Historical Society program.

**Save The Date:** The History of the Canterbury Country Store by Mark Stevens. Thursday, May 16, at 6 pm in the Town Hall.

levels and mood in an accessible way. Learn how nutrition experts find easy ways to provide immune supporting nutrition from zinc, omega-3, probiotics, and more. All ages welcome!

**Evening Book Group:** In April we will read *Tender at the Bone* by Ruth Reichl. We meet for discussion by the fireplace on Wednesday, April 17, at 6 p.m. Copies are available at the circulation desk.

**Murder, Mayhem and Misadventure:** Murder Most Puzzling, The Clairvoyants' Convention. Let's have some fun! We will all read the murder scenario, discuss "who dun it," complete the puzzle and see who was "spot on." Join us on Tuesday, April 23, at 2:30.

**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.

**Material requests:** [elkinslibrary@elkinspubliclibrary.org](mailto:elkinslibrary@elkinspubliclibrary.org), 603-783-4386 or our catalog link at [elkinspubliclibrary.org](http://elkinspubliclibrary.org)

**Rachel Baker (Director)**  
[mrsbaker@elkinspubliclibrary.org](mailto:mrsbaker@elkinspubliclibrary.org)

**Roseann Howe (Circulation Manager)**  
[circulationmanager@elkinspubliclibrary.org](mailto:circulationmanager@elkinspubliclibrary.org)

**Cheryl Ingerson (Youth Services)**  
[cingeron@elkinspubliclibrary.org](mailto:cingeron@elkinspubliclibrary.org)

# Kindness Is Everywhere at Canterbury Elementary

**Do you have a student who will be five years old by Sept. 30?** It's time to register for kindergarten! You can register in person at Canterbury Elementary School from 9 am to 2:30 pm weekdays, or you can register online. To access the online registration, please go to [www.sau80.org](http://www.sau80.org), click on Resources, and then on Kindergarten Registration/ALMA Start. Please reach out to Mrs. Nelson at [bnelson@sau80.org](mailto:bnelson@sau80.org) with any questions. We are so excited to welcome our new kindergarten friends. Fall will be here before we know it!

## American Heart Association / Kids Heart Challenge:

Mr. McWhinnie recently completed a jump rope unit with the physical education classes. A school-wide goal was set to raise \$3,000 for the American Heart Association. CES students met the goal and raised \$3,034.50! In celebration of their efforts, we held a dance party for the K-2 students and a staff vs. students scooter hockey game for the students in grades 3-5. Thank you to everyone who supported us in raising funds for this worthy cause!

**CES delegates led the Great Kindness Challenge:** CES participated in the 13th Annual Great Kindness Challenge, a national initiative that connects to our school-wide theme, Lead with Kindness. Some of the activities included smiling at 25

people, assisting teachers with tasks, reading to younger students, whispering thanks to the bus driver and fostering inclusivity at lunch. A HUGE shout out to Willow Lachapelle for completing 80 acts of kindness! A "Kindness Essay Contest" was also held and after receiving 45 student essays, winners from the following groups were chosen by a panel of three teachers and two student delegates. Congratulations to our outstanding writers!

K-1 Afton Meeh  
2-3 Timothy Slayton  
4-5 Amelia Krautmann



Together, we can lift each other up, cheer each other on, and show the world that kindness matters!

**Thank you, volunteers:** We are so grateful for our amazing volunteers! Community and family members regularly assist us by serving as room parents, coordinating class events and parties, chaperoning field trips, providing classroom support, serving on the PTO and reading to classes during I Love to Read month. We are truly fortunate to have such amazing volunteers and we appreciate all that they do to make CES such a special school. If you are interested in volunteering at CES, please contact our volunteer coordinator, Kathryn Scanlon, at [kscanlon@sau80.org](mailto:kscanlon@sau80.org).  
~ Erin Chubb, Principal



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## We're going botanical for spring!

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# All Around Our Happening Town!



## New fair leaders wanted!

Come one, come all — there are only four Canterbury Fair meetings left! April 9, May 14, June 11, July 9 ... there is a thread. All are the second Tuesday of each month, so mark your calendars ahead and please join us! We meet at 6:30 pm in the Thunberg Room of the Parish House in the center.

**New leadership wanted!** We are currently looking for:

- Some shadows for Jim and Kim Wieck, who supervise the Chicken BBQ Dinner out of the Parish House.
- Someone(s) to shadow Stephanie Jackson, who supervises our wonderful Book Sale in the Town Hall.
- Someone(s) to supervise Fair Parking up Morrill Road. Jeff Beltramo has offered to help set up and show you the ropes.

If you are new or old to town, helping out with Fair Day is a good way to meet everyone on the same day all at once, make some good connections for kiddos and find out what else to do in town if you are of the adult variety. We are looking for younger members of the community to carry on the fair traditions.

If you are shy or meetings are hard to get to, please call Lisa Carlson (603-783-0335). Happy to answer questions or take suggestions!

## Deepwood Forest celebration set for May

The Conservation Commission is planning an event for Saturday, May 4, to celebrate the conservation of Deepwood Forest. Details are in the works and will be shared via the May newsletter, the town email and in postings around town.

We'll thank Ken and Ilene Stearn for conserving this property and making it available for all of us to enjoy and have a chance to walk the trails.

*~ Kelly Short, for the Conservation Commission*

## Cemetery Association to hold first annual meeting

The first annual meeting of the Canterbury Cemetery Association will be held on Saturday, April 20, at 10 am in the chapel room of the Parish House in the town center. Agenda items will include year-end reports and voting on our George Shannon memorial donation.

Everyone is welcome to attend and everyone is eligible to join. Annual dues (\$2 per person) should be paid at that time. Dues may also be brought in an envelope to the library.

We look forward to seeing you and welcome your input.

*~ Diane Modugno and Deb Allen*

## Spring Market

May 3rd 12pm - 7pm

May 4th 10am - 5pm



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21-010-03-459717.V1.01.2021

# Could Even More Be Happening Here? Yes!

## Broadband access for all: It's coming!

**Thank you to all who attended the two sessions of Town Meeting this year.** There were 507 ballots cast on March 12 and the town clerk received 36 absentee ballots. All the warrant articles passed at the Second Session on Friday, which was well attended. The results of both sessions are available on the town website.

**A heartfelt "Thank You" to Cheryl Gordon** for all her years of dedicated service to Canterbury as Town Clerk/Tax Collector from 1980-2011 and for the last 12 years as a member of the Board of Selectmen.

**As mentioned at the Town Meeting, Comcast has been working on infrastructure to increase services to Canterbury.** They were awarded a BMGI grant and are predicting that all addresses in Canterbury will have broadband access in the next six months. I want to thank Bryan Christiansen, who is the director of government and regulatory affairs for the Greater Boston area, for all his assistance on this over the last few years.

**With the retirement of Police Chief Mike Labrecque,** the Board of Selectmen have posted the position and will be conducting interviews to fill the vacancy.

**We have experienced malfunctions with the solar generation arrays** at both the Town Office/Library and Municipal Buildings this past year. Issues with the electrical connections have caused reduced generation and in the case of the Municipal Building an electrical short that caused a small fire in a junction box. Repairs have been done at the Town Office/Library and are underway at the Municipal Building. Thank you to Jim Snyder for assisting with the repairs.

**The final electrical work was completed at the Transfer Station.** A new 400 amp meter socket was installed and the new upgraded service entrance connected.

**Our Highway Department** has been working hard to keep our dirt roads passable for all traffic during the mud season. Please let them know if there is a road that needs attention.

The April Board of Selectmen's meetings will be on April 1 and April 15.

~ Ken Folsom, Town Administrator

## Thanks to all the candidates from the Planning Board — and more Master Plan hearings too!

The Planning Board would like to thank everyone who ran for a seat on the board. It was unprecedented to have so many talented and motivated folks come forward. The chair is reaching out to all candidates to attend meetings to see if they would like to be considered as alternates on the board.

**Congratulations to Megan Portnoy for her win.**

**Master Plan draft chapters:** The board would like to let residents know that there are two public hearings scheduled for the four draft Master Plan chapters that are so far completed by the Central New Hampshire Regional Planning Commission staff.

**The first will be on Tuesday, April 9, at 6.30 pm in the Town Hall.** That will be to discuss the draft Natural Features and Transportation chapters. Then on Tuesday, May 14, also at 6.30 pm, in the Town Hall, there will be discussion about the Land Use and Housing draft chapters.

We hope to be able to offer refreshments, pizza and apple cider at these meetings and that the earlier time will make it possible for parents to attend. The draft chapters are available to read on the Planning Board page of the town website, where there is a link from the planning commission. Look for them in the blue boxes on the lefthand side.

As the remaining chapters are completed, the board will arrange for further public hearings.

Thank you again to everyone for showing interest in the Planning Board's work and mission.

~ Lois Scribner, for the Planning Board

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



# Could Even MORE Be Happening Here? Yes Yes!

## Window Dressers: Learn more ~ and pitch in!

Drafty windows? Want to save \$\$ on heating? Learn how at the Merrimack Window Dressers information session on Thursday, April 4, at 6:30 pm at the Town Hall.

Learn about the Community Build (think barn-raising or quilting bee) in November where neighbors will gather to build custom-built insulating window inserts that will lower heating bills, improve comfort, and provide a clear view out the window. These low-cost, high-quality inserts are possible because volunteers (and recipients) will build them during a six-day period in Canterbury with the help of the supplies and training of the nonprofit WindowDressers.org. WindowDressers has been helping communities save energy and money for over 15 years in Maine and Vermont. Financial help available. Sponsored by the Canterbury Energy Committee.

Want to help? Our goal is to build community while building window inserts. Knowing that Canterbury is famous for our volunteer spirit, we feel confident we'll get lots of support from residents who can help by: measuring the windows of participants; working at one or more shifts at the Community Build (you'll be trained to do one task on the assembly line); providing food for the lunches that are served between the morning and afternoon shifts where volunteers share a meal together.

Come April 4 and find out more! Or contact Claudia Leidinger or Ruth Heath at MerrimackValleyWD@gmail.com.

Hope to see you there!

## Loudon Food Pantry continues to serve

In January, the Loudon Food Pantry gave out enough food to 276 individuals for them to prepare 5,238 meals. Of these people, 117 were age 60 and older (42%), 69 were age 18 or under (25%), and 90 were between those ages (33%).



In February, the pantry gave out enough food to 296 individuals for them to prepare 6,543 meals. Of these people, 134 were age 60 and older (45%), 66 were age 18 or under (22%), and 96 were between those ages (32%).

**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 can find our hours and donation information on Page 11.*

~ Sue Houck

## Breaking news from the newsletter!

**Check out our new website:** Thanks to the generosity and skills of Kal McKay, who built it, the newsletter now has a website. We're at [canterburynewsletter.org](http://canterburynewsletter.org).

You'll find the current month's articles on there, as well as an archive of past issues, starting in January. That will build over time. You'll also find a Business page, featuring our current advertisers, and a Directory containing the contact info for town boards and departments and other key resources in town. You'll also find a contact form — we'd love to hear what you think!

**Change in summer schedule:** Typically we publish a combined issue for July-August. We're shifting that back a month this summer. We'll have a July issue, followed by an August-September edition. More on that later!

~ Mark, Brenda and Sam, your newsletter team  
[newslettercanterbury@gmail.com](mailto:newslettercanterbury@gmail.com)

A FRESH  
CLEAN HOME  
TO START THE  
NEW YEAR  
OFF RIGHT!



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It's all in the details  
**603.574.4878**

# Wait! Really? There's even MORE?!?

## Cloverbuds take flight in March!

We had so much fun learning about our feathered friends during Cloverbuds in March! To begin our meeting we listened to a few books about birds, feathers, eggs and nests. We talked about the ways in which birds are unique in the animal kingdom. The kids then painted beautiful birdhouses. Each was special and original. Participants also crafted bird feeders out of upcycled plastic water bottles and wood spoons. This project was a great way for Cloverbud members to reduce waste as well as to feed the birds until spring arrives. The Cloverbuds were definitely in fine feather at our March meeting.

Here is what we will be up to in April!

On Monday, April 8, at 5 pm (we will meet on the 2nd Monday in April due to Easter), we will focus on the 4H Learning Theme of Plants and Animals. We will be learning all about seeds. Members will create mosaic art using different kinds of seeds. We will plant seeds so we can observe them as they grow. Additionally, members will taste all the parts of plants: roots, stems, leaves, and flowers. Come and join the fun!

Cloverbuds is a 4H club for children ages 5-7. New members are always welcome. Unless otherwise noted, Cloverbuds meetings are held on the first Monday of each month at 5 pm at the Canterbury Parish House, 6 Hackleboro Road. If you have questions or would like more club information, please contact Kate Mason and Emily Perlet at [canterburycloverbuds@gmail.com](mailto:canterburycloverbuds@gmail.com).

Find more information about 4H and the Cloverbuds Club, and links to sign up your child at: <https://extension.unh.edu/new-hampshire-4-h/what-is-4-h>

~ Emily Perlet



## Building a better future

I am spending a month in Zimbabwe where of course all the challenges of poverty and hunger remain. But on a happy note one of our recent graduates from the University of Zimbabwe has gotten a job as a teacher. And here's a photo of one of our trade school students who is learning building. One student at a time does make a difference.

~ Sue Heppenstall, president, A Light for Zimbabwe



## Canterbury Farmers Market: It never rests

Opening Day of the Canterbury Farmers Market is still a ways off, but we are hard at work organizing out 18th season! Here are a few pertinent bits of info...

**Want to be a vendor?** Go to our website, [CanterburyFarmersMarket.com](http://CanterburyFarmersMarket.com), and click on the "Apply To Be A Vendor" button to find everything you need to know! Please note: We strive to keep a balanced market, so all applications are reviewed by the board. We respond to all applications as soon as we can!

**Want to be a member?** Market memberships represent 50% of our basic operating budget each year. Each \$25 membership not only helps to make the market possible, it helps to make it great! Membership forms available on the website, or at the Elkins Library by the market display across from the circ desk.

**Want to weigh in?** Hop over to the market website to fill in the 2024 Survey. Your input is greatly appreciated!

**Opening day?** Wednesday, June 5, 4 to 6:30 pm in our traditional spot in the field and parking area next to the Elkins Library. Hope to see you there!

**Where's the website again?** [CanterburyFarmersMarket.com](http://CanterburyFarmersMarket.com)

~ Beth Blair

## 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. 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

## Elkins Public Library

**Hours:** Mondays and Tuesdays, 9-5, Wednesdays and Thursdays, 9 to 7, Saturdays 9 to 12.  
603-783-4386. Online at elkinspubliclibrary.org.

## 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

## 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  
kfolson@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

## Remember: We are all one

"My mind gathers tranquility from the thoughts of the birds, the squirrels, the mice, the millions of insects, and the other animals that live here."

~ Bernd Heinrich, A Year in the Maine Woods

Indigenous people had totem animals. Perhaps some of them still do. I assume they chose animals they identified with. Beavers might be my totem animal. I don't know as I identify with them though most of my life has involved working with wood in some form. But I do relate to them. It does strengthen my connection with nature.

I do think most of us could use some strengthening of our connection with nature. To me nature and spirit are synonymous. And humans are spiritual beings. This is very well expressed in the conclusions of The Dawn of a Mindful Universe, by Marcelo Gleiser.

Many of us who live in New Hampshire have, to varying degrees, the good fortune to be surrounded by nature. As Gleiser says, "Whenever possible, individuals should engage more with nature." Why? Because after all we really are just another part of nature, and it would help us to live more harmoniously with nature if we could see ourselves this way. To feel fully a part of nature, no more, no less, will improve our way of relating to our world.

My father carried me up Monadnock in a little blue backpacking chair he'd made. I couldn't have had any idea where I was, but perhaps I was imprinted. He spent his time with us on mountains, in forests, by seashores. He was a naturalist by avocation and a walking nature guide.

My family moved to Canterbury when I was thirteen. There was nothing else to do but spend time in the woods avoiding farm chores. I've been seeking mountain tops, making trails and taking kids and adults into the woods ever since. Of course most of my life I've been preoccupied with getting paid for working with wood. But since I've "retired" I've been more focused on involving my mind with my natural surroundings. Some study of indigenous people's thought has greatly helped with this process, reducing my anxiety a whole lot and making it easier to live in these times. It's taken some work – retraining of mental habits, but well worth it.

Hike regularly and observe assiduously. Indigenous people knew how to live here.

Recommended reading: *Naturally Curious*, Mary Holland, *The Nature of New England*, Dan Sperduto and Ben Kimball, and, of course, *Braiding Sweetgrass*, by Robin Wall Kimmerer.

~ Dave Emerson



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03224

## Blue bags and roadside pickup: Join in Canterbury's spring tradition

It's hard to believe that this is the eighteenth year of the Townwide Roadside Cleanup with the blue bag option. Recent postings on the Canterbury Facebook page makes me realize it's time for a refresher on how this whole program works, with a little history thrown in.

**Canterbury had an organized spring roadside cleanup for many years before the blue bags became important.** Why did they become important? Because in October 2006, Canterbury became the first town in the capital region to switch to a pay-as-you-throw (PAYT) bag program.

Regardless of the reason, Canterbury wanted to make sure that there was no financial penalty (as in having to use your own bags to throw away roadside litter) for participating in the townwide cleanup day. Hence, the blue bags, first courtesy of NH the Beautiful (an industry group that loves sponsoring things like this so New Hampshire doesn't enact a bottle bill), and now courtesy of the Northeast Resource Recovery Association (NRRRA), which would probably be just as happy if we had a bottle bill. That's why the blue bags are available, year-round at the Transfer Station, to anyone willing to pick up roadside litter.

**It's something of an honor system,** although other Facebook posts make me realize that some of us are more honorable than others. That's why the Transfer Station staff is asking for proof that roadside litter that requires a disposal fee is accompanied by a picture of the roadside with the litter.

**Townwide Roadside Cleanup Day (Saturday, April 13) itself is very simple.** Let me know what section of Canterbury's byways you want to remove the litter from, pick up some blue bags, either from me or the Transfer Station, pick up the litter, maybe on the organizing day, maybe on a nice weather day, maybe on a day when you're just sick and tired of looking at Bud Lite cans, and then bring the litter to the Transfer Station.

**There are two ways to make it even better.** First, you could separate out your recyclables, just the way I know everyone in Canterbury does with their home trash. (Recycling is mandatory in Canterbury, you know.) But don't let the recycling requirement stop you from participating. As I remind everyone every year, it's sure as heck not being recycled sitting on the side of the road. Still, a nice way to keep the amount of trash going to the incinerator down, and with it, our property taxes.

The second way to make it better is to let me know what

### Many treasures await you every Saturday!

**The Treasure House at the dump is open Saturdays from 10 to 2.** But with just a few more volunteers we could expand hours! Visit this week, because many donations are adopted right away.

**Spring specials:** Bike rack, kites, kids bike helmets

**Summer:** mason jars with handles for ice tea, juicer for berries/veggies.

**Coffee corner:** mugs galore, replacement carafes, single cup drip with filters.

**Dishes:** white/gold tea set, white/pink border plates, bowls, dessert, punch bowl?

**Think:** housewarming gifts, wine coolers in unique glasses, switch out for new toys.

**Try it out, the TH has generous return policy!** Contact Stephen Rasche (steveandpatrice@yahoo.com) to volunteer.

~ Madeleine Lowe (mlowe@lowetemp.com)

sections of the road you want to do on Townwide Roadside Recycling day. That has two benefits. First, I can let you know whether you can expect to find any trash out there, because someone else may have already signed up for it. When people let me know, I reach out to them in subsequent years to see if they're still interested. And two, I can add your name to the list that I give to the Transfer Station staff of people who have signed up to participate, and you don't have to be taking pictures of things like computer monitors, tires, toilets and construction waste that show up along our roads.

**There are lots of people signed up, but they don't cover every road.** Intervale Road and stretches of Baptist Road could really use some help. Contact me with your favorite stretch of road, and I'll let you know if it's someplace you can count on finding a boatload (or a blue bag load) of trash.

Thanks for helping keep this a Canterbury tradition.

~ Patrice Rasche, 603-783-9360, mattieandriley@yahoo.com