

# Pastoral Perspective

I still recall a picture on a church bulletin cover I saw sometime during the 1970's (wow – 40 years ago!). It was a picture of a woman hanging out laundry on a clothesline with the accompanying Bible verse, Galatians 6:9, "And let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart." Daily chores, either at work or home, can become drudgery unless you keep your focus on each task's significance.

I think this Great Recession is having a similar depressing effect on many people – as though we don't have enough else to be depressed about. St. Paul's words of encouragement are ones we should keep in mind. In fact, there is much evidence that one of the key ways to combat depression for an individual is to be of service to someone else or some social need in the community. When you're caught in that descending spiral of despair and hopelessness, helping someone else deal with a problem can give you a sense of purpose or accomplishment or, at least, change your perspective.

In January I reviewed the time-line of the struggles of African-Americans to gain their long-denied civil rights. Over the first thirteen years from 1955-68 there were many discouragements and set-backs, obstinate resistance, antagonism, and inaction from governments. The key to success lay in the efforts of many great black leaders, many of them ministers, who encouraged the demonstrators and workers with the message in Galatians: "let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart." That struggle also revealed the power that came from people looking to God for the spiritual resources to persevere.

In this New Year, in spite of the headlines, the rumors, political rancor, and dismal economic news; in spite of personal set-backs, illness or weariness, take on a Galatians 6:9 attitude. The future is ultimately in the hands of a loving Creator.

In faith,  
Pastor Mel Burrowes



## February Holidays

February 1<sup>st</sup> – National Freedom Day  
February 2<sup>nd</sup> – Groundhog Day  
February 8<sup>th</sup> – Boy Scout Day  
February 14<sup>th</sup> – Valentine's Day  
February 20<sup>th</sup> – Presidents Day  
February 22<sup>nd</sup> – Ash Wednesday  
February 29<sup>th</sup> – Leap Day

Published for the Community by the  
Canterbury United Community Church

February 2012

**CHURCH OFFICE 783-9365**  
Tues., Wed., Thurs. mornings.  
Please call first.  
CanterburyChurch@myfairpoint.net

**LOUDON FOOD PANTRY 724-9731**  
For aid:30 Chichester Rd Unit D Loudon  
Mon.,Tues., & Thurs. 10-5 Wed 10-6

**RESERVE PARISH HOUSE**  
Judy Patterson, 783-4419

**LIBRARY 783-4386**  
Mon. 2-8 pm, Tues. 9-6 pm  
Wed. & Thurs. 9 am - 8 pm  
Saturday 9 am - Noon

**TOWN CLERK/TAX COLLECTOR**  
783-0153  
Mon. 9am-3pm, Tues. 12am-7pm  
Thurs. 3pm - 7pm  
FAX: 783-0501  
canterburytaxcollect@myfairpoint.net

**SELECTMEN'S OFFICE AND  
ASSESSOR'S OFFICE 783-9955**  
Mon., Wed, & Fri., 9 am - 1 pm  
canterburyselectmen@myfairpoint.net  
canterburyassessing@myfairpoint.net

**BUILDING INSPECTOR**  
Jim Snyder, 783-9033  
[Saltcreek@aol.com](mailto:Saltcreek@aol.com)

**DA DUMP 783-9980**  
Wed. 4 - 7pm, Sat. 8 am - 6 pm  
canterburySWTS@myfairpoint.net

**POST OFFICE 783-4158**  
Mon. - Fri., 8:15 am - 5 pm  
(closed Noon - 1 pm);  
Sat. 8:30 am - NOON

**CANTERBURY STORE 783-9933**  
Mon.-Sat 6:30 am - 6:30 pm  
Sun., 8 am - 6 pm

**COBBLE POND FARMS**  
783-9727 Every day 5:30 am - 9:30 pm

**106 BEANSTALK 783-4305**  
Mon.-Sat. 5:30 am - 9:00 pm  
Sundays 5:30 am - 7:00 pm

**CANTERBURY POLICE OFFICE**  
(non emergency): 783-0433  
Tues.-Fri. 9:30 am - 2:30 pm  
Concord Police Dispatch  
(non emergency): 228-1010  
Get call back from on-duty officer  
**EMERGENCIES — 911**

**HIGHWAY DEPT., 783-4123**  
Road Agent, Phil Stone

**FIRE PERMITS:** See Town website  
canterbury-nh.org

#### Monthly Committee Meetings

Locations:

MH = Meeting House  
MC = Municipal Complex  
EL = Elkins Library

#### Selectmen

1st & 3rd Monday,  
6:30 pm, MH

#### Planning Board

2nd Tues., 7 pm, MH  
4th Tuesday as needed

#### Conservation Commission

2nd Mon., 7 pm, MH

#### Fire & Rescue

Business Meeting:

1st Monday, 6:30pm, MC

Officers Meeting:

Last Thurs., 7pm, MC

Trainings:

All other Mondays, 7pm, MC

#### Recycling Committee

1st Tues., 6:30pm, MH

#### Library Trustees

2nd Mon., 7pm, EL

#### Renewable Energy Committee

Third Tuesday, 7pm, MH

#### About the Newsletter

Deadline: 15th of the month prior  
to the month you want the article  
to appear.

Newsletter Editor: LeAnne Fifield  
934-2075, 571 Prospect St.,  
Franklin  
newslettercanterbury@gmail.com

Co-Editors: Carol Flavin-Veenstra  
& Alice Veenstra, 121 Morril Road,  
Canterbury  
Newslettercanterbury@gmail.  
com

#### People News:

Lisa Carlson 783-0335  
pmpyfarm@myfairpoint.net

CES News: Carol Prospere  
783-4555,  
carol.prospere@gmail.com

Town Crier: Ginny Wright,  
731-2448, wrightg@myfairpoint.net  
Note: The Town Crier needs news  
by NOON on Wed. to appear in  
the following Sun. Concord  
Monitor

## CLASSIFIEDS

**Part time HELP WANTED by Two Sisters' Garlic.** Starting? Well, it depends on the weather. I need a few days here and there starting March 1 with garlic/garden work and sheep chores. 20 hours/week beginning June 1 and running through the summer and into fall. Most hours can be flexible. Please call Naomi at 783-4287.

**Anderson Financial Services -** Conveniently located in Canterbury Center. We specialize in helping people eliminate wealth transfer. Now offering 3% annuity for years; tax deferred, guaranteed, with a monthly income option available. For an appointment call Bill Anderson today at 279-6524.

**20% OFF SHADES AND BLINDS,** installation included. MAQ Design provides quality custom curtains, valances, slipcovers, upholstery, pickup and delivery, fine fabrics and upholstery supplies. By appointment only, call 783-9640 or email [maryann@maqdesign.net](mailto:maryann@maqdesign.net). [www.maqdesign.net](http://www.maqdesign.net)

**SEWING AND ALTERATIONS,** custom dressmaking by appointment only. Mary-Ann Quinn 783-9640.

**OLD WAYS TRADITIONS** at DAVE and ANNE EMERSON'S. Wood Days 1<sup>st</sup> weekend in June, Old Ways Days 3<sup>rd</sup> weekend in October; hands on demos, tools for kids, Bluegrass Bands, antique machinery, Antiques, Shaker and contemporary accessories. Hiking Trails. 418 Shaker Road. 603-783-4403 [efurnitr@comcast.net](mailto:efurnitr@comcast.net);

**CANTERBURY PLUMBING & HEATING** For all your plumbing & heating needs from leaks to replacement. Cost effective, high quality workmanship since 1988 Licensed Master Plumber & Gas Fitter. Chip Hacking 783-4683 Home 731-9051 Cell.

**MAGOON TREE —** Residential tree service. Tree climbing, firewood, 70' bucket truck, 12" chipping, skid steer service, stump grinding. Fully insured. Brian Magoon 496-6835.

## HOW TO PLACE AN AD

**DEADLINE 15TH OF EACH MONTH. \$7 FOR 30 WORDS OR LESS OR \$14 FOR UP TO 60 WORDS. PLEASE SEND AD ALONG WITH YOUR CHECK TO CUCC P.O. BOX 216, CANTERBURY, NH 03224. MUST BE RECEIVED BY THE 15TH AND WE WILL TAKE IT FROM THERE!**

# Canterbury United Community Church News

## Ladies Benevolent Society

The next meeting of the Ladies Benevolent Society will be held on Wednesday, February 8, at 1:00 pm in the Parish House. Join us for an Old Fashioned Sing Along with "Songs of Love and Romance." Leading the songs will be Rev. Mel Burrowes and his wife Linda to celebrate Valentines Day. Hostesses will be Joan Leggett and Linda Burrowes. All are welcome to attend.

Friday, February 10 9:00-noon Clean & Organize the Parish House kitchen - by the LBS. Other helpers welcome.



## Annual Heritage Worship

Sunday, February 5 10:00 am Annual Heritage Worship service "The Endowment Legacy".

## Annual Meeting

Sunday, February 12 11:30 am CUCC Annual Meeting (snow date: 2/19)

## New Hampshire Tres Dias

Saturday, February 18 CUCC hosts NH Tres Dias monthly "Sequela" gathering in the Parish House, 6:15 - 9:00 pm.

## Ash Wednesday Worship

Wednesday, February 22 7:00 pm Ash Wednesday worship with communion and imposition of ashes - sanctuary.

## Superbowl fund raiser

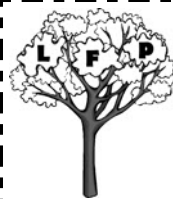
The Church Outreach Committee encourages Canterbury folks who plan to gather for SuperBowl parties on Feb. 5 to support the Concord Friendly Kitchen "Superbowl" Fund Raiser. Put out a bowl at your party for donations and then forward them either to the Friendly Kitchen, PO Box 373, Concord, NH 03302 or to the CUCC office and we'll get them to the Friendly Kitchen. Make checks out to "the Friendly Kitchen" and memo it "Superbowl Activity" What if everyone gave an amount equal to what they spend on either beer or chips (or both)?!



## Bluegrass Jam

Tuesday, February 21 7:00 - 9:00 pm monthly Bluegrass Jam in the Thunberg room. Listeners and new players welcome. Suggested donation \$2 plus a food pantry item.

# Opportunities To Make A Difference



## Loudon Food Pantry

### 50 / 50 Raffle Results

The lucky winner of our 50 / 50 Raffle is Bill F. He won \$110.75!

### Gift of Lights

The New Hampshire Food Bank was kind enough to allow the food from the Gift of Lights to be given to Loudon Food Pantry. The last day for this event was on January 1<sup>st</sup> and our grand total was 22,373.98 pounds of food. This food will keep our shelves stocked for some time. Thanks again to Gift of Lights and New Hampshire Food Bank!

### Financial Donations Badly Needed

We are still in need of financial donations to buy food that was not donated (like cereal, juices, etc.), pay for supplies, equipment, and operating expenses. Please donate what you can afford today so that we can continue helping those in need.

Drop off or mail your donations to Loudon Food Pantry, 30 Chichester Rd., Unit D., Loudon, NH 03307. You can also go to [LoudonFoodPantry.org](http://LoudonFoodPantry.org) and donate as well. As always, if you have any questions, call us at 724-9731.

### Need Help?

Are you having a hard time feeding your household? If you live in Belmont, Canterbury, Chichester, Epsom or Loudon and meet the requirements, we can help you. Call us at 724-9731 and make an appointment. All food is given out by appointment only. Call today and get your household fed!

Thank you volunteers and donors  
for all your help!

# AROUND TOWN

## DA DUMP NEWS

### Mixed Paper Recycling News

Paper prices have plummeted, which reduces the Town's income from paper sales. Therefore, we want to minimize our shipping costs by sending full loads to our distributor. You can help us with this effort by breaking down your boxes and packaging completely as possible. We can only do so much once material is thrown in the container at the Dump. Your efforts would be most appreciated. The added bonus for you is that when boxes are broken down flat they take up less space in your home or garage, which could mean fewer trips for you. Paper comprises an average 70% of our waste, with the only prohibited paper being foiled, shiny, or waxed, which throw a wrench in the recycling process. We welcome every other kind of paper, paperboard, cardboard, mailers, etc. It all helps offset the cost of shipping Canterbury's paper bin!

### New Plastics Recycling is Catching On!

In 2011 over 3,000 lbs of rigid plastic # 2, 4, & 6 were collected in Canterbury and shipped for recycling! Unfortunately this does not include #5's containers, which is what the majority of yogurt containers and other tubs are made of. However, these markets are getting a foothold and uses for this recycled material are increasing so, hopefully, other types are not far behind. The development of these diversified plastic markets are very good. When success can be achieved in multi-stream programs like ours, it reduces the incentives for the unfortunate practice in some centers of urging consumers to "recycle" this material for years but simply throwing it away once collected. A nationwide recycling publication recently solicited information from us and will be compiling what they gather on the developing plastics recycling markets and more vendors as a resource for this developing avenue in 2012. It only means progress in terms of nationwide recycling rates!

### Please Observe the Treasure House Policies

We don't have the space available to store large items out of the weather, so the Treasure House has no choice but to decline acceptance of these items in the Winter. Instead, please take a picture of your item, put it on the FREE board with your number or wait until better weather comes around to try and find a home for your large items. Warped particle-board furniture or items in generally very poor condition generally do not find new homes and do cost money to dispose of, so we require a fee and they should be placed in the construction/demolition debris bin. There is a fee for disposal of electronic items. If they are in working condition then you can pay the disposal fee and we will sticker them as "paid" so another owner can possibly get a few more years out of them. ALL computer items and accessories are still FREE to dispose of at your local Goodwill store in Concord and you can even get a tax-deductible donation receipt if you take advantage of their program! Please do so as it saves you and the Town money in the long run!

Thank you for a GREAT job recycling in 2011! A whopping 54% of the materials that you brought in to the Dump were recyclable! Let's strive for 60% in 2012!

~Adrienne Hutchinson  
Transfer Station Manager

## ENERGY COMMISSION

The Renewable Energy Committee invites anyone interested to come to our monthly meeting, in the Meeting House on February 21st at 7.00 pm: to hear Bob Drew give us a presentation on the Town of Canterbury Photovoltaic system. There will be opportunities to ask questions on this system, and the on the practicability of your own future PV/Solar system. Everyone very welcome.

~Stephen B-P pp Steven Lundahl

## 4-H



The Canterbury 4-H Rascals had their January meeting on 1-2-12. We talked about all of our county events coming up. We would also like to give a huge thank you to Ted West, Emily Brunkhurst, and Page Poole for helping those who did woodworking. They spent an entire Saturday helping 24 kids make the base of a lamp. Our next meeting is on February 6th at 6:15 pm.

~Abigail Camire, Reporter

## ~People News~

Delia Rose Day, a sophomore at Endicott College, achieved a 4.0 GPA in the Fall Semester and was named to the Dean's List for the third time. She is a member of the Endicott Singers and the pep band. Delia is pursuing a four-year degree in Hospitality Management with a concentration in Events Management and is planning to study abroad at the International College of Management in Sydney, Australia, in 2013.

Kathleen Dole was named to the Dean's List for the fall semester at Paul Smith's College in Paul Smiths, NY.

## More Morris Merriment!

Monthly practices for adult & young adult teams are ongoing. If you are interested in joining us for the 2012 season, PLEASE join now! We dance, we sing, we learn, and we share. Questions? Call Polly Camire at 783-8374 or email her at [jpacamire@hotmail.com](mailto:jpacamire@hotmail.com). The following is our practice schedule for the remainder of winter and into spring - 6:15 at the Parish House: February 23rd, March 22nd, & April 19th.

~Polly Camire



# AROUND TOWN CONTINUED

*In Sorrow*

## DONATIONS NEEDED



The Canterbury Elementary School cross country ski program is looking for donations of used children's cross country ski equipment. There are over 50 kids signed up which is awesome, but we are in need of more skis. Of course we need snow too! Please let me know if you've got any used children's skis or boots kicking around. We'll help you remove the clutter and you'll help us get all the kids skiing. Thanks so much!! Molly Sperduto [sperduto@myfairpoint.net](mailto:sperduto@myfairpoint.net) 783-8941

## Canterbury Fire Department News

Looking for a red hot gift for Valentine's Day? How about a cord of cut and split firewood? Yes, we are having another raffle for another cord of wood with the drawing to be done on February 14<sup>th</sup>, just in time for Valentine's Day. It may not be chocolate but it will keep you warm. Contact any firefighter or drop by the station to get tickets.

Speaking of fires, there seems to be some debate about what it means to have the ground fully covered with snow. True, you can burn anytime without a permit when there is snow on the ground but fully covered means good cover, not just a dusting. This winter has been weird and it is probably a good idea to call a warden before you start a fire. Remember, your fire must be at least 50 feet from a building and you never, ever, can burn wood with glues, paints, or plastics on it. This includes plywood, laminates, treated wood, and composites such as flake board. There are substantial fines for burning this type of wood. Take it to the transfer station. At least the material can go to a recycler.

Most of our calls are medical emergencies. It would be helpful to us if you prepared a list of medicines that you are taking, including over-the-counter and vitamins. Have this where it is easy to find. Some people use a clean jar and put it in the refrigerator. It is also good if you have a clear path to a door that is wide enough for our stretcher. If there is anyone in your household that would have difficulty getting out in an emergency, please call the fire station at 783-4798.

Having a birthday recently reminded me how much heat even small candles can generate. Please make sure any candles you use are not close to curtains and they are out before you leave the house or go to bed.

~Don Maurer, Captain

Louis J. Waltos, Jr. died suddenly at the Franklin Regional Hospital after being stricken ill at his home. He had been a longtime resident of Franklin. Louie had been employed for over 30 years at the Arwood Corp-Wyman Gordon in Northfield, retiring as a straightener. He was a golfer and was very active in his Franklin community. His family includes his wife of 27 years, Nancy R. (Aiken); sons, Brian and wife Patricia of Northfield and Kevin of Franklin; daughter, Sheri Gonthier of Manchester; grandchildren; his sister, Anna Dragon and husband Paul of Canterbury and two nephews.

Henry Thomas (Tom) Audet Sr., 64 died suddenly December 24, 2011. He leaves behind his sister Elizabeth K. Audet of Concord, his brother Ronald S. Audet of Penacook, his brother-in-law and sister-in-law Wiley and Nona Bachman of Concord, his loving wife of 45 years Jeanne, his four children; Henry Tom Audet Jr and fiancé Brenda Drouin of Concord, Tammie Muzzey and husband Shawn of Loudon, Kelli-Ann Martin and husband Frank of Concord, Kevin Audet and fiancé Megan Astles of Concord, his nine grandchildren and many nieces and nephews. Tom worked for many years at St. Paul's School as the Sexton of Chapels. He was an active member of his community and loved to play golf.

James P. Costa, 86 of Concord died January 7, 2012. Jim was born in Canterbury and attended schools in Canterbury and Penacook. He worked for Concord Electric for 36 years, starting as a meter reader then studying and becoming a master electrician retiring as line supervisor in 1983. He was an Army veteran active in the American Legion, The Elks and The Veterans of Foreign Wars, serving as past commander. He was married to Mary Young and they had two children, Carla and Marcus. Jim later married Barbara (Holt-Bourgeois) and they lived in Concord for 28 years. Survivors include his daughter Carla Daniels of Tucson, AR, his son, Marcus of Concord; grandchildren, a great-granddaughter and great-grandson; step-daughters, Wanda Bourgeois of Franklin, Mary (Bourgeois-Wheeler) Cayer and husband Thomas of Sanbornton; Paula (Bourgeois-Wheeler) Petrakos and husband Peter of Hudson; his sister Ceil (Costa-Hough) Frost of Rockport, TX; a brother Mike and wife Laura Costa of Melbourne, FL; nieces and nephews.

Michael A. Pessolano, 63 passed away Thursday, January, 19 2012 in his home surrounded by his family. Michael fought a long and courageous battle against lymphoma. He worked 38 years for the USPS, starting as a clerk and retiring as the Postmaster of Ashland, MA. He was twice Past Master of the St. Bernard's Masonic Lodge, in Southboro, MA. He was active in his community as a volunteer at the elementary school and a beloved coach and official for Little League. He is survived by his high school sweetheart and wife of 16 years, Janet, 10 children, Jennifer Tringali (Chris Collins), Melissa Ransom (Sam Ransom), Dawn LaPointe, Amy Somes (Jeremy Somes), Sarah Tringali (JD Way), Danielle Pessolano, Melissa Pessolano, Michelle Pessolano (Rich Haley), Michaela Pessolano (Jordan Lacoste), and Jason Pessolano. He leaves seven grandchildren.

# Library News

The next Trustee Meeting is Monday, February 13th at 7:00 pm.

The library will be closed on Monday, February 20th in honor of Presidents' Day.

Join us for winter stories and a craft at Story Hour on Wednesday, February 8 at 10:00 am.

The Book Discussion Group is reading *Major Pettigrew's Last Stand* by Helen Simonson. Forced to confront the realities of life in the twenty-first century when he falls in love with Pakistani widow Mrs. Ali, Major Pettigrew finds the relationship challenged by local prejudices that view Mrs. Ali, a Cambridge native, as a perpetual foreigner. Copies are available for anyone wishing to join us on Tuesday, February 21 at 7:00 pm.

**TEEN TIME READ:** Students grades 5 through 8 are invited to come Monday, February 13th from 4:00 to 5:00 for fun activities, food and a book discussion *Ruby Holler* by Sharon Creech. Copies are available at the desk. Please call or stop by if you would like to join.

*The Knitting Group* continues meeting Wednesday evenings at 6:30 by the fire place and resumes after the holidays on Jan. 11.

*Quilters* meet Tuesday mornings from 10:00 am – 1:00 pm. Bring your handwork, sewing machines and don't forget your lunch!

*Scrabble* every Monday night at 6:00. Come join in!

*Games!* We have popular board games for all ages to enjoy at the library.

*Puzzle Swap* – stop by, take one and leave one. All puzzles should be at least 500 pieces and in very good condition with all pieces in the box.

**SCHOOL VACATION WEEK:** Donuts and Friendship bracelets – two times to choose from! Anyone ages 8 and up is welcome. \*Crafts for younger siblings will also be available at these times.

Tues. Feb. 28 at 10:30 – Create a FRIENDSHIP BRACELET  
Tues. Feb. 28 at 1:30 - make and decorate HOMEMADE DONUTS/  
wash them down with cider!

Thurs. March 1 at 10:30 - make and decorate HOMEMADE DONUTS/  
wash them down with cider!  
Thurs. March 1 at 1:30 - Create a FRIENDSHIP BRACELET

Looking for more activities during school vacation? Try out these family passes:

SEE Science Center - Manchester  
The Fells – Newbury (John Hay National Wildlife Refuge)  
Currier Museum of Art – Manchester  
Museum of NH History - Concord  
Christa McAuliffe Planetarium -Concord

*\* Some passes allow a family of 4 to visit free of charge while others provide a reduced fee. The passes are available to borrow, just stop by or call to reserve.*

The numbers are in and last year 21,655 books, CDs, audios, videos, DVDs and magazines were borrowed from the library. Patron visits totaled 16,140. There were 69 programs for adults and children such as story hour, book group, summer reading, knitting, Humanities programs other special events with 453 children and 667 adults in

attendance. Many thanks for the wonderful support. We look forward to another rewarding year.

Download audio books & e-books! Download audio books on CD, an I-Pod, OMC or MP3 Players from home. Compatible e-book readers are Sony, Barnes & Noble Nooks & your PC or MAC. Check out the website <http://nh.lib.overdrive.com> for more details and then contact the library if you would like to register for this service and receive the code required.

Each year, Sudden Cardiac Arrest (SCA) is responsible for the deaths of 350,000+ people in the United States. To ensure the survival of a victim, it is of immense importance to administer instant CPR and defibrillation within 4 minutes of a collapse. An Automated External Defibrillator, a portable electronic device that automatically diagnoses cardiac arrhythmia and treats a SCA victim through defibrillation – enables a layperson to easily treat the victim prior to the arrival of medical personnel on site. The opportunity to purchase a Defibtech 'Lifeline' AED for less than half the listed price is now available for \$735. If you agree to the importance of this issue please make a donation so that Elkins Library may provide this invaluable service.



## New titles:

Love in a Nutshell by Janet Evanovich  
Death of Kings by Bernard Cornwell  
Worth Fighting For by Lisa Niemi Swayze  
Forgotten Affairs of Youth by Alexander McCall Smith

## Pennacook Homeland - The Merrimack River Indians

You are cordially invited to join the Upper Merrimack River Local Advisory Committee when it hosts well-known expert on New England's native populations on Monday, February 13, 2012 at 7:30 pm at the Boscawen Town Hall (below the First Congregational Church) at the intersection of US Routes 3 and 4.

David Stewart-Smith will describe how the river helped one of northern New England's largest Native Communities thrive during a period of ecological and cultural challenges. He will present traditional ways of life along the river and in various Native towns.

Mr. Stewart-Smith is a former professor of history and cultural studies at Vermont College of Norwich University and now serves as the historian for the New Hampshire Intertribal Native American Council. His research into New Hampshire's Indian history and archaeology spans over 30 years during which time he studied with several Native American elders, distinguished scholars, and archaeologists.

You can listen to David talk about his work on a recent New Hampshire Public Radio "The Exchange" at <http://www.nhpr.org/post/new-hampshires-immigration-story-new-hampshires-earliest-residents-and-immigrants>.

So that the Upper Merrimack River Local Advisory Committee can provide adequate space and refreshments, RSVP to Michele Tremblay at (603) 796-2615.

You can learn more about the Upper Merrimack River Local Advisory Committee at [www.MerrimackRiver.org](http://www.MerrimackRiver.org).

Thank you and look forward to seeing you there.  
Michele L. Tremblay, Chair  
Upper Merrimack River Local  
[www.naturesource.net](http://www.naturesource.net)

# SCHOOL NEWS

## Annual Meeting

The Shaker Regional School District Annual Meeting will take place on Friday, March 9th at the Belmont High School Gymnasium. The polls will be open at 6:00 pm for the election of school district officers and the business portion of the meeting will begin at 7:00 pm. There will be two Budget Hearings prior to the District Meeting. The first will be held at Belmont Middle School on Wednesday February 8th and the second at Canterbury Elementary School on Thursday, February 9th. Both meetings will begin at 6:00 pm. If anyone would like further information about filing period dates, postings, and checklist revisions, please call the Superintendent's Office between the hours of 7:30 am and 4:30 pm at 267-9223. Reminder: Same day voter registration may be done at the Annual Meeting.

## Family Writing Night

CES will host a Family Writing Night on Wednesday, February 22nd. Parents and children will be given an opportunity to express themselves and share with others. The evening will begin in the school cafeteria with a pizza supper at 5:30 pm. Everyone will then go to the classrooms and participate in a variety of writing activities. We will round off the night with desserts back in the cafeteria.

## Guest Readers Needed

February is *I Love to Read Month* at CES and once again we are looking for Guest Readers. Parents and community members are invited to come into a classroom and read to the children. Guests can bring their own favorite stories or read selections provided by the teachers. If you wish to join us and share your love of reading with the children please call the school and we will make the arrangements for a date, time and class. (783-9944)

## Red Cross Blood Drive

The Canterbury Police Department will host a Red Cross Blood Drive on Thursday, February 16th from 2:00 pm to 7:00 pm in the school gym. The Canterbury drives have had excellent support in the past and we appreciate your participation.



## February Calendar

Wednesday, February 8th	District Budget Hearing BMS 6:00 pm
Thursday, February 9th	District Budget Hearing CES 6:00 pm
Thursday, February 9th	School Board Meeting CES -Following Budget Hearing
Tuesday, February 14th	Valentine's Day Parties
Thursday, February 16th	Red Cross Blood Drive 2:00 pm - 7:00 pm
Monday, February 20th	PTO 6:30 pm
Wednesday, February 22	Family Writing Night 5:30 pm
February 27th through March 2nd	Winter Vacation – No School

## POST OFFICE

There is one Federal Holiday in the month of February. The Canterbury Post office will be closed on Monday, February 20, Presidents' Day. We will maintain our regular schedule for the rest of the month.

On January 22 the price of stamps went up one cent. It now costs 45 cents to mail a normal letter, and a book of 20 stamps is now \$9.00. Since all the first class rate stamps issued last year were Forever stamps, most people won't be affected by this. The price for the extra ounces stayed at 20 cents. The price for international letters did change. Letters going to Canada or Mexico now cost 85 cents. All other countries cost \$1.05. By the time you get this, I should have the stamps for these new rates. Stamps for post cards changed to 32 cents per card. My supply of stamps got very low after the holidays. With the price changes, I am starting to get a number of new stamps in, so there will be a greater variety to choose from.

I will have some IRS tax forms available here at Canterbury Post Office. They are the most commonly used forms. If you need tax forms, the best place to get them is to go to the IRS' website, [irs.gov](http://irs.gov). You can then print off your own form. If you are sending forms into the IRS, their preferred proof of mailing is to send the envelope by certified mail. If you are sending any mail out with a special service (certified, return receipt, insured, delivery confirmation, registered) it is very helpful if you have picked up the form from the Post Office and filled it out before you bring the piece in to mail.

I have heard nothing new about Post Office closings. I think if there was anything being considered for the Canterbury Post Office, there would be some signs that would alert me. So far, there has been nothing like that. Our numbers continue to be good. I would like to thank everybody who has shown support by doing business here. My new computerized retail system helps to quantify the amount of business that we do daily. Again, thank you for your support.

~Ted LeClair Postmaster  
Canterbury NH 03224

"Volunteers are valentines for all seasons."

~Jacqueline Schiff





Dear Fellow Canterbury Resident (and thereby Historical Society member),

We are writing to enlist your support of the Historical Society. As you know, we sponsor many programs and events throughout the year, as well as maintain the Town's Archive Collection located in the Elkins Library. There are many ways that your support could help us. Here are a few ideas:

1. Volunteer to help with our Archive Project, which involves entering data about our Collection in our computer system. Once accomplished the system will provide precise information, better control, and eventually easier access to its contents. You would also assist in scanning documents, artifacts, and other Collection items into our computer.
2. Volunteer to assist in our "One Room School House Project" which allows all of our Elementary School children to spend a day at the Houser Center School and come to know what students experienced when 10 one-room schoolhouses served the Town. You could help by assisting in the planning of the program, preparing the schoolhouse for classes, assisting our teachers in the classroom, or even becoming a teacher yourself!
3. Each year we launch an exhibit in the Elkins Memorial Building highlighting subjects focusing on various aspects of Canterbury's history, such as last summer's show which told the story of churches and religions since the Town's founding in 1727. This is a major effort and you could help by working on research, carpentry, show installation or hosting the show on days it is open.
4. Website and email correspondence tasks are becoming more important to us and we could use help in keeping our site updated and remaining current on inquiries.
5. We receive many inquiries regarding genealogies and family histories. You could help by researching these inquiries using our Archive and Cemetery records.
6. There are several projects that we aspire to complete which would require expert resources. For example, we would like to place the Town Hall, Houser Center School and the Elkins Memorial building on the National Register. Do you know an architect who could help, along with volunteers who could assist in research and proposal submission? Another project is the purchase and placement of Historic Markers at landmark locations in Town. For example, the site of the Worsted Church at Hill's Corner.

You can volunteer by calling Bob Scarponi @ 783-9594; contacting a member of our Board, or emailing us at [Canterbury.nh.historical.society@gmail.com](mailto:Canterbury.nh.historical.society@gmail.com).

Finally, and perhaps more importantly, you could help by making a tax-deductible contribution to the Society (we are a 501-(c)3 non-profit organization). Would you consider a donation of \$5.00, \$10.00, \$20.00 (or more), to help us continue our programs and fulfill our aspirations? If so, our mailing address is P.O. Box 81, Canterbury, 03224. Thank you for your consideration.  
Sincerely,

Canterbury Historical Society Board of Directors



# Upper Merrimack River Local Advisory Committee

Summary of the Annual Report • 2011

The upper Merrimack River Local Advisory Committee (UMRLAC) represents: Boscawen, Bow, Canterbury, Concord, Franklin, and Northfield in a variety of studies, planning activities, and programs related to the Upper Merrimack River and its watershed. UMRLAC serves as the six town's/cities' advisory board to the state's rivers management and protection program.

The UMRLAC owes much of its success to strong municipal support and its Adopt-a-River Site Sponsors including: Aquarian Analytical Laboratories, Inc., Aries Engineering, Inc., Checkmate Expert Payroll Services, Elektrisola, Essex/Briar Hydro, Franklin Savings Bank, Franklin Wastewater Treatment Facility, Public Service of NH (Corporate and Merrimack Station), and Watts Regulator/Webster Valve. The UMRLAC also thanks the Conservation Commissions and Towns and Cities of Boscawen, Bow, Canterbury, Concord, Franklin, and Northfield for their ongoing support.

The UMRLAC's activities this year included:

- UMRLAC implemented the *Upper Merrimack Management and Implementation Plan* (posted on our website) with assistance from the Central New Hampshire Regional Planning Commission. We surveyed the planning boards, zoning boards, and conservation commissions of the six communities about their setback and buffer requirements. Many thanks to Vanessa Gould and Matt Monahan, CNHRPC, for their great work on this effort. In 2012, the UMRLAC will be conducting a mid-term evaluation of its Plan.
- The UMRLAC provided local comment on several project proposals important to our region, including the I-80 Turkey River exit, river access for the Public Service Company of New Hampshire, Concord Airport, NH Technical Institute parking lot expansion, and others.
- The UMRLAC testified on a number of bills including those affecting the Rivers Management and Protection Act and the Comprehensive Shoreland Protection Act.
- Upper Merrimack Monitoring Program continues to work with several dozen volunteers to monitor water quality on the upper Merrimack River. Thank you to Essex Hydro and Kathy and Jacob Arseneau for your work monitoring Franklin Falls.
- Special thanks go to St. Paul's School for graciously hosting UMRLAC's "Bug Nights" educational and research program.
- Michele Tremblay worked on streamlining permitting requirements and notifications with the NH Department of Environmental Services.
- Several upper Merrimack communities have endorsed Wild and Scenic designation for the river.
- This year, the UMRLAC started a new column, "River Ramblings" with each representative taking a turn submitting the article. Please look for it in your town and city newsletters.
- The UMRLAC elected the following slate of officers in November: Michele Tremblay, Chair; Steve Landry, Vice-Chair, Krista Crowell, Treasurer; and Gary Lynn, Secretary.

Please visit UMRLAC's website for a full copy of this report, for information on the river, committee membership (we need representatives from Concord), activities, summaries from prior meetings, upcoming meeting agendas, maps, and water quality data. For additional information, please contact Michele Tremblay at 603.796.2615, or at [MLT@naturesource.net](mailto:MLT@naturesource.net) or any of your municipal representatives listed below

Boscawen	Bow	Canterbury	Concord	Franklin	Northfield
Stephen C. Landry	Krista Crowell	Anne Emerson	Alan Bartlett	Donna Liolis	Harry Anderson
Michele L. Tremblay	David Kirkpatrick	Nancy Roy	Rick Chormann	Tucker Noack	William Dawson
	Gary Lynn			Robert Sharon	
				Nita Tomaszewski	



**"We are each of us angels with only one wing, and we can only fly embracing each other"**

~Luclano De Crescenzo

# Canterbury Community Newsletter

## Published By:

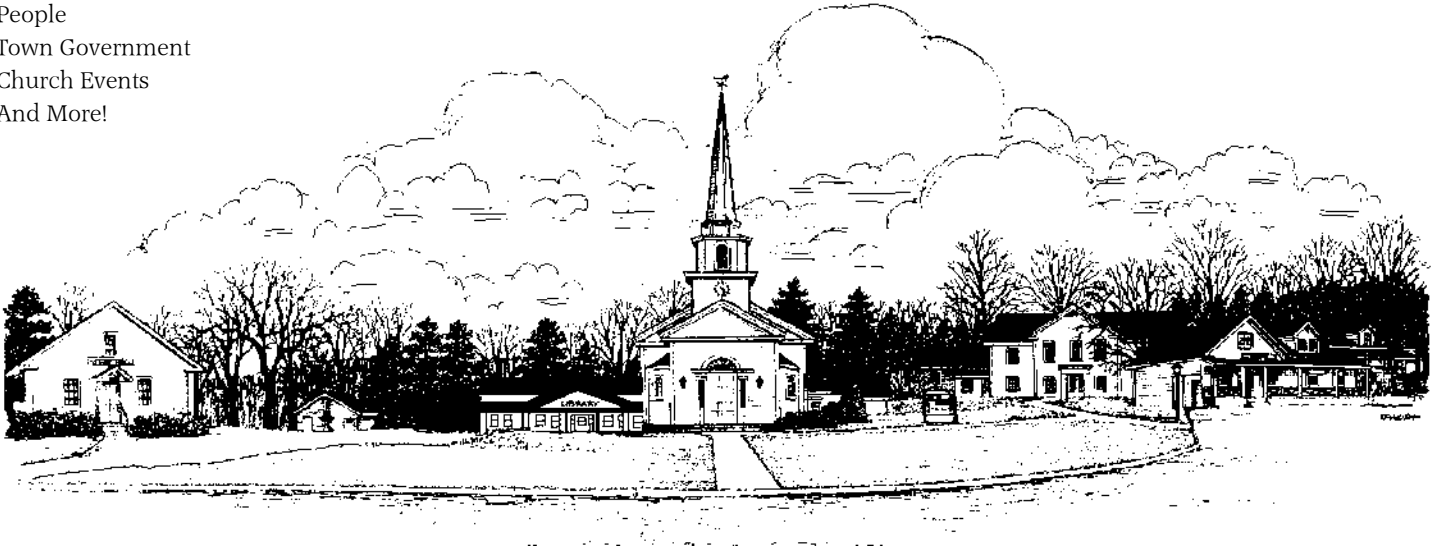
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Canterbury, NH 03224

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03224

## News Of:

Library  
School  
People  
Town Government  
Church Events  
And More!

Carrier Route Pre-sort  
Canterbury, NH 03224



## Winter Workshops at Canterbury Shaker Village

The Herbal Kitchen: Fun Friday Workshops with Herbalist Maria Noël Groves



Discover how easy and fun it is to make herbal remedies from your backyard! Each workshop will focus on a different way to transform herbs into healing remedies – as food, medicinal remedies, and recipes for the body. You'll leave each workshop with a several samples and recipes to try in your own kitchen. The cost of the class is \$35 per class, with 10% discount for Canterbury Shaker Village members. To register contact Group Sales & Workshops, [603-783-9077 x 230](tel:603-783-9077) or email [education@shakers.org](mailto:education@shakers.org)

### February 17 – Super Herbal Immunity

Don't let the cold and flu get you during these cold months. We'll discuss key immune-boosting herbs from the garden and demonstrate techniques for making your own remedies to fend off and fight infections. Sample several teas and create your own blend to bring home, and learn how to make elderberry syrup, among other recipes.

### March 16 – Healing the Body Through the Skin

Our skin takes a beating in winter. Learn how to make healing herb-infused oils for dry, itchy skin as well as other issues like varicose veins, aging skin, chronic pain, acne, and fungal infections. We'll turn the herbal oil into a salve and cream for you to bring home and also discuss simple yet profoundly effective topical remedies like poultices and herbal baths for everything from broken bones to achy joints.

### April 20 – The Kitchen Apothecary: Making Herbal Medicine at Home

Spring is upon us, and the garden and forest will soon abound with medicinal herbs. Learn how to harvest them at their peak to dry for tea and capsules, make medicinal extracts (tinctures and vinegars), herbal honey, and more. You'll get to make your own tincture or vinegar and capsules to bring home.