

FROM THE PASTOR

Dear Friends,

The screensaver photo for my laptop is a view of our campsite, and the view through it onto the expanse of marsh land through which runs the Chobe River, at the Chobe Reserve in Botswana. The land is remote. It is home to countless species of African creatures. Humans are visitors. We lived in tents that unfolded atop two Toyota 4X4 trucks. When we crept into the tents at night after burying the fire we could hear critters, some of them quite large, roaming around close by.

Motorized versions of the Conestoga wagons of our westward migration in the United States in the nineteenth century; we lived out of these vehicles, stored our belongings (a small container and a daypack for each of the eight of us for three weeks), our food, and supplies. Since they were our transportation for everything we did, we broke camp every morning and set up every evening, even if we stayed in the same campsite for a couple of nights.

When I meet with someone in my office at the Parish House I'll show the photo on my laptop. It interests me how people respond. Whether someone thinks the experience was great, and wishes to do it, or whether someone thinks it may have been interesting for me, but there is no way the person is envious of me, is clear by the person's expression. For me, the trip was a highlight of my life experiences, among the many I've been able to have. Stepping outside the usual routine, after being buffered from inconvenience and risk as we are privileged to be in our country, helps me reset my view of life. Taking less for granted is the simplest way to say it. Talking with our son, Sam, about this, he said, "Dad, being unplugged for three weeks does give you a different view of living in the bubble."

It occurs to me, though, that there are opportunities to get that different view without traveling far. Our Church's Youth Group connected with Ascentria Care Alliance two weeks ago. Since 1997 this organization, known until a few months ago as Lutheran Social Services, is the agency that enables the resettling of refugees in the Concord area from troubled nations around the world. After two orientation and introduction meetings our high school young adults are forming friendships with teens from these countries. Some of the refugee families are from African countries, others from places like Bhutan. I am very impressed and delighted that our youth chose to step outside their own comfort zones to begin this project. They have good leadership from parents, and from Lee Wald, their group leader. Mutual learning and understanding between the two communities will be meaningful, perhaps sometimes awkward and uncomfortable as well as joyful and astonishing. There are some reflections in this newsletter from members of our youth group. Don't miss them.

In the meantime, may you have the feeling and the practice of gratitude in your life for simple things during this month of Thanksgiving.

Gratefully,

Bill



November Month at a Glance - details inside!

- | | |
|--|---|
| 11/7-8 Boy Scouts Scouting for Food | 11/8-9 NH Open Doors |
| 11/11 Humanities To Go program "War at Home: World War II in NH" | |
| 11/15 Indoor Farmers Market | 11/15 Canterbury Kids Clothing Exchange |
| 11/23 CUCC Youth Group Annual Thanksgiving Dinner | |

Published for the community by the
Canterbury United Community Church

November 2014

**CANTERBURY UNITED
COMMUNITY CHURCH**

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

RESERVE PARISH HOUSE
783-4419, Judy Patterson

CANTERBURY FAIR
twitter.com/CanterburyFair
www.facebook.com/CanterburyFair

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

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540-9877

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newslettercanterbury@gmail.com

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783-9944, mmorrison@sau80.org

Town Crier: Lois Scribner
scribnerlois@gmail.com
Note: The Town Crier needs news
by NOON on Wed. to appear in the
following Sunday Concord Monitor

AROUND TOWN

LOUDON FOOD PANTRY 724-9731
For aid: 30 Chichester Rd Unit D,
Loudon;
Mon-Thurs. 10:00-11:00 am and 3:00-
6:00 pm

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

CANTERBURY STORE 783-9933
Mon.-Sat., 6:30 am - 6:30 pm
Sunday, 8:00 am - 6:00 pm

COBBLE POND FARMS 617-0544
Every day 5:30 am - 9:30 pm

BROOKFORD FARM STORE
742-4084
7:00 am to 7:00 pm everyday

POST OFFICE 783-4158
Mon. - Fri., 9:30 am - 5:00 pm
(closed 11:30 -1:00 pm);
Sat. 8:30 am – noon

TOWN OFFICES & ORGANIZATIONS

BUILDING INSPECTOR 783-9033
Jim Snyder, Saltcreek@aol.com
RECYCLING CENTER 783-9980
Wed., 4:00-7:00 pm, Sat. 8:00 -6:00
transferstation@canterbury-nh.org
FIRE PERMITS: See Town website
canterbury-nh.org
HIGHWAY DEPARTMENT 783-4123
canterburyhighway@canterbury-nh.org
LIBRARY 783-4386
Mon. 2:00-8:00 pm, Tues., 9:00-6:00 pm
Wed. & Thurs., 9:00 am - 8:00 pm
Saturday, 9:00 am - noon
CANTERBURY POLICE OFFICE
783-0433 (non-emergency)
Tues.-Fri., 9:30 am - 2:30 pm
Concord Police Dispatch
(non-emergency): 228-1010
EMERGENCIES — 911

FIRE DEPARTMENT
Fire Station: 783-4798
Fire Station Fax: 783-8964
Fire Chiefs e-mail:
canterburyfire@canterbury-nh.org
Emergency Calls: 911

**SELECTMEN'S OFFICE AND
ASSESSOR'S OFFICE 783-9955**
Mon., Wed., & Fri., 9:00 am - 1:00 pm
selectmen@canterbury-nh.org
assessing@canterbury-nh.org

TOWN CLERK/TAX COLLECTOR
783-0153
Monday, 9 am-3 pm, Tues., 12 pm-7 pm
Thursday, 3 pm - 7 pm
taxcollector@canterbury-nh.org
townclerk@canterbury-nh.org

TOWN ADMINISTRATOR:
kfolsom@canterbury-nh.org

PLANNING BOARD:
planningboard@canterbury-nh.org

ZONING BOARD:
zoningboard@canterbury-nh.org

CONSERVATION COMMISSION:
conservationcommission@canterbury-nh.org

MONTHLY COMMITTEE MEETINGS
Meet at the Meeting House (MH) unless
otherwise noted

Conservation Commission
2nd Monday, 7:00 pm, MH

Fire & Rescue (at Municipal Complex)
Business Meeting: 1st Mon., 6:30 pm
Officers Meeting: Last Thurs., 7:00 pm
Trainings: All other Mondays, 7:00 pm
Library Trustees
2nd Monday, 7:00 pm, Elkins Library

Planning Board
2nd Tuesday, 7 pm, MH
4th Tuesday as needed

Recycling Committee
1st Tuesday, 6:30 pm, MH
Renewable Energy Committee
Third Tuesday, 7:00 pm, MH

Selectmen
1st & 3rd Monday, 6:00 pm, MH

CLASSIFIEDS

GULF BROOK RENOVATIONS "When Ordinary Just Won't Do". Bathrooms, Kitchens, Additions & more. Aging-in-place specialist & Certified Green Professional. Jim Higgins 226-0212 www.gulfbrook.com.

MAQ DESIGN – Servicing your decorating needs with quality window coverings, slipcovers, and upholstery. **FREE** cordless upgrade on all Graber shades and blinds October – December. Contact maryann@maqdesign.net or 783-9640. maqdesign.net, [facebook.com/maqdesign.nh](https://www.facebook.com/maqdesign.nh)

FAITH PRACTITIONER - Offering: spiritual/religious services. Officiating: marriages, memorial services, baptisms. Facilitating: bereavement-group/individual. Brenda Murray 783-8351 bmurray50@yahoo.com.

MAGOON TREE - Residential tree service. Snow removal, firewood, 70' bucket truck, 12" chipping, skid steer service, stump grinding. Fully insured. Brian Magoon 496-6835. magoontree.com.

"SHE'S HANDY".....Tending to your small jobs. Painting, carpentry, odd jobs, extra hand, and your to-do list. 20+ yrs. exp. – Insured- Donna Bond—[724-5838](tel:724-5838) drbond1@comcast.net

PMPY LAWN & GARDEN CARE. Quality care of lawns and gardens. Fall cleanup now underway! Rototilling, aerating, dethatching, mowing. Your source of "Llama Gold", manure ideal for gardens. Al Edelstein.783-0335, pmpylawncare@myfairpoint.net.

CANTERBURY PLUMBING & HEATING: Plumbing, Heating & HVAC, gas fitter. New construction to small problems & repairs. Master Lic. #2713. *Better Business Bureau rated A+.* Chip Hacking (h) 783-4683, (c)731-9051.

JUDITH P. NELSON, LICENSED MASSAGE THERAPIST. 15 years experience. Gift certificates available. Think Christmas gifts. Specializing in myofascial therapy and active isolated stretching. By appointment call 783-9658 home; or 493-4207 cell.

AQUARIAN ANALYTICAL, INC.: Environmental Testing Laboratory Services serving New England since 1988. Owned by Kathy Rice, we are located at West Road in Canterbury. We test drinking water. Have you tested your well lately? Call us at 783-9097 and we can help you with your testing needs. Our website is www.aquarianlabs.com.

KATHIE FIFE PHOTOGRAPHY - NH Open Doors Nov 8-9th Meetinghouse, Canterbury Center. 9-4pm. Exquisite Fine Art Prints for home, office. NEW NH landscape panoramics. Framed, matted, metal, premium canvas. GIFT items: cards, puzzles, magnets, calendars, and bookmarks. Raising funds for a special need - discounts on many prints. Come early Fri, NOV 7th, 4-7pm – specials, preview NEW ART! www.kathiefife.com 783-9334.

CANTERBURY KIDS LEARNING CENTER offers a half-day preschool program with full-day child care, before/after school care and summer care for children 3-12 yrs. Located at the Parish House 783-4370.

HAIR STYLIST- Haircut, color, perm or maybe a highlight? Quality salon services for the whole family. Please call Christie at 783-1296 or email christieburbank@comcast.net for an appointment!

CHURCH NEWS

CUCC Annual Youth Group Thanksgiving Dinner

Come one, come many to the annual community Thanksgiving dinner, sponsored by the CUCC Youth Group! With many generous donations of time, food, and money, the youth of your community puts on a fabulous holiday feast with all of the traditional "fixins." You don't want to miss it! Please join your friends and neighbors for a true small-town event with big-town character(s!)

Date: Sunday, Nov. 23, 2014

Time: 5-7 pm

Place: Canterbury Parish House

Cost: \$8.00 for adults age 12-59

\$6.00 for seniors age 60+

\$6.00 for kids age 5-11

\$25.00 for an immediate family of 4 or more

Free for kids under age 5

If you are interested in donating food or money for this event, please contact Polly Camire at jpacamire@hotmail.com or by phone at 783-8374 (before 9pm please.)



The Canterbury BSA Troop 29

November 7 & 8, 6pm-9am

Canterbury's Boy Scout Troop 296 will be camping overnight in the town center and collecting non-perishable food items for the NH Food Bank.

We will be collecting food items from 6:00 pm Friday night until 9:00 am Saturday morning. Please drop off donations at the Town Hall. Your support and generosity are greatly appreciated as we work to help those who are in need.

Troop 296 has been quite busy recently! We had our first Court of Honor of the year in September. In October we planned and hosted the Spook Walk as part of Canterbury's Halloween festivities. Thank you to all the volunteers who made this possible! As a troop, we've also recently been working on the Family Life, Communication, and Environmental Science merit badges, all of which are badges that a scout must earn in order to become an Eagle Scout. In addition, our troop is preparing to host the 2015 Klondike Derby, which is a district-wide event that takes place each February, and invites troops to build a snow sled and test their skills in areas such as shelter building, first aid, and cooking. As part of the Wannalancit District, Troop 296 will be hosting troops from as far as Plymouth and Epsom at this winter's Klondike!

A busy and exciting year is in store for Troop 296!

~ Karl Wieck, Senior Patrol Leader

Canterbury United Community Church Church Council

Notice of Special Church Meetings
November 9, 2014 and November 23, 2014

The CUCC congregation is asked to attend two special meetings concerning the possible sale of the Parsonage, located at 15 Kimball Pond Rd.

A meeting will be held on **Sunday, November 9 at 11:30 AM** in the Thunberg Room of the Parish House for informational and discussion purposes. Please attend with any questions or concerns.

A meeting will be held on **Sunday, November 23, 2014 at 11:30 AM** in the Sanctuary of the Canterbury United Community Church to decide whether to sell the Parsonage. All church members are urged to attend and vote on this important matter.

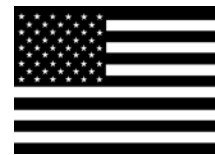
~Richard Crockford
Clerk, Canterbury United Community Church



A Musical Harvest

Come and enjoy an afternoon of beautiful music and refreshments on **Sunday, November 16th at 4pm in the Parish House!** Vocalists Karol Carroll and Susan Papinsick and pianist Kathryn Southworth will perform works of Bach, Pergolesi, Mozart, and others. Start the season of Thanksgiving by enjoying the gift of music in our own community!

Thank you,
~ Kathy Southworth Lundahl



Canterbury Benevolent Society

To celebrate Veteran's Day, we will have Mark Stevens talking about "Canterbury's Veterans". The meeting will take place on November 12, at 1 PM in the Parish House. Hostesses will be Karen and Stephen Buchanan-Parker. We will also decide what we want to do for the December meeting. Our meetings are open to anyone that wishes to attend.

~ Judy Patterson

LIBRARY NEWS

The Library Trustees meet on Mon. Nov. 10 at 7:00.

Elkins Library will be closed on Tues. Nov. 11 in observance of Veteran's Day.

The library will be open Wed. Nov. 26 from 9-4 and closed for Thanksgiving through the weekend reopening on Mon. Dec 1.

STORY HOUR Come enjoy songs, stories, Wembly puppet, and crafts with new friends! **Tues. Nov. 4 and Nov. 18 at 10:00.**

ROCK N' READ is a music and movement program for babies and toddlers. Come learn a new song or rhyme on **Tues. Nov. 25 at 10:00.**

LEGO CLUB Children and families are welcome to come and build together with Lego bricks. **Tues. Nov. 4 and Nov. 18 at 4:00.** There is no sign up necessary – come drop in and spend an hour building and creating.

TEEN TIME READ **Mon. Nov. 17 from 3:30-4:30.** This year we're reading the statewide selected Flume books and will vote on our favorite in April. If you're in 7th grade and up and would like to participate stop in to pick a copy of our latest book. We also make great food!

YOUNG READERS BOOK CHAT !! New Program!! Come on **Monday, November 24 at 3:30pm** for this neat new program for readers ages 9-12! Come make a delicious snack, enjoy time with your friends and read the latest chapter books!

BOOK GROUP meets on **Tues. Nov. 18 at 7:00.** Copies of *The Obituary Writer* by Ann Hood are available.

KNITTERS meet Wed. evenings at 6:30 for any level knitter; beginners to experts.

QUILTERS meet Wed. mornings from 10 – 1. Stitch, exchange ideas and don't forget your lunch!

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

Humanities Program hosted by The Canterbury Historical Society

World War II New Hampshire: This documentary tells the story of life in New Hampshire during the Second World War. Through interviews, historic news film, photos, and radio reports from the battlefields, this documentary and discussion facilitated by John Gfroerer chronicles how a nation, a state, and the citizens of New Hampshire mobilized for war. **Tues. Nov. 11 at 7:00. Although the library is closed for the holiday, we will open for this program.**

HOLIDAY OPEN HOUSE

Elkins Library invites you to an International celebration of Christmas in Mexico through food, music, stories and lights. Children are invited to make ornaments and decorate a cookie. All are welcome. Please join us on Sat. Dec. 6 from 10:00 to 12:00.

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, Amazon's Kindle & 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

CES NEWS

CES students will conduct their annual Holiday Food Drive during the months of November and December. Maria Manus Painchaud from the Capitol Region Food Program will meet with students at the beginning of this month to talk about needs and how we can help others. Donations of non-perishable items will be collected at drop boxes in the front hall of the school until December 12th. The food will be made available to families in need throughout our area during the Holiday Season.

CES Student Council's Annual Senior Citizens' Thanksgiving Luncheon will be held on Thursday, November 20th at 12:00 p.m. in the school library. All Canterbury senior citizens are warmly invited. If you wish to attend, please call the school prior to the 20th (783-9944). We are looking forward to seeing you then.

The CES PTO Annual Holiday Fair will be held on **Friday, December 5th from 5:00 to 8:00 P.M.** There will be a variety of vendors, crafts for children, raffles and refreshments. Don't miss this fun family event.

The PTO will also have some beautiful Christmas Trees for sale this holiday season. Trees will be available for sale at the town center from **8:00 A.M. to 1:00 P.M. on November, 29th, December 6th, and December 13th.** Trees can be purchased at other times at the Canterbury Store. All proceeds from the Fair and Tree Sale go to support CES student programs.

We will be holding this year's first Parent/Teacher conference on two evenings during the first full week of November. The conferences will be scheduled from 3:30 to 7:30 on Tuesday, November 4th and on Thursday, November 6th. Please call the school if you have not received a conference confirmation by Friday, October 31st.

Other "No School Days" this month include Monday, November 10th, In-Service and Tuesday November 11th in observance of Veteran's Day. There will be no school on Wednesday November 26th through Friday November 28th for our Thanksgiving break.

November Calendar:

November 18th	School Board Meeting – BES 6:00
November 4th & 6th	Parent/Teacher Conferences
November 10th	No School – In-Service
November 11th	Veteran's Day – No School
November 20th	Senior Citizens' Thanksgiving Luncheon
November 17th	PTO 6:30
November 26-28	Thanksgiving Break – No School

LEGO Systems recently donated Junior Maker Toolkit to over 750 libraries in the United States as part of President Obama's National Day of Making which happened on June 18, 2014. We are THRILLED to announce that our library has been chosen to receive a Junior Maker Toolkit which includes over 10 thousand bricks! We will have this kit until the end of November. LEGO CLUB meets the 1st and 3rd Tuesday of every month at 4pm.

AROUND TOWN

Canterbury Community Farmers' Market

Canterbury Community INDOOR Farmers' Market, Sat.,
Nov. 15, CES Gym, 10am-1pm

We laugh HA HA HA at the cold outside, because the INDOOR Farmers' Market features a surprising selection of laaaaate season tomatoes and greens, plus cold-weather veggies for storage, winter squash in all shapes and sizes, roots, and fruits, dairy, meat, eggs, cheese, cider, syrup and maple products, home baked breads, pie, and ready-to-eat. There will be hand-cranked socks and hand-crafted woolens, soaps, and wood products, too, and a few surprises!

- As always, we will have a raffle for a great big basket o' goodies filled with the specialties of our vendors. Look for tickets on sale at the Market Info table (\$1 per ticket or \$5 for six tickets).
- Speaking of baskets, we have had a generous \$100 donation to kick off our "Mary Ellen's Basket" charitable giving program. Named in honor of Mary Ellen Fifield, stalwart community member and market supporter, we will use all contributions to purchase fresh, local produce and groceries to fill holiday baskets for those in Canterbury who could use a helping hand.
- Please note that the Canterbury Elementary School gym and multi-purpose room is easily accessed from Baptist Road. There is ample parking, a short distance from parking to the building, and no stairs to enter the venue. Bathrooms are available in the school building at the time of the market.
- Don't worry if you forget your piggy bank on market day – stop by the Market Info table and ask Mindy to show you our new credit/debit machine. You can use either form of payment to buy tokens accepted by any of our vendors!

Check for Market News and updates on our website www.ccfma.net or find us on Facebook! The next indoor market is on Sat., Dec. 13, in the CES gym from 10am-1pm.



After 30 years of free aerobics in Canterbury at the Elementary School, we have decided to end them. It became too hard to attract enough of a crowd to help generate the necessary energy needed for a good workout. 3 people just didn't work even though occasionally we might have 4 or 5, and even once in a great while, we might get 8 or 9 people, but it never lasted. I have found a place at exit 16 in Concord at the Community Center with a very vigorous work out and if any one wants information on that or has other questions, please call me - Ginny Litalien, 783 - 4016.

Newslettercanterbury@gmail.com



We had our Honor's Evening on October 6th and welcomed 10 new members for a total of 50 members this year. The new officers were inducted. The officers are, President: Jesse Miller, Vice President: Emma Galonski, Secretary: Annika Rosenholm, Treasurer: Jacob Condi, Reporter: Oonagh Burwell, Historian: Maddie Scarponi, Recreation Chair: H LaVallee, Refreshment Chair: Bella Lewis, and Healthy Living Officer: Madison Duclos. Also, all members received recognition for their participation in 4H last year.

4H projects held in October include photography with Donna Miller and bread baking with our Jr. Leader George Savageaux. For community service our members helped serve dinner at the CES Hot Dog Supper and carved pumpkins for the town Halloween event.

The new fundraiser will be a 2015 calendar of photographs taken by our members. The calendar will be available from our members and will sell for \$15. You can get them from a member or you can call Donna Miller at 783-0220 if you need to know where to get one.

Our next scheduled meeting is Monday, November 3rd at 6:30 pm in the Parish House.

~ Oonagh Burwell

Help Wanted

Canterbury, NH Solid Waste Transfer Station and Recycling Center

The Town of Canterbury is currently seeking a part-time employee to cover vacation and sick days at the Transfer Station & Recycling Center. The facility is open to the public Wednesdays and Saturdays. The successful candidate will be a certified Principal Operator with the State of NH, or have the necessary experience and education to obtain Principal Operator status, have good interpersonal and basic accounting skills, be timely and trustworthy, and have the ability to lift 75 lbs. Some waste and/or heavy equipment experience is desirable, as well as the ability to work on short notice, should the shift be to cover short-term illness. Total hours for this position will not exceed 450 annually, hourly monetary compensation will be commensurate with experience and abilities.

Interested parties should send a letter of interest, resume, and references to Adrienne Hutchinson at CanterburyTransferandRecycling@gmail.com or

Attn: Adrienne Hutchinson
Solid Waste Manager
Town of Canterbury
PO Box 500
10 Hackleboro Road
Canterbury, NH 03224

AROUND TOWN

Fire Department News

This has been a very busy month for the Fire Department. I will start off with Fire prevention. All the students came over from Canterbury Elementary School and they seemed to have a good time and enjoyed the program. Captain Angwin and Firefighter Nelson put the program on this year. They started off with a question and answer session followed by handling a nozzle and hose line which they used to hit targets. Everyone did an outstanding job and we hope to see them when they get to adulthood and want to join the Fire Department. I always mention this time of year to change your smoke alarm batteries and check to make sure your Co detector is working. Remember, Carbon Monoxide kills. You can't see or smell it.

As we move into winter, make sure your chimneys are cleaned and your appliance is hooked up properly and there are no leaks around pipes. We are always happy to come out and check if you think you may have a problem. The roads will start to slick up with the fallen leaves and the frosty mornings; please use caution when driving. Many people are walking and kids are on their way to school. Thank you for your continued support.

~ Chief Peter Angwin

Now that the bathing suits are packed away, you may be thinking that it's hibernation time. Not even close! New England has a lot to offer in the winter and NOW is the time to prepare for it. Six weeks before you hit the slopes or the ice is the ideal time to condition your body to what lies ahead. Listed below are the areas to focus on and some exercise ideas to go with them.

1. Total Body Strength-Lots of muscles are needed to get you down that mountain or over that ice, including glutes, quads, hamstrings, and core.
2. Flexibility- especially in the spine and hips
3. Balance
4. Cardiovascular – if your sport has short bursts of activity, make sure to train your anaerobic system. If you are working for long periods of time, focus on the anaerobic system.

Some great exercises to include:

Walking lunges	Box jumps
Squats and single leg squats	Burpees
Plank to side plank	Single leg dead lift
Side lying spine twist	Kneeling hip flexor stretch
Standing hamstring and calf stretch	
Standing quad stretch	
Hiking, running, fast walking, biking	

Please consult with your physician before undergoing any exercise program. Recommendations are from **Kristie Ennis**, physical therapist and Canterbury resident, cell phone: **504-4166**.

Newslettercanterbury@gmail.com

SHAKER VILLAGE HAPPENINGS



Canterbury Shaker Village will continue to be open to visitors on weekends in the month of November. Looking for the perfect outing with your Thanksgiving guests? The Village will also be open Friday, November 28th of Thanksgiving weekend from 10:00-4:00pm.

Canterbury Shaker Village members can get a jump on their holiday shopping over Veterans Day weekend, November 7-10th at the Members Only Annual Sale in the gift shop. Enjoy a 20% discount off a wide array of high quality Shaker boxes and tray, personal care items, ornaments, framed photographs and more. Not a member yet? It's the perfect time to join.

Upcoming Shaker-inspired workshops include Shaker Not Stirred: Herb and Fruit Cordials on November 1; Nurturing Caregivers Through Art on November 2; A Naturopathic Biochemical Tune-up—Thyroid Health on November 8; Braised and Stewed Dishes on November 16; and Do-It-Yourself Herbal and Body Care Gifts on November 22.

Interested participants can register online at www.shakers.org. Mark your calendars for the final event of the year—Christmas at Canterbury returns this year on Saturday, December 6 & 13 from 3:00-8:00 pm. More information is available at www.shakers.org and in the December newsletter.

Photo credit: Ralph Morang

First Class Newsletter Mailings

At the present time, we mail out 75 newsletters each month using the first class mail system. All other newsletters are sent out as bulk mail (at a reduced cost) or electronically, via email. If you no longer wish to receive your first class mail copy, please contact newslettercanterbury@gmail.com and we can take your name off the list. If you are out of town and want to receive it via email instead, send your request to newslettercanterbury@gmail.com and you will be added to the e-mail list. We appreciate your help and hope that you enjoy reading our newsletter. As always, any suggestions are appreciated.~ Denise Sojka and Laura Crockford

OBITUARIES

We will be implementing a new policy regarding obituary notices in the town newsletter. If you would like to have an obituary notice for a family member included in the newsletter, please send it, or your permission to include it, to the email address newslettercanterbury@gmail.com.

AROUND TOWN

HISTORICAL SOCIETY NEWS

HISTORICAL SOCIETY MAKING PROGRESS ON TOWN HISTORY

Town History Committee members, Lois Scribner, Mark Travis, Sam Papps, Pam Smarling, Stephanie Jackson, and Bob Scarponi have identified critical tasks that must be accomplished leading to the publication of our new history covering the period circa 1900 to circa 2014. The group is working to develop resources and information as required by Kathryn Grover, the writer engaged to write the history. In early October, Sam Papps conducted a tour and answered questions about our Archives Collection for Ms. Grover and reviewed resources housed in the Elkins Library. Next day, Ms. Grover met with town officials at the Sam Lake House where she was shown and discussed historic records with Ben Bynum and Mandy Irving.

INTERVIEW TRAINING TO BE HELD

The best way to get a sense of history is to interview people who lived it. That is just the goal of the History Committee. One of their first tasks will be to interview Canterbury residents. You can help to make our history a reality by volunteering to become an interviewer. Prior experience is not necessary. Meg Heckman, former Community Outreach Editor of the Concord Monitor, and author ("We Went to War: NH Remembers WWII"), has volunteered to conduct a training course on **Tuesday, December 9th at 7 P.M. in the town hall**. You are welcome to join us, become an interviewer and to meet Kathryn Grover who will also be attending.

HISTORY FINANCE COMMITTEE

Committee members Chuck Sanborn, David Lamb, Harry Kinter, Jeff Leidinger, Kelly Papps, Oliver Fifield, Ty Miller, and Bob Scarponi have begun work on developing the campaign to raise the necessary funds to accomplish publication of the new history. Their first two meetings demonstrated their commitment to the project and enthusiasm for realizing their goal. Look for progress reports in future newsletters.

BOSTON POST CANE

With the recent passing of Marge Bruner, holder of the Boston Post Cane, a new recipient will be recognized. Next month's newsletter will contain the announcement of who will be the next recipient and plans for making the presentation.

On **November 11th** the Historical Society will present a *Humanities To Go* program entitled, "War at Home: World War II in New Hampshire". This one hour video documentary takes a look at life in the Granite State during the 1940's and the war's impact on citizens' lives and actions and how it redefined how we work, live and play. It will be held in the library at 7 P.M. All are welcome. Refreshments.

Follow our History Book progress at: [facebook.com/canterburyhistory](https://www.facebook.com/canterburyhistory), or our blog: canterburyhistorybook.blogspot.com

~ Robert Scarponi

Hear Ye, Hear ye!

Adult Morris Dancing practices are beginning!

If you have seen us at any of the various events at which we perform, and you think you would like to give it a try, we would LOVE to have you! It's a great way to get some exercise, learn a traditional English Folk dance, and have fun with a hearty group of dedicated individuals! Bring a set of hankies, your sneakers, some water, and a sense of adventure! We would love to see any former dancers who might like to get back into it as well. This is the time to join – we practice once a month throughout the Fall and Winter, and then switch to once a week in the Spring, when the younger children join us. We will meet on the following dates at the Parish House, from 6:30-8:00pm
Nov 20th
Dec. 18th

Any questions, please call or email Polly Camire. 783-8374 or jpacamire@hotmail.com.

SWIM LESSON NOTICE

Dear Friends and Neighbors,

After 13 summers of teaching swim lessons in our beautiful community, it is time for me to take a break. My work schedule has changed with my new job (which I love!) and makes my summers two weeks shorter than before. With the changing needs of my own family, I do not feel as though I can continue to provide this service with the same energy and enthusiasm that I have had over the years. I have LOVED every minute of teaching your children swimming skills, and watching MANY of them grow into wonderful young men and women. It has been both a privilege and a pleasure to work with all of them. I cannot thank enough the people who have let us use their property – Mr. Eckhardt, The Bassetts, and recently the Van Der Merwes. Your generosity and willingness to let people onto your property for this purpose is truly admirable! I would like to thank all of the folks who have helped over the years – there are too many to mention – from helping to teach, to watching others' kids, to helping lifeguard, to bringing warm towels and coffee on those 40-something degree mornings – it all adds up to a great program, and I'm honored to have been a part of it.

I am hoping that someone else with a WSI (Water Safety Instructor) certificate might want to step up and take over. If anyone is interested, I will be more than happy to help make a smooth transition. Please don't hesitate to contact me, 783-8374 (before 9pm) or jpacamire@hotmail.com. Again, THANK YOU all so much for your support! Just keep swimming...

P.S. It's NOT because of the turtles!

~ Polly Camire

GIVING OPPORTUNITY

Loudon Food Pantry News

As of October 15th we have 63 households signed up for Thanksgiving boxes. We are expecting a drop in boxes from last year (125) because we no longer service Epsom. We understand that signups will happen in November as well. If you come in after October 31st to sign up, there will be no guarantee we have enough food to fill your order.

We had a terrific time at the Blues & Lobster Fest event on October 12th at Makris Lobster & Steak House. The music was great! Collecting the entrance fee brought in 3 boxes of food and \$470.00. Thank you Greg and Jim Makris for including us in this event. This will go a long way in feeding those in need.

NOVEMBER HAPPENINGS

Holiday Box Signups start November 1st.

You must qualify for our food pantry in order to sign up for a Holiday box. Call 724-9731 to see if you qualify. Please sign up sooner rather than later so the needed food can be obtained.

Gift of Lights – November 1, 2014 – January 3, 2015 from 4:30 pm – 9:00 pm

Come and enjoy NHMS Winter Wonderland. Spanning over two miles, the Gift of Lights features over 60 holiday scenes and over 400 light displays. The course winds around the outside of the track's grandstands and includes a portion of the NHMS Road Course. It also has the super-popular Tunnel of Lights, which measures over 250 feet in length. For more updated information, go to http://www.nhms.com/events/gift_of_lights/.

Annual 50/50 Holiday Raffle – November 1st through to December 12th

Our annual raffle is on. Half of the ticket sales will go to the winner and the other half benefits Loudon Food Pantry. Ticket prices are 50¢ each; 5 for \$2.00 or 10 for \$3.00. Tickets can be purchased at the pantry (30 Chichester Rd., Unit D, Loudon NH) or online at LoudonFoodPantry.org. An order form will be available during the dates of the raffle. The more tickets we sell, the more the winner received. Good Luck Everyone!

Thanksgiving Boxes will be handed out the week of November 17th. We give out the boxes the week before Thanksgiving so you have time to defrost your turkeys safely. Help us to feed your co-workers, friends, family, and neighbors

We are looking for donations of food and funds to make it through the holiday season. Check our current list of needs at LoudonFoodPantry.org.

Where to Donate

You can mail or drop off your donations to Loudon Food Pantry, 30 Chichester Rd., Unit D, Loudon NH 03307. But if you find you're not in the neighborhood you can drop off at one of these convenient locations:

Business Type	Town	Collection
Elkins Library	Canterbury	Food
Care Pharmacy	Epsom	Funds
TD Bank	Loudon	Food
Loudon Post Office	Loudon	Food & Funds
The Hungry Buffalo	Loudon	Food & Funds
106 Beanstalk	Loudon	Funds
Red Roof Inn	Loudon	Food & Funds
Loudon Village Country Store	Loudon	Funds
Yellow Submarine	Concord	Funds
Body & Spirit Day Spa	Concord	Funds

Sue, Bill and Sarah

Friends Program

Would you like to make a difference in a child's life? Find out about how to become a Foster Grandparent Volunteer and nurture a child near you.

Foster Grandparent Volunteer Informational Presentation

November 6th

- By volunteering in a local elementary or preschool you can help mentor and support children both academically and emotionally while building meaningful relationships with students and other adults in the community.
- Income eligible seniors may also receive a tax free stipend as well as mileage reimbursement which does not affect social security benefits or any other assistance.
- Encouraging a child to reach their goals gives you a sense of purpose and gives that child confidence and the comfort of a caring adult.
- Over 55 years of age

All are invited to attend our informational presentation by coordinator Anne Sanuth on November 6th from 3:00pm to 3:45pm at the Elkins Library, 9 Center Rd in Canterbury, NH. Refreshments and snacks will be provided so please come learn more about becoming a Foster Grandparent Volunteer. If you are interested, but unable to attend this date then please call us at 1-800-536-1193 or visit our website at www.friendsprogram.org

PLEASE JOIN US FOR THE CANTERBURY KIDS CLOTHING EXCHANGE

A hand-me-down event to help local families pass-on and pick-up children's clothing.

Come to the Town Hall to pick up **free** hand-me-downs on:
November 15, 2014
8:00am - 1:00pm

There will be clothing available for boys and girls from newborn up to size 16. **You do not need to donate** items in order to pick-up free clothes. We hope you can come!

DO YOU HAVE CHILDREN'S CLOTHING YOU WISH TO CONTRIBUTE?

Items can be dropped off at *Canterbury Kids Learning Center* Monday - Friday between 12:00pm and 5:00pm prior to November 14th, or on the evening of November 14th at the Town Hall. All clothes should be clean and in good condition.

THANK YOU!

For questions or more information, please contact Tabatha Burwell at 286-3421, or Tabitha Riley at 783-9389.

All clothing that is not taken on November 15th will be donated to charity.

GIVING OPPORTUNITY



The CUCC youth group has decided to work with an organization called Ascentria Services for New Americans. This organization helps refugees in the Concord area.

The difference between immigrants and refugees is that an immigrant is willing to go to a new country, but a refugee is forced to leave his country because it is not safe to live there. If they do stay, they could be killed, abused, tortured or become slaves.

This is going to be a great experience for me because I can help kids my age learn to be teenagers in America. It will be fun and also a learning experience because I will learn about the culture of where ever they are from.

~ Sophia Sojka

Recently, the Canterbury Church Youth Group has started to help with refugees that have been placed in Concord, NH.

We hope to learn as much as we teach from this experience. In November, each youth group member will meet a newly settled refugee. Each of us has chosen to work with the refugee one on one or in a small group. We will most likely meet with our chosen person once a week. We will help with anything they need to help their move here be more comfortable. We all hope to learn about their way of life before their move here.

~Josie Scarponi

The Canterbury church youth group has recently decided to help out and give back, but not with money, with knowledge. We found out about Ascentria, a group that helps refugees from regions around Africa, and after going to the opening meeting, everyone seemed on board. We will each have a refugee, and can make arrangements whenever to meet up and hang out with each other.

This is a great experience for us, as well as our new friends from the African regions, because it will teach us of their culture and it teaches them about ours. It makes them more comfortable around people, knowing that most of them probably witnessed many bad things that are illegal here. We are not only helping the person we meet, who is generally between middle school and high school years, but we are also helping their entire family. This is surely a grateful experience that will help us understand the world better, and be more accepting.

~ Adam Sojka

Help Support the Newsletter

Once again we invite townspeople to support this newsletter with our sponsorship program. Thanks to so many people's generosity last year, we were able to cover most of the cost in 2013. Send in a contribution with the enclosed form any time during this year and we will acknowledge folks in the December issue.

Levels of Giving

"Subscriber" - \$10

"Helper" - \$20-\$49

"Public Spirit" - \$50-\$99

"Community Builder" - \$100+

"Issue Sponsor" - \$550
(Cost to produce one monthly issue)

Canterbury Community Newsletter Sponsorship

I/we value the Newsletter and are enclosing payment to support the publication in 2014:

Subscriber (\$10) \$ _____

Helper (\$20-\$49) \$ _____

Public Spirit (\$50-\$99) \$ _____

Community Builder (\$100+) \$ _____

Issue Sponsor (\$550) \$ _____

Name/Business (print) : _____

Checks made to: CUCC, memo "newsletter contribution"

Mailed to: Canterbury United Community Church
PO Box 216, Canterbury, NH 03224

HOW TO PLACE A NEWSLETTER AD The deadline is the 15th of each month. \$7 for 30 words or less or \$14 for up to 60 words. Please email ad to newsletter (see address below) and mail payment to CUCC, PO Box 216, Canterbury, NH 03224. Must be received by the 15th!

CANTERBURY COMMUNITY NEWSLETTER

Published By:

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5 Center Road
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Canterbury, NH 03224

Non-Profit Org.
US Postage Paid
Permit No. 1
Canterbury, NH
03224

News Of:

Library
School
People
Town Government
Church Events
And More!

Carrier Route Pre-sort
Canterbury, NH 03224



This is a statewide event celebrating New Hampshire businesses and products. The 11 participating Canterbury artisans listed below are opening their doors and welcome you to visit their studios. Visitors can see the artists demonstrate their craft, take a tour, sample products and shop for unique and one-of-a-kind NH Made products. Please come out to support your town folk during this weekend. It's a great time to meet with the artists and pick up some early holiday gifts. A free downloadable map and guide is available online at <http://www.nhopensdoors.com>

The event is presented by the League of NH craftsmen and NH Made. It is sponsored by the State of New Hampshire, New Hampshire Cultural Resources, and New Hampshire Magazine. Go to nhopensdoors.com for more information.

Someday Farm Alpacas Barbie Tilton

Jane Balshaw Multimedia Artist

Havn Guitars Erik and Rachel Baker

Petals in the Pines Donna Miller

Hackleboro Pottery Kate Goegel

Fox Country Smokehouse Matt Fox

Canterbury AleWorks Steve Allman

Old Ways Traditions Dave Emerson

Hutchinson Family Sugarhouse Brian and Adrienne Hutchinson

Kathie Fife Photography Kathie Fife

Free the Spoons - Mark Kneeland (at Old Ways Traditions)