

CANTERBURY COMMUNITY NEWSLETTER ~ JANUARY, 2010

PUBLISHED FOR THE COMMUNITY BY THE CANTERBURY UNITED COMMUNITY CHURCH

Church Office 783-9365

Tues., Wed., Thurs. mornings.
Please call first.

Food Pantry 724-9731

For aid: Wed. & Thurs. 10am-6pm,
30 Chichester Rd., Loudon

Reserve Parish House

Judy Patterson, 783-4419

Library 783-4386

Mon. 2-8 pm, Tues. 12-6 pm
Wed. & Thurs. 9 am - 8 pm
Saturday 9 am - Noon

Town Clerk/Tax Collector 783-0153

Mon. 9am-3pm, Tues. 11am-6pm
Thurs. 4 - 8:00 pm
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
CanterburyBI@aol.com

Da Dump 783-9980

Wed. 4-7 pm, Sat. 8 am - 6 pm

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.-Fri., 6:30 am - 7 pm
Sat., 7 am - 7 pm
Sun., 8 am - 5 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

Pastoral Perspective

I'd like to share a personal story from Rev. Lou George with his permission. Lou is a friend and retired Executive Minister of the American Baptist Churches in VT/NH. This boyhood experience shaped his life and, I believe, has direct bearing on the current societal situation in America.

When Lou was a boy growing up in a small town in Maine, he got his first job at the local dry goods (that's "clothing" for some of you) store. At the end of his first week the elderly proprietor presented Lou his pay, cash of course, in several small envelopes along with these words: "Lou, you give this first envelope to your mother. She has done a lot for you and it is time for you to start doing something for her. This second envelope is for a savings account that I am going to set up for you at the bank, and every week part of your pay will go into that account. This third envelope is for you to do whatever you want with. And this fourth is the tithe to give to your church. My Jewish faith tells me to give back a tenth of all God has provided me, and your Christian church deserves the same. If you continue this practice for your life, you will never have money troubles." Lou affirms his employer's advice to this day.

Why is this important for all of us in the USA today? The first envelope reminds you and me that we have responsibilities to others. The second envelope reminds us of the importance of saving (and the dangers of credit). The third envelope reminds us that we can really see only part of our income as for our own needs and wants. And the fourth envelope reminds us of the importance of charity in balancing

society's accomplishments with its failures in meeting social needs.

Lou might be bothered by my application of the tithe (that's a baseline 10% beyond the church, but many charities are doing holy work. For those of you who are involved in faith communities, the message is still clearly that supporting that faith community should be a priority equal to meeting your own needs and more important than your wants. Linda and I have an annual goal of giving at least 5% of our income to the church and 5% to other charities, and increasing that each year if possible. If you're not into faith, you're probably committed to some educational, social or other cause – put your tithe there.

Our society desperately needs many more people to allot their personal finances to all these four areas. Can you see the implications for fiscal stability, community responsibility, improving social needs and reining in discretionary spending? Adopting "Lou's Lesson" in mid-life is a lot more challenging than starting off in life with that perspective, but any individual or family can do it. It just takes will - and prayer. Look, it's a new year; what better time to start?

In faith,

Pastor Mel Burrowes

Happy New Year!



AROUND TOWN

Loudon Food Pantry Update

Holiday Boxes

We gave out 120 Thanksgiving Boxes this year. That's double what was given out last year. Thanks to your support, households received apples, bananas, carrots, onions, squash, and potatoes as well as basic Thanksgiving meal items such as a turkey, a roasting cranberry sauce, gravy, stuffing, canned yams, a dessert and dinner rolls. Beyond that basic box, they were allowed to pick additional canned goods off the shelves so that they could receive up to the ten days worth of food that we allotted for each household.

And thanks to the Holiday Food Basket Project which is run by Capital Region Food we only needed to supply Christmas meals to those from out of Capital Region's service area. Because of this, the donations we've received during the Holiday season will carry us further into the new year.

Immediate Pantry Needs: Large Vehicle

When we first started (July 2008) we were servicing 17 households per week. We are currently servicing anywhere between 75 - 80 households weekly. Along with a larger numbers of households in need, comes a need for transporting larger amounts of food to the pantry. Our Honda Fit is often packed to capacity and we are finding that nearly every food transport requires additional vehicles.

The food pantry is asking for a generous person or company to donate a van that we can use for these food pickups as well as other pantry business (such as deliveries, when necessary). The van must be roadworthy and able to pass inspection at a mechanic of our choosing.

We are a 501(c)(3) organization (IRS tax exempt letter available upon request) so your donation would be tax deductible to extent allowable by law.

The Pantry says "THANKS!"

We would like to take a moment to thank all of our donors and volunteers for assisting the pantry in many different ways. Whether it was sending money, dropping off food, organizing or participating in a food drive, coming in and helping to process the food, clothing, and household goods, or hosting a drop off location – your efforts have made all the difference to those who find themselves in need. For ourselves, and on behalf of our patrons, we cannot thank you enough.

— Sarah

To find out more about our pantry :

LoudonFoodPantry@yahoo.com

<http://LoudonFoodPantry.org>

Intake Hours: Wednesday & Thursday 10am - 6pm

Volunteer Hours: Monday, Tuesday 10am - 4pm

Update from the Canterbury Planning Board

What is the "Workforce Housing Law"? How does it change Canterbury?

A new state law will soon mandate towns to make their zoning amenable to affordable housing in a "majority" of the residential areas in town. The "Workforce Housing Law" takes effect statewide on January 1st.

The Canterbury Planning Board is moving forward to develop zoning amendments that will manage the requirements of the state law within the terms of our own Canterbury zoning ordinances. You, the voter, will have a chance to approve these zoning amendments by ballot and town meeting in March. The purpose of the town taking action is to preserve the spirit of our own Canterbury way of managing growth while meeting the requirements of the state law.

Communities have a vested interest in making sure their police officers, firefighters and teachers can find affordable homes. It is unfortunate that many of the young people who grow up in Canterbury and upon whom the community depends as volunteers and creative energy must move elsewhere to find affordable housing.

Towns across the state have been scrambling to write their own ordinances to meet the state mandate. Our Board of Selectmen, Agricultural and Conservation Commissions were consulted in our ordinance design process. The Central NH Regional Planning Commission provided professional planning expertise, audited our existing regulations and drew on the examples of many other towns' Workforce Housing Regulations to help design ours.

How will things change? Not much really, except that we hope that some of the roadblocks to affordable homes will be eased or removed. Workforce Housing is not what one thinks of as "Section 8, low income" housing. The upper price limit of a qualifying WFH residence is approximately \$215,000. A family of four making less than \$74,000 would qualify. A builder of qualifying housing would get a "bonus" of one additional house for every 10 allowed under current zoning. In addition, some relaxation of subdivision rules could be applied to help make construction affordable. An "overlay map" has been created to cover approximately 51% if the town to meet state law. The areas with higher residential density and proximity to roads were overlaid first with the Agricultural/ Conservation areas last, until the state mandated "majority" of land area was included. All underlying zoning protections still apply. Property owners are not "forced" to do anything and lose no rights. A Housing Commission may be created to help provide

>>>>>>> *article continued on page 9*

LIBRARY NEWS

The next meeting...

...of the Board of Trustees will be on Mon. Jan 11 at 7:00.

The library will be closed...

...Mon. Jan. 18 in observance of Civil Rights Day.

During inclement weather...

...please phone the library (783-4386) before coming. If there's any question whether we're open call or check the listings on Channel 9 (WMUR). I'll do my best to leave a message on the answering machine, but if you're still not sure call Sue at 783-4013. The library hours are as follows:

Mon. 2-8 Wed. & Thurs. 9-8
Tues. 12-6 Sat. 9-12

Join us for winter fun...

...at Story Hour on Wed. Jan. 13 and Wed. Jan. 14 at 10:00 with Linda Kotsusky.

This month...

...the Book Discussion Group is reading, "The Robber Bride" by Margaret Atwood. Copies are available at the library for anyone wishing to join us. We'll meet on Tues. Jan. 19 at 7:00 by the fireplace.

The knitting group...

...will continue meeting Wed. evenings at 6:30 by the fireplace. If you have other handwork and would like to join us around the fireplace, please come, too!

Looking for something...

...to do during the cold winter days? FAMILY PASSES are available at the library to borrow so you can visit the following locations:

- Children's Museum - Dover
- SEE Science Center – Manchester
- The Fells – Newbury

- Currier Museum of Art – Manchester
- Museum of NH History
- Christa McAuliffe Planetarium

** Some passes allow a family of four to visit free of charge while others provide a reduced fee. Stop by or call the library to reserve.*

Download audio books...

...at home! Download audio books on CD, an iPod, OMC or MP3 Players from home. A high-speed connection is strongly recommended. If you are interested 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

We wish to express our appreciation...

...to Tim Gershin & his son Timothy for providing us with beautiful music during our Holiday Open House and to Santa (Trustee Ron Turcotte) for entertaining adults and children alike. Oliva & Emma Kotsusky were wonderful volunteer helpers assisting little hands with ornament making and cookie decorating. Our thanks to all of you for your help, support and patronage.

We'd love to hear...

...from anyone who has a special interest/talent and would like to present a library program. Please stop by or call Sue at the library.

Donations of books...

...books and music CD's and DVD's that are published from 2007 to the present are always appreciated and often added to the collection. Please bring your items in rather than using the book drop.

New Titles

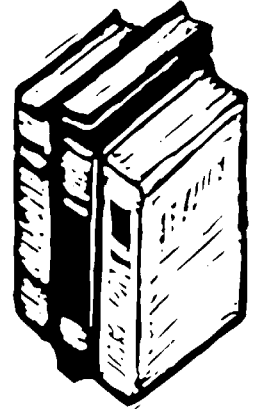
Under the Dome, *by Stephen King*

Pop: the Genius of Andy Warhole, *by Tony Sherman*

End of Overeating, *by David Kessler*

I, Alex Cross, *by James patterson*

Stones Into Schools, *by Greg Mortenson*



Mark Your Calendar!

Native American Style Flutes, February 24

With Contoocook resident Todd Aubertin Wed. Feb. 24 at 11:00 during school vacation week! Todd is a sculptor, artist, furniture maker and self-taught maker of Native American style flutes. This interactive family program encourages children and adults to bring their flute, ask questions and enjoy Todd's music.



CES SCHOOL NEWS

PTO Thanks

The CES PTO would like to thank all who helped the school by supporting this fall's fund raising projects. We had a great turn out at the Holiday Fair and did very well selling Christmas trees in the center. The Original Works children's art project was also a successful fund raiser. Some of the PTO proceeds will be used to help fifth grade students pay for the Nature's Classroom environmental camp, buy a new sound system for the school, and to join the other district parent groups to bring Lynn Lyons back to lecture on parenting. Again, we are very grateful to all the parents and community members for all their support and help.

The next PTO meeting...

...will take place on Monday, January 11th. From February on the meetings will be held on the third Monday of the month. All meetings are open and everyone is welcome to attend.

Safe Routes to School Meeting Rescheduled

The Safe Routes to School meeting was cancelled on December 9th due to the snow storm that day. It has been rescheduled for Wednesday, January 6th at 5:00 P.M. in the school library. We will be looking for ideas on how we could use grant money to improve access to and from the school within a two mile radius. This could be sidewalks, multi-use path connections, crosswalks, signs and pavement markings, etc. Anyone who is interested in

helping with this project is welcome to attend.

NECAP Data

Public release of 2006 NECAP assessment data for grades 3-8 is scheduled for the end of the month. Performance information on Shaker schools and other state schools can be accessed at the state website <http://www.ed.state.nh.us>. Parents will receive individual student reports showing their child's achievement in reading and math in grades 3 through 8. Students in grade 5 and 8 will have additional information about their achievement in written language.

No School Jan. 18

There will be no school on Monday, January 18th, Martin Luther King Jr. Day. There will also be no school for children on Friday, January 22nd which is scheduled for staff in-service.

Math Night Jan. 21

CES will be holding a Math Night on Thursday, January 21st. We will begin the evening with a Family Pizza Supper in the gym at 5:30 P.M. Then from 6:00-7:00 P.M. everyone is invited to visit the classrooms and see how graphing skills are developed through the grades. Parents and students will have the opportunity to participate in a variety of activities to display, read and analyze data as it is taught in the Everyday Math Program.

Jan. Calendar

Mon., Jan 4

School Resumes

Weds., Jan 6

Safe Routes to School
Meeting CES Library 5:00

Mon., Jan 11

PTO Meeting 6:00 P.M.

Thurs., Jan 14

School Board Meeting at
BMS 6:00 P.M.

Mon., Jan 18—NO SCHOOL

Martin Luther King Jr. Day

Thurs., Jan 21

CES Math night

Fri., Jan 22—NO SCHOOL

Staff In-Service

Fri., Jan 29

Spelling Bee

SCHOOL DISTRICT WEBPAGE

The Shaker Regional School District web page offers information regarding school calendars, district events, athletic schedules, and school board activities. In addition, individual teacher web pages provide current homework assignments and classroom activities. The address is:

www.shaker.k12.nh.us

Parent and Citizen Focus Groups

Help the Super Search

The Shaker Regional School Board will be hosting focus groups for the Shaker Regional Superintendent search. All parents and community citizens of Belmont and Canterbury are invited to attend one of the following sessions. If you cannot attend either of these sessions, you can direct your comments to: Terry@NHSBA.org Subject: Shaker Search.

- Date: Tuesday, January 12
Location: Canterbury Parish House
Time: 6:00 p.m.
- Date: Wednesday, January 13
Location: Belmont High School cafeteria
Time: 6:00 p.m.

— Heidi Hutchinson

"Welcome Basket" comes to Canterbury

Brant Tichko and the Canterbury United Community Church are beginning a "Welcome Basket" project for newcomers moving into town. The Welcome Basket will contain a copy of the monthly newsletter, information on the town organizations, free coupons to businesses etc. The basket will be personally delivered to new residents by Brant and Pastor Mel Burrowes beginning in January. Brant is a senior at Bishop Brady High School and this project is part of his Senior Community Service Program.

To keep costs down, Brant is looking for donations of 8"-10" diameter baskets. Please contact him and he will be glad to pick up. If your business is interested in donating vouchers or coupons for free services, please contact Brant at 783-4026 or email him at tshot@myfairpoint.net

The Art of Living

Stretch your body mind & spirit in the new year at The School for the Art of Living at Providence Place, 24 Morrill Road, Canterbury. Practice yoga, study a course in miracles, explore the Urantia Book, be in stillness, and more. Schedule begins January 2010. No Fees, Limited Enrollment. Call Brenda Murray for more info 783-8352.

4-H News

The next Canterbury Rascals meeting will be January 4th at 6:30 and will be held at the Parish House. Club members are preparing for the Food Show and Public Speaking.

Thanks to all who attended at the Santa's Pancake Breakfast. The breakfast was a huge success.

Also thanks to North Family Farm and Grand View Farm for providing syrup donations and Hackleboro Orchard for donating apple cider.



— Beatriz Gillespie-Reporter



Six Weeks of Learning to Draw (with a little bit of painting too!)

- WHAT: Kids will learn basic drawing skills (line, value, color) while being inspired by images from art history.
- WHERE: The Parish House
- WHEN: Fridays from 3:30 to 4:45 for six weeks starting on January 8th
- WHO: Kids from ages 7-13 years old
- COST: \$20 per session (\$15 for each additional sibling) \$100 for all six sessions (if paid by the first session) (\$80 for each additional sibling for all six sessions if paid by the first session)
- TAUGHT BY: Michael Roundy, Artist and Professor of Fine Arts at UMass Lowell and New Hampshire Technical Institute.
- CONTACT: 783-4845 or send an email to: kandmroundy@comcast.net

Register Now for Canterbury Little League

For those that register online between now and January 31st, you will receive a discount (\$10 for Majors and Minors and \$5 for Coach Pitch and Tee Ball). The website is: <http://www.eteamz.com/CanterburyLittleLeague/> **An in-person registration is scheduled for March 3rd at the Elkins Library.** There are a limited number of scholarships available for families in need. Please submit a written request to: dhennessy@regencymtg.com or mail to P.O. Box 17, Canterbury, NH 03224



Registration costs are as follows:

Before January 31st (via website)	After January 31st
Majors (9-12 years) — \$45	Majors — \$55
Minors (8-12 years) — \$45	Minors — \$55
Coach Pitch (7-10 years) — \$30	Coach Pitch — \$35
Tee Ball (4-6 years) — \$30	Tee Ball — \$35

Get Healthy, Have Fun, It's FREE!

Canterbury Aerobics Three Days a Week

Join us Mondays, Tuesdays, and Thursdays at 5pm in the CES gym. All ability levels are welcome. If you're new to the group, you might huff and puff a bit more and move a bit slower at first, but you will sure feel better if you keep on coming! We have great music, a lot of laughs, and the more that come, the merrier. Stretching, weights, cardio, and fun, all for FREE. See you there!

PS Aerobics is NOT for ladies only. Come on guys, mix it up with Tod, Ron, and Dave...



MORE AROUND TOWN

Prevent Elder-Fraud

On Thursday, January 21, 2010 at 10AM, The Seniors at The Penacook Community Center will host a "Safe-Tea". This is a presentation on Elder Fraud given by Officer Joe Wright, Concord Police and Mary Stuart, Ocean Bank. The event is free and open to the public. Refreshments will be served. It will be held in the gym at PCC. Snow date is 1/28. Call 753-9700 for more information.

Kitchen Junket Dance

The usual fifth weekend Kitchen Junket/barn dance at Wind In The Timothy, will be held at a different location. On Sat., Jan. 30, the dance will be at Lynn Chong and Rob Pearlman's Barn, 34 Wadleigh Road, Sanbornton, NH. Pot Luck at 6pm, dance from 7pm to 9pm.



What is the "Workforce Housing Law"? How might it change Canterbury?

Read the article by the Planning Board on page 2 of this newsletter to find out!

CLASSIFIEDS

HOUSE TO RENT

Shaker Road house for rent. Small, bright, 2 acres, 1-2+ bedrooms, 1 bath, eat-in kitchen, W/D hook-up, shed, one car garage. NS. \$1175+ utilities. Rent includes plowing. Security deposit. 267-8546 Peter Hofman.

LOCAL BUSINESS AND SERVICES

OLD WAYS TRADITIONS at Dave Emerson's. Antique machinery demos, steam engines, windmill, hiking trails, country and Shaker style furniture, decorative accents, art, antiques. Shaker Road, 603-783-4403 efurnitr@comcast.net, and www.oldwaystraditions.net

ART CLASSES for kids age 7-13. Basic drawing skills with inspiration from art history. Six week series starts Jan 8. Taught by Michael Roundy, artist/ professor of Fine Arts. \$20/session, \$100/six sessions. 783-4845 or kandmroundy@comcast.net

THE SCHOOL FOR THE ART OF LIVING. Call Brenda 783-8352 for more info. Yoga, A Course In Miracles, "Stillness" & more. Providence Place, 24 Morrill Rd. No Fees. Limited Enrollment

LOOKING TO RENT

Looking for affordable, quiet, private place in Canterbury to call home for me and my two furry best friends. Short to long term, starting in March. Contact Kathie Fife 783-9334 or kathie@anrdllc.com

HOW TO PLACE A CLASSIFIED

Deadline: 25th of each month. \$7 for 30 words or \$14 for up to 60 words. Make checks payable to CUCC. Mail ad copy and check to Beth Blair, Box 239. All proceeds offset cost to produce and mail the newsletter. Questions? 783-4333—or—beth@casablair.com

The 2010 Sunset Mountain Challenge!

The SMF&G Club has once again voted to offer a \$500 Challenge to aid in raising funds for the Canterbury Newsletter. We hope to see that it meets with the same success as last year! Please send your donations to CUCC (Canterbury United Community Church), PO Box 216, and mark your check "Sunset Mountain Challenge." If the church gets \$500 in donations, the Sunset Mtn. folks will match it, dollar for dollar. Thanks to all who can help us meet this incredibly generous offer. And many thanks to SMF&G!



POST OFFICE NEWS

There are two Federal holidays in January. The Canterbury Post Office will be closed on Friday, Jan. 1, for New Years Day. The office will also be closed on Monday, Jan. 18, Martin Luther King's birthday.

There will be some price changes in effect on Monday, Jan. 4. The Priority and Express mail rates are changing. The Express mail flat rate envelope goes up to \$18.30. The Priority mail flat rate envelope goes down to \$4.90. Medium size flat rate Priority mail boxes will be \$10.70. The large size flat rate Priority mail box will be \$14.50. These changes are only on Priority and Express mail rates. The price of stamps, first class mail and parcel post are not included in this change.

The important change in the Canterbury Post Office is that I am going in for heart by-pass surgery early in January. It is not an emergency, but it is something that I should take care of before it gets worse. I will be out for about two months. Rick will be the OIC (officer in charge) and he and Mary will divide the hours to cover the office. I am sure that after two months I will be ready to come back and get back into the routine! Thank you for your support.

— Ted LeClair Postmaster, Canterbury NH 03224

FINALLY — ROOM FOR RECIPES!

The newsletter is always so full of the comings and goings around town, that it has been a very long time since we have had room for the recipes that used to be a favorite monthly feature! So let's start the New Year off with a bit of fun...

A Trick with Eggs

Do you like deviled eggs, but hate to peel the hard boiled eggs to make them? Here's a dandy trick — after you have finished boiling the eggs, dump out the hot water and refill the pot with cold water. Take the eggs one at a time and gently but thoroughly crack the shell all over, but don't peel! Put the cracked egg back in the water to finish cooling. The water gets in under the shell and makes it slip off more easily! For the easiest peeling make sure when you start that you break through the membrane between the shell and the egg.

Simple Leek and Potato Soup

I know many of my neighbors are still hoarding a few leeks from the end of the gardening season, and there's always a potato or two in the root cellar. This soup is so easy and tasty!

Some recipes call for using chicken broth or stock, but this recipe uses just water which does not mask the earthy taste of potato and the sweetness of the leeks. Serves 6 – 8

- 4 cups sliced leeks, including light green leaves
- 5 cups roughly chopped, peeled potatoes
- 2 tablespoons butter
- 3 tablespoons flour
- 2 quarts water
- ½ - 1 cup skim or whole milk
- ½ cup heavy cream (optional)
- Kosher or sea salt
- Freshly ground pepper

In a large heavy bottomed pot melt the butter over low heat, add the leeks and sprinkle lightly with salt. Cover the pot and cook the leeks, stirring occasionally,

until they are soft but not browned. Add the flour, increase the heat to moderate and stir the leeks and flour for 3 minutes.

Add two cups of water and stir until the flour is incorporated into the water and then add the potatoes, the remaining water and 2 teaspoons of salt. Bring the water to a boil and then simmer over low heat until the potatoes are cooked (30 – 40 minutes). Yum!

Molasses Crinkle Cookies

My mom, Virginia, and I begged for this recipe from Amy Covell (who used to live on Morrill Road, and many of us in the neighborhood still miss seeing her around town!)

- 1 cup brown sugar
- ¾ cup Crisco shortening
- ¼ cup molasses
- 1 egg
- 2 and ¼ cup flour
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. ginger
- ½ tsp. ground cloves
- ¼ tsp. salt

Combine top ingredients separately from the bottom ingredients, and then add the dry mixture to the wet. Form the dough into balls and roll in granulated white sugar. (You can also roll them in confectioner's sugar to make a white cookie with more pronounced "crinkles".) Place on ungreased cookie sheets and bake at 350 for 7-10 minutes. They will crinkle on the top when done. Softer, mushier cookies result from less cooking time. However, they will firm up quite a bit as they cool.

Champagne Chicken Fricassee

OK, the recipe really calls for 1 cup liquid, and suggests dry white wine or vermouth. Since this is a start of a new year, a few of you out there might have the tail end of a bottle of Asti Spumante or champagne in the fridge, and it is del-

ish in this recipe. Even flat!

- 1 five to six pound stewing chicken, cut up
- 1 cup liquid (here we go! vermouth, dry white wine, chicken broth, or CHAMPAGNE)
- 1 small onion, sliced thin
- 1 stalk celery, sliced thin
- 1 Tbsp. salt
- ½ tsp. pepper
- ½ tsp. paprika
- 1/3 cup cold water
- 3 Tbsp. all purpose flour

In skillet over medium high heat, heat chicken and all ingredients except flour and water to boiling.

Reduce heat to low, cover skillet and simmer 2 and half hours or until chicken is tender. With slotted spoon, remove chicken to platter. Keep warm.

In cup, stir water into flour until smooth. Stir into pan juices and cook until mixture is thick. Pour gravy over chicken and serve. I usually serve over brown rice, with a nice pile of steamed snap peas, and grilled tomatoes (yum yum yum)

If you're out of time, and don't feel like messing around with cutting up a stewing chicken, buy those lovely lazy skinless, boneless parts. Cut them up into nice sized chunks. Dredge them in flour and brown them in a little oil. Add the rest of the ingredients. Simmer for about half and hour. Do the same thing with the flour and water, and voila! Wasn't that easy? (and tasty, too...)

Cheaters' Sugar Cookies

Get a tube of Pillsbury pre-made sugar cookies. Take the dough and knead in ¾ cup white flour. Roll and decorate as usual. The extra flour means they don't puff so much, and hold the shape of the cookie cutter better. Also, you can't roll the dough straight from the tube as it's too mushy. This is a great time saver when your son or daughter reminds you at 5pm they need cookies for school the next day!

Warm Ideas for the New Year

As we launch a new year, it's a great time to challenge ourselves with some new ways to save energy, reduce your utility bills and help the planet. During the winter we spend a lot of energy and money on staying warm. Yet there are many ways to be more efficient about how we remain comfortable in our homes when the cold wind howls outside.

Lowering your thermostat, even by a few degrees, when you are away or sleeping can reduce energy use substantially. If you install an electronic thermostat you can program the heat to come on shortly before you wake up or plan to return home so the house will be warm when you need it to be. It's also important to make sure that heaters and registers are clean and not blocked so that you can get maximum benefit from the heat that is being produced.

If you heat with wood, be sure to use your stove vents properly. Wide open vents and dampers cause a fire to burn hotter, but also more quickly, using up more wood. Use dry and well seasoned wood to maximize efficiency and reduce build up of creosote in your chimney.

On sunny winter days, opening drapes and curtains to let the sunshine in (especially on south facing windows) can bring in warm solar heat. At the other end of the day, closing drapes at night can reduce the loss of heat through the glass. Insulated curtains are ideal, but any covering is better than no covering.

If you have a favorite tip that you utilize to keep your home toasty warm in the winter, pass it on and we may share it in next month's newsletter. Folks in Canterbury are pretty clever and resourceful, so share your ideas by sending them to me at ruthnaturally@myfairpoint.net. Thanks

and keep warm and efficient this winter.

— Ruth Smith
for the Canterbury
Energy Commission



AROUND (our green) TOWN

Conservation Corner

January Events from Northern Woodlands Magazine

Northern Woodlands Magazine, like many other excellent nature journals, gives us a 'Look at the Seasons'. Here are some observations for each of the four weeks in January, adapted from the Winter issue of Northern Woodlands ("A Look at the Season's Main Events," by Virginia Barlow, Northern Woodlands, Winter 2009, p. 4).

January 1 – 9: Best viewing of the Quadrantids meteor shower is after midnight. You may see 40 per hour. Chickadees, blue jays, some nuthatches, woodpeckers and titmice are still at the feeder. Most others are gone or remain self-reliant. Any snow deeper than 6" give red foxes a hard time getting around. They must use lots of energy.

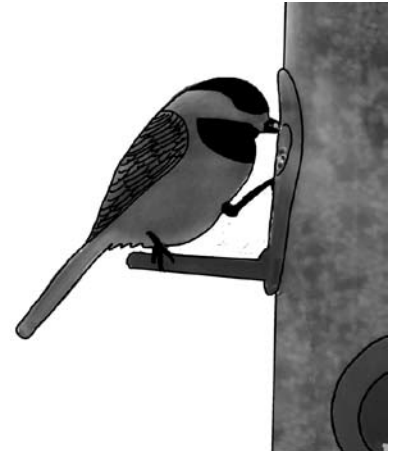
January 10 – 17: Mink and other short legged mammals will stay in their dens, often near water or under tree roots or in vacated dens during stormy weather. Honeybees may be seen out and about during a thaw. Opossum and other animals are now wintering farther north each year.

January 18 – 24: Beavers tuck away a lot of branches for winter food, but come spring their tails, which hold their fat, are much smaller. You may hear, 'Feebee, feebee,' as male chickadees begin to return to establish their territories. The first note is higher than the second. Many male birds don't migrate as far south as females, allowing them a shorter trip north to make arrangements.

January 25 – 31: Black bears maintain a core temperature of 88 degrees during hibernation, only 8 degrees less than their normal temperature. Deer mice store food to avoid the cold and predators, but the imprint of an owl's wings in the snow may show the end of a mouse's tracks. White-tailed deer may eat up to eight pounds of twigs per day when not confined by deep snow in their deeryards. Tree sparrows prefer weed seeds, but will get back to the birdfeeders when bad weather blows in.

Happy New Year from the Conservation Commission! January for the commission is time for new members and officers. Please consider joining as a volunteer. We work on many fun and interesting projects and there's lots of room for more hands to help conserve our town's natural resources.

— We meet the 2nd Monday of each month in the Meeting House next to the Library. All are welcome.



In Sorrow



June Hill Rueggberg, retired educator, died December 9, at the age of 90, in hospice care at Concord Hospital. June was preceded in death by her husband of 62 years, Robert Rueggberg, in 2006. June was a teacher of most grades and became a principal at one time. June is survived by her son, Christopher and daughter-in-law Gail, her granddaughter, Emily and two sisters.



Maurice D. Litalien, 85, died November 30 at the Hackett Hill Healthcare Center in Manchester. Before his retirement, he worked for Nashua Beef Co. for more than 40 years. He was the widower of Lorraine Litalien and is survived by four sons, including Ronald of Canterbury, two daughters, and many grandchildren.



David C. Gowlis, 53, died November 17, after a long illness. David served in the Air Force. He is the youngest brother of Vincent Gowlis Jr. of Canterbury, Charlotte Gowlis of Northfield and the late "Papa John" Gowlis. He is also survived by stepdaughters, nieces and nephews.



Marjorie A. Luneau Fernandes, 87, died peacefully in her sleep on November 28, at the Chestnut Hill Benevolent Association in Mass. Marjorie and her husband Omer Luneau established one of the first natural food stores in New England in 1948. Omer passed away in 1968. She will be remembered for her creativity and turning things into magic. Marjorie is survived by a sister, son Omer Luneau of Canterbury, and another son William from Concord.



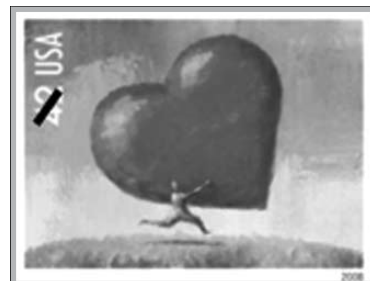
Joachim Luneau died in December 2007 at home. He was an exceptional artist who specialized in detailed pen and ink drawings. He is survived by his brothers, William and Omer Luneau of Canterbury.

Artemis Thanks You

Thanks to everyone who has supported me and my new business, Artemis Natural Resource Designs. Whether you purchased a card, fine-art print, stopped by and said hello, or sent a nice email, I appreciate it so very much. Your support and encouragement has been wonderful! Canterbury is a special place dear to my heart. I have enjoyed connecting with old friends again and meeting new friends this year. May you have a happy healthy New Year. — *Kathie Fife*

All good thoughts...

...to our postmaster Ted, who is having bypass surgery in early January. Here's wishing him a first class recovery!



How to Contact the CUCC

- Church Office 783-9365. Tues., Wed., and Thurs. mornings. Please call first.
- email : canterburychurch@verizon.net
- Reserve Parish House, Judy Patterson, 783-4419

Don't forget to check the Town website for all recent postings of official Town News
(plus a link to the monthly newsletter!)

www.canterbury-nh.org

<<<<<<<< "Workforce Housing" article continued from page 2

advice on our housing trends.

What if we vote no? "Builders remedy"... The whole town, except the Industrial and Commercial zones would be subject to WFH construction on January 1st. Without these changes approved, a case could be made that our town has illegal exclusionary zoning under the new state law and a builder could ask a judge for remedy, eventually leaving town oversight out of the picture. Local control would be lost over where and how development occurs. This is why our town attorney advises us to take action.

The proposed ordinance and overlay map and will be available on the town web site and at the store. There will be a public hearing during the Planning Board meeting on January 12th. There will be much more information available following that meeting and prior to voting day.

— *Tyson Miller for the Canterbury Planning Board*

CANTERBURY COMMUNITY NEWSLETTER

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AND MORE!**



About The Newsletter

Deadline: 24th of the month prior to the month you want the article to appear.

NEWSLETTER EDITOR:

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OUT OF TOWN LABELS:

Beth Blair (see above)

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

TOWN CRIER: Ginny Wright,
731-2448, wriginny@gmail.com

NOTE: The Town Crier needs news items by NOON on Wednesday to appear in the following Sunday's Concord Monitor.

Thanks to Kinko's of Concord for their ongoing commitment to the quality and cost-effectiveness of the newsletter!

Editor's Endnote

Canterbury Newsletter Needs a New Editor in 2010

It was back in 1998 that I started to help then-editor Kelly Short with the Canterbury newsletter. Eleven years later and here I still am! However, the time has come for me to turn my energy to other tasks, and I am looking for a new and energetic person to take over the monthly production of the newsletter. Computer skills, familiarity with a page layout program (the newsletter is currently done using InDesign on a Mac), reliable email connection, flexibility, and a happy attitude are required. If you are interested and want to know more about what this job entails, feel free to contact me at 783-4333 or beth@casablair.com. The newsletter is an important and ongoing part of what makes Canterbury a special place to live and work — please considering volunteering your skills to keep the newsletter coming!

In addition, I will say thank you so very much to the terrific support that the newsletter, and myself as editor, have received over the years. The kind words, the donations, the offers of help have all been much appreciated. I can say with certainty that I will miss being the first one in town to know the news!

— Beth Blair

