

Canterbury Community Newsletter

Published for the community by the Canterbury United Community Church ~ February 2023

School deliberative session, which sets voters' choices, is Feb. 8!

A deliberative session for the 2023-2024 school budget will be held on Wednesday, Feb. 8, at Belmont High School beginning at 6 pm. All warrant articles will be considered at this session. There will be opportunities for explanation, discussion and amendment of each article.

Town Meeting is coming too! See the latest news, *Page 7*.

The conclusion of each article will result in voting either to add the article to the ballot for voting on Election Day in March in its original form, or to add the article to the ballot for voting as amended. When the deliberative session is adjourned, the language of each article will be finalized, but there will be no decision on whether or not it is passed.

On Election Day, March 14, voters will mark "yes" or "no" on each warrant article in the voting booths with the outcome of each article being decided. Candidates for the open school board seats will also be on the ballot. Belmont residents will vote at Belmont High School and Canterbury residents will vote at the Old Town Hall.

Individuals who qualify for absentee voting may contact Stacy Kruger, District Clerk, at 603-267-9223 ext. 5314.
~ Erin Chubb, CES Principal

~ A Busy February! ~

Town budget hearing. Monday, Feb. 6. *Page 7*.

Cloverbuds 4-H is starting up on Monday, Feb. 6. *Page 3*.

First Canterbury Fair meeting! Wednesday, Feb. 8. *Page 3*.

Ashes-to-Go at the church on Ash Wednesday, Feb. 22. *Page 3*.

Wild Backyard Medicinal Herbs talk, Elkins Library, Thursday, Feb. 23. *Page 6*.

Legos! Perfect for school vacation week. Elkins Library, Tuesday, Feb. 28. *Page 6*.



No license, gear needed ~ and free!

Ever wanted to learn to ice fish? Wondered what the attraction is to sitting/standing on ice over a little hole with a pole? Come and find out! Free sessions at 10, 11, 1 and 2 on Saturday, Feb. 4, will be led by NH Fish and Game "Let's Go Fishing" certified volunteer instructors. No fishing license is required for this one-day event! All equipment is provided. Registration required.

For more information contact Jessie Tichko at 603-783-4025. Register at <https://tinyurl.com/4p9znprx> or look for the link on the town email or the CUCC Facebook page, @MyCanterburyChurch.

Come to the silent auction preview and bid!

The Love Is All You Need! Masterpiece Mystery Theater is a ***sold out*** evening of community, fun and suspense. But if you weren't able to get tickets and still want to check out the "weddin' gifts" for the silent auction, then come to the Town Hall on **Friday, Feb. 10**, between 4 to 7. Put in your best bid at the Silent Auction Preview. Amazing "gifts" that any couple would appreciate will be up for auction, from jewels to paintings to weekends away, events, outings, services and more—all taken by the highest bidder! You need not be present to win.

"Gifts" can be paid for by check, cash and credit card! All proceeds benefit CUCC and its service to the community, including the "money tree."

~ Mindy Beltramo

Local Folks, Here to Serve You ...

CANTERBURY TAVERN: Open Thursdays & Fridays from 4:30-9 pm (Kitchen closes at 8.) Menu changes weekly. Prime Rib every Friday night! Join us for Feb. 11 Wine Dinner featuring a 5-course meal paired with wines from Uncorked Wine & Spirits. Tickets available on our Facebook page. On Feb. 17 from 5-7 pm, join us for a family night featuring activities for the kids, buffet dinner, and support the CES PTO!

CANTERBURY COUNTRY STORE: Open Monday-Saturday, 6:30-6; Sunday, 8-5. You'll find great local foods and products as well as a variety of convenience store items (and your Canterbury neighbors). If you don't see something you'd like, ask. Call us at 783-9933 if you'd like items bagged for pickup. And have a happy Valentine's Day!

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

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GULF BROOK RENOVATIONS: "When Ordinary Just Won't Do." Bathrooms, kitchens, additions, decks and more. Jaime Higgins. 603-496-2414. gulfbrookrenovations.com

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



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DEWEY SCHOOL: The Dewey School welcomes children ages 3-5 to nature based early learning at the historic Canterbury Shaker Village. Deweyschool.net.

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What Is a Church, Really? It's Connection!

Dear Friends,

When you think of church, do you picture yourself sitting still on a hard pew as an hour drags by, listening to a lot of shoulds and feeling like you don't quite belong? At one point or another, a lot of us have been there!



Pastor Becky

But let me invite you to try a different kind of churching this month. How about a walk in the woods, or an ice-fishing workshop, or a Masterpiece evening mystery where you solve the crime? How about taking a friend out for coffee and really listening? At Children's Church kids observe and wonder about God's world—not much sitting still, but plenty of friendship and

active, playful learning! At Stillness in the Center on Wednesday nights, you'll find time to reflect and connect—no preaching, just quiet and candlelight. Or try a dinner book group this month. Or share this newsletter with someone. Try buying some extra food for the Loudon Food Pantry, or sharing some of what you have with World Food Kitchen or Church World Service. Get involved with a town committee or with the Canterbury Fair (which starts organizing this month). Watch a Parish House Cinema movie with friends (and popcorn)! Cook up some easy meals for your Canterbury neighbors, or pay a visit and listen more than you talk. Sing out loud even if you can't carry a tune in a bucket—and sing with others who are glad to hear you!

Here's the thing: Church really isn't the building, or the historic pews (which are hard!), or Sunday mornings. Church isn't even the traditions, though traditions enrich many of us. Church is connection—with people you know and people you don't know. It's care for body and spirit of the neighbor and stranger.

CUCC February highlights

Children's Church for ages 2-7, every Sunday at 10 in the Parish House.

Sunday Worship at 10 am, followed by fellowship.

Free ice fishing at Kimball Pond, Saturday, Feb. 4, at 10, 11, 1, and 2. See the item on the front page!

Silent auction preview and early bidding on Friday, Feb. 10. See the item on the front page for that too!

Masterpiece Mystery Theater with silent auction on Saturday, Feb. 11. *Tickets are sold out!*

Ashes-to-Go at the Church, Ash Wednesday, Feb. 22, at 7:30 am, noon, and 7 pm. Lenten blessings with ashes or oil.

Churching (or synagoguing, or meeting, or mosquing, or sanga-ing) is recognizing the power of love to give life meaning. It's practicing (not perfecting) a life of purpose. It turns our attention outward and inward. Wherever you do it, church means wondering and exploring who we are and where we're headed—and recognizing we're not on this journey alone.

I look forward to meeting you on the journey this month!

Peace,
Becky

Cloverbuds for younger 4-Hers starting up again!

The Cloverbuds 4-H club is back. Anyone ages 5 to 7 (as of Jan. 1) is welcome to join. We will be meeting on the first Monday of each month from 5 to 6 pm. Our first meeting will be Monday, Feb. 6, at 5 pm at the Canterbury Parish House, behind the country store. These meetings will focus on learning the fundamentals of 4-H. There will be activities and crafts each month. We hope to see everyone there. If you are interested in joining please email us at canterburycloverbuds@gmail.com and sign up online at <https://v2.4honline.com/#/user/sign-in>.

Canterbury Rascals 4-H Club will hold their monthly meeting on Monday, Feb. 6, starting at 6:30 pm at the Parish House. Club members are preparing for county events, including the Merrimack County 4-H Food Show, which takes place on Feb. 18 at the Parish House. Members can also learn public speaking skills, create a poster, or submit a photograph they took for Merrimack County 4-H Presentation in March. Upcoming Club events include a 2-part woodworking workshop to make and wire a lamp, beginner sewing and dipped candle making.

Wanted: A barn to store books and What-Not for Canterbury Fair

Anybody Got Barn? After years of yeoman service, we won't be able to use The Byre anymore for storing books and What-Not stuff so we need to find a dry and accessible place for our big \$\$ makers to use. Give a shout if you have a lead.

People have really stepped up to help the Canterbury Fair continue—thanks to everyone who volunteered and welcome.

First Fair meeting is Wednesday, Feb. 8, at 6:30 in the downstairs meeting room of the Parish House. Come see what all the fuss is about!

~ Rick Crockford and Bob Drew

Local Food, Local Syrup ... and Local Needs

Craving local produce? It's available

Amid winter, the Canterbury Farmers Market wanted to let you know that you can still get local produce! The Downtown Concord Winter Farmers Market has opened its temporary location for its in-person market. The market is located at 7 Eagle Square (behind the clock tower) and runs on Saturdays from 9 to noon. You can learn more about this market on their website at downtownconcordwinterfarmersmarket.com.

We are also now accepting vendor applications for the 2023 season! If you or someone you may know would like to apply to become a vendor, please reach out to our market manager, Julie Dewdney, at canterburyfarmersmarket@gmail.com. You can also find more information about becoming a vendor, including our Sale-Able Products Definition, on our website at canterburyfarmersmarket.com.

The Canterbury Country Store also sells many local products. For example, they offer North Family syrup, White Oak Farm beef, Fox Smoke House products, and Granite Ledge Coffee.

Supporters of the market can renew their membership by visiting our website and mailing a check payable to CCFMA to PO Box 3, Canterbury, NH 03224. The support the market receives from our members is what makes it possible. For more information about this, visit our website at canterburyfarmersmarket.com.

~ Emily Sullivan

Food pantry provides for thousands of meals

In December the Loudon Food Pantry gave out enough food to create 5,186 meals to 185 individuals. Of those, 98 were age 60 and older, 30 were age 18 or under and 31 were in between. Our December numbers are always lower because the Capital Region Food Program supplies everything needed for the holiday, including 70 vouchers for holiday meals this year. Gift of Lights donations will also provide for more than 900 meals.

Volunteers: When people come to the pantry to receive food for the first time, that's all they expect to receive. My volunteers make people feel welcome and get them to laugh a little and forget their situation for the time they're with us. I am fortunate to have volunteers that feel the way I do! The following volunteers come in week after week (no matter how hectic and crazy things get). Thank you, **Bill, Glenda, Mary, Jon, Scott, Kim, Burt, Sandy, Deb 1, Deb 2, June and Brenda** (just to name a few). Without your dedication and valuable input this pantry would not be what it is today!

Do you need food? Call me at (603) 724-9731 to see if you qualify. The process is simple and if you have all your paperwork, you'll receive food the same day as your appointment! *For our location, contact information and hours, see the listings on Page 7.*

~ Sue Houck

Think (early) spring ~ and maple sugar!

For hundreds, if not thousands of years the season we are approaching has been full of many traditions. The sweet sap from maple trees was collected and prepared



for use as food by indigenous people long before the European settlers arrived. There is no doubt that all who have collected and prepared sap before us have eagerly thought ahead to their traditions of the season, just as we do. Not only are the traditions enjoyable and the products delicious but it also marks a milestone towards spring.

In the summer, the leaves of the maple trees, with the help of photosynthesis, create sugars that are stored in the tree. In the early spring, when the night temperature is below freezing, groundwater is pulled up inside the maple trees all the way to the top branches. That water mixes with the sugars in the tree. When the next day is above freezing the sap flows back down the tree where it can be caught by a tap hole to be collected by a sugar maker. You may also see sap dripping from broken branches or other fresh wounds.

To start the season, sugar makers will tap (drill a hole in) a maple tree. A sugaring operation can vary from hanging one bucket and cooking the sap into syrup on the kitchen stove, to a large operation that taps over 100,000 trees. It is the evolving technology that is allowing large operations to be possible. Plastic tubing and pipelines under vacuum, pumping stations, reverse osmosis to remove water from the sap, refrigeration to preserve sap freshness and high efficiency evaporators are now used to make the same quality syrup that also can be made by hanging one bucket. The color and flavor of maple syrup changes from light color, delicate flavor at the beginning of the season to a darker color and stronger flavor as the season comes to an end. The season is over when the night time temperature no longer drops below freezing and the spring peepers sing.

~ Tim Meeh, Jill McCullough and Daimon Meeh,
for the Canterbury Agriculture Commission

Canterbury Loses a Lifelong Resident

Regina M. Lamprey, 73

Regina M. Lamprey, a lifetime resident of Canterbury, passed away Jan. 6, 2023, after a short illness. She was 73.

Gina was predeceased by her parents, Harry and Mary Lamprey, and also her brother, Willie Lamprey.

Gina is survived by her husband, William McAllister; her sisters and families: Judith Webber, Susan Fletcher and Robert Tilton, Cindy and George Smith, Karen Schaefer and Richard Bittle, and Donna Lamprey; also three aunts, ten nieces and nephews, and many great and great-greats.

Gina has been an active member of the Canterbury community all her life. She was a member of 4-H, Good News Bible School and Pilgrim Fellowship. She served on the recycling committee and the cemetery committee. She was an active member of the Sunset Fish and Game Club, where she was a hunter safety instructor as well as a hunter herself.

After her father, she was the maker of the Canterbury Fair BBQ Secret Sauce, as well as a worker on the BBQ event.

Gina worked days and earned, at night, an associate's degree and then a bachelor's degree. She worked for the state most of her working life.

In accordance with Gina's wishes, there will be no services. If you wish to celebrate her life, please make a donation to your favorite charity in her name or take a minute to sit with a cup of coffee and watch the birds, Gina's favorite pastime. Like Gina, enjoy your life and family.



A historic Canterbury photograph seems appropriate for this page. This is the "Rose Cottage" on Old Tilton Road. It's part of the Luther Cody Negative Collection held by the Canterbury Historical Society. Check it out at canterburyhistory.org.

Historical Society trustees look to future

The Canterbury Historical Society Trustees held a strategic planning meeting in January in order to assess various aspects of their mission, current status and future initiatives. As in the



past, discussions prompted a range of ideas and possible solutions. In the end, conclusions were reached to which all agreed.

Here are a few:

The trustees need to encourage and recruit new individuals to refresh and replace long serving members ... new energy is needed;

We need volunteers who could spend a few (or a lot) of hours reviewing and inventorying records of the town, the church, or those of the Canterbury Women's Club, among a host of others;

We have a large collection of old deeds which we need to inventory so they can be transcribed to a digital format; there are pictures from the 1976/1977 Bicentennial requiring "people identification."

If any of this interests you please contact Mary Ann Winograd at the Elkins library or email us at bobs carp1@gmail.com.

~ Bob Scarponi, President

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Stop By the Library to See All That's Changed!

Have you seen the changes at the library yet? Make a point to swing by and see your beautiful library. A full inventory and collection review has been completed. Due to usual supply chain and scheduling delays, we are still waiting for some new shelving pieces and the installation of a water bottle filler. Thank you staff for your amazing work, extra hours and enthusiasm!

We will be closed on Monday, Feb. 20, for Presidents Day.

The next Board of Elkins Public Library Board of Trustees is on Monday, Feb. 27, at 6 pm.

We follow the Shaker Regional School District schedule. If there is no school, we are closed. On days when there is a 2-hour delay, we will make it to the library as safely as we can for our regular hours; it's always a great idea to call ahead. We also will post on Facebook and on WMUR.

The Old Man Boring Book Club will meet on Thursday, Feb. 2, at 6 pm. This group enjoys titles from our collection but also maintain their own collection of private books. Come see what it's all about.

Evening Book Group: Wednesday, Feb. 15, at 6 pm. We will be discussing *Bel Canto* by Ann Patchett. Copies are available at the Circulation Desk or downloadable on Hoopla and Libby.

Murder, Mayhem and Misadventure will meet Tuesday, Feb. 28, at 2 pm. We will be discussing *Too Good to be True* by Ann Cleves. This book is only 93 pages long; if you have not picked it up yet, please get it from the library. You do not have to be a committed member of this group. If the presentation for the month looks interesting, come join us—and you may never leave us!

Elkins Café. This is a great group that provides a wonderful chance to chat and meet with others in a safe space. We will meet on Thursday, Feb., 2 at 2 pm for board games. This is a request by many patrons! On Thursday, Feb. 16, at 2 pm we will enjoy some chair yoga.

Free Tech Help! Thursdays from 5 to 7 pm, in half-hour time slots, Katie McKay offers free tech support at the library. Please schedule an appointment and give a brief description of the nature of the issue. Katie's appointments fill up quickly so be sure to sign up.

Take Your Child to the Library Day: This initiative was started in 2011 to raise community awareness on the importance of the library in the life of a child. Bring your child to the Elkins Public Library on Saturday, Feb. 4, to see what your library has to offer: programs, passes books and more! We will have a DIY craft station and information on upcoming programs. (This is the perfect day to sign up for a library card.) Join us in our celebration!

Story Time: Join us Tuesdays at 10 am for stories, songs and a craft. This program is perfect for children birth through kindergarten. Come to the library and meet your children's

Updated speaker series (with more to come)

Wild Backyard Medicinal Herbs with Maria Noel Groves on Thursday, Feb. 23, at 6 pm. A special request from the Sweet Grass group made possible thanks to funding from the Augustine Family. Thank you!

March: Moved and Seconded with Rebecca Rule on Thursday, March 9, at 6 pm

April: Becoming Wolf: Eastern Coyotes with Chris Schadler on Thursday, April 13, at 6 pm. **Also:** Beech Hill, the Reconciliation of Hervey Elkins and the Enfield Shakers with Galen Beale on Thursday, April 20, at 6 pm.

May: Digging into Native History in NH with Robert Goodby on Thursday, May 11, at 6 pm

October: The Forgotten Forest Primeval: Rediscovering Mt. Sunapee's Old Growth with Steve Russell on Thursday, Oct. 19 at 6 pm

November: New Hampshire on Skis with E. John B. Allen on Thursday, Nov. 9, at 6 pm.

future classmates while fostering a love of reading. *There will be no story time Tuesday, Feb. 28.*

Tunes, Tales and Tumbles: Join us Thursday mornings at 10 for songs, stretching, stories and more! This program is perfect for our youngest patrons ages birth through preschool. *There will be no 3Ts program on Thursday, March 2.*

School Vacation Week

Legos! Tuesday, Feb. 28, from 10 am to 12 pm. Join us for a drop-in Lego time; there will be a table of Duplos for our younger patrons.

Movie day! Thursday, March 2 at 2 pm. Join us for an afternoon movie at the library. We'll be showing *The Bad Guys*, rated PG, 1 hour 40 minutes. Popcorn will be provided.

February is Love Your Library Month in Canterbury.

When you come in to see all the great changes at the library, pick up a membership form and join FOEPL's exciting new chapter! (If you're already a member, now's the time to renew your membership.) And while you're at Elkins, check out the new price on Frontier Soups.

For more information about FOEPL, email Sandy at slhodsdon@gmail.com.

~ Sarah McCraw Crow

Town Meeting Season ... It's Almost Here!

Public hearing on budget is Feb. 6

The selectmen will hold a public hearing on the proposed 2023 budget on Monday, Feb. 6, at 6 pm at the Meeting House. The selectmen will also meet on Monday, Feb. 27, for a regular meeting. Please see the town website for details and how to join via video or phone.

The Town Office and Town Clerk/Tax Collector's office will be closed on Monday, Feb. 20, for Presidents Day.

The first session of Town Meeting, ballot voting for town officials, will be held at the Town Hall on Tuesday, March 14, from 7 am to 7 pm. The second session of Town Meeting, the deliberative, in-person session on budget and warrant articles, will be held at Canterbury Elementary School on Friday, March 17, at 7 pm.

A copy of "Important Dates for Town Meeting and Elections" can be found on the town website.

~ Ken Folsom, Town Administrator

Voters to act on power initiative

Many thanks to the hardy 30 or so residents who attended the Canterbury Community Power Committee's second and final public hearing on Jan. 12 at the Parish House—despite a nasty wintry mix of rain, snow, and slush! For those who may have wanted to attend but couldn't, the PowerPoint slides from Jan. 12 and CCPC's final proposed "Electric Aggregation Plan" (EAP), as submitted to the Select Board and the Public Utilities Commission, are available as links on our web page: canterbury-nh.org/canterbury-community-power-committee

The EAP is now in the hands of the selectboard, Canterbury residents, and the PUC. The selectboard decides whether or not to recommend adoption of the EAP by those residents present and voting at Town Meeting on Friday, March 17. If residents do not vote to adopt the EAP, that would be the end of Community Power in Canterbury—at least for the foreseeable future. But if residents adopt the EAP at Town Meeting, then the PUC, acting on a separate 60-day clock, has final authority to consider any comments or objections to the EAP and approve or reject it in writing, failing which the EAP is deemed approved. (If it's rejected, the town can make changes and resubmit.)

The CCPC submitted the EAP to the PUC on Jan. 16, so if residents adopt the EAP at Town Meeting on March 17 and the PUC has not affirmatively approved or rejected it by then in writing, it will be deemed approved by default on the same day that residents adopt it, March 17, and Canterbury will continue to move forward toward "launch" of Community Power.

Look for more on the benefits of community power in the March newsletter!

~ Howard Moffett, for the Community Power Committee

Solid waste committee hopes to replace truck

The solid waste committee has two broad goals. The first is to reduce the waste stream as much as we can by recycling as much as we can. Recycling eliminates, or at least slows down, the need to convert forests and open spaces into landfills. It also reduces the environmental harm caused by logging, mining and other extractive industries. The second goal is to make this as cost-effective as we can by generating as much revenue from the materials as we can.

At last year's town meeting, the voters approved a warrant article to upgrade the electrical system at the transfer station and to purchase a new baler. The new baler (which would not have been possible without the electric upgrade) will enable us to bale the cardboard, which will give us a higher price. It will also enable us to start recycling almost all types of plastic. So we will soon be making progress on both fronts.

There is, however, a third goal which is to provide a safe and healthy environment for our transfer station staff. We currently compact our trash using an idling diesel truck. Long term exposure to diesel exhaust threatens the health of our workers' hearts and lungs and increases their risk of cancer.

We hope to have a warrant article for the 2023 town meeting to purchase an electric compactor and associated equipment so that we can eliminate the idling diesel truck. More on this in next month's newsletter.

~ Stephen Rasche, for the Solid Waste Committee

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Integrated Art ... and a Leader in the Making

Elementary school brings art into the classroom, outdoors ... and more!

We have been able to add art integration into our curriculum this year, with art integration time being specifically built into the main schedule at Canterbury Elementary School.

This opportunity is being utilized as a collaboration between the art teacher and the classroom teacher, with both professionals working with and supporting the learners with the art integration activities. These enriching activities are taking place in the classroom, the art room, outdoors or a combination of these.

Fourth grade created three-dimensional spheres out of tin foil and plaster wrap. It was a messy and exciting process for the students to use the plaster wrap.

Fifth-grade students created clay bowls during one of their art integration classes. These bowls were made using a variety of methods including pinching and coiling, and so many lovely details were added to make the bowls match each student's unique personality.

Finally, paint was used to decorate them and they were sealed with an acrylic gloss. We appreciate the opportunity to have a vehicle to connect the arts with the general curriculum for our learners.

Joseph Bryant is Kid Governor candidate

Special recognition goes to Joseph Bryant, our 2022 CES Kid Governor candidate. Joseph competed with other fifth-grade students from schools around New Hampshire. Mrs. Gosselin, our fifth-grade teacher, collaborated with Joey on his platform, which was crafted around the effects of inflation on NH families. Joey presented his platform and community projects (including his participation in the CES food drive and creation of a resource blog for local families) to the Shaker Regional School District School Board at one of their meetings.

Joey showed leadership, maturity and passion in his campaign, and we are proud of him (and his classmates for their wonderful support)!

~ Erin Chubb, Principal

Would you like to advertise in the newsletter?

We are grateful to the many local businesses—as well as our generous donors! — whose support makes the Canterbury Newsletter possible. For information about options and rates for advertising in an upcoming newsletter, email us at newslettercanterbury@gmail.com!

~ Mark and Brenda Travis, co-editors



Above: Fifth-graders made clay bowls.



Left: Mrs. Gosselin, Joseph Bryant, and the principal.



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newslettercanterbury@gmail.com

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

Town Email List

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

Post Office

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

Stores

Canterbury Country Store: Mon.-Sat., 6:30 am to 6 pm; Sun., 8 am to 5 pm; 783-9933

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

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

Loudon Food Pantry

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

Service: By appointment only at same hours as above.

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

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

Town offices and organizations

EMERGENCY? Dial 911

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

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

Town website:
canterbury-nh.org

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

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

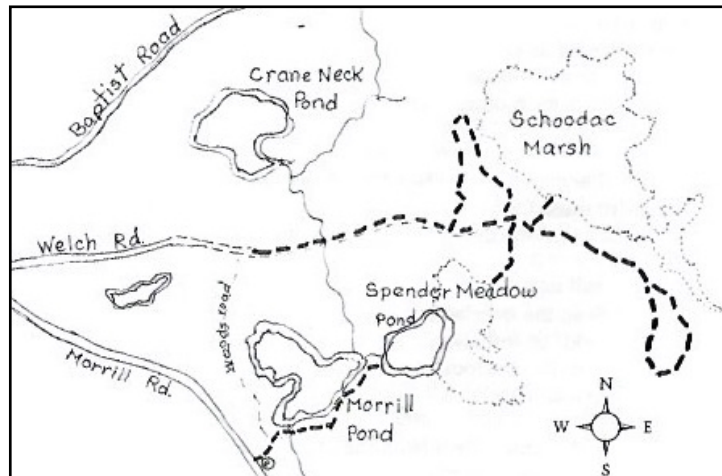
Selectmen's Office, Town Administrator, and Assessor's Office: 783-9955. Mon. and Wed., 9 to 1; Thur. 10 to 2. Emails: selectmen@canterburynh.gov
assessing@canterburynh.gov
kfolsom@canterburynh.gov

Building Inspector: 783-9033
buildinginspector@canterburynh.gov

Highway Dept: 783-4123
canterburyhighway@canterburynh.gov

Planning Board: 848-2059
planningboard@canterburynh.gov

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



Soak in the beauty on Spender Meadow

I've often said that mental hikes can be as good as actual hikes. Anne and I are very fortunate to live in the midst of very walkable woods with interesting trails I've made over the years. Anne walks them often. My walking is mostly confined to our yard but my mind often wanders out the trails. Their details are well established in my brain.

Memories of deer sightings, fox and other tracks, the brook in freeze and in flood are clear. I can call them up 'most anytime and frequently do. But I rarely stop in the woods to sit and absorb my surroundings and let my mind be affected by them. When I was a kid I was more inclined to stop and sit but mainly because I wasn't in any hurry to get back to the house. Of course in my mountain hiking days I'd stop to enjoy the views. Now I wish that I'd made more sedentary stops, taking the time to be absorbed in the experience. So now I'm writing to share some of the spots where I wish I'd stopped to set and "let it soak in."

A favorite spot for me is Spender Meadow. I love the approach. The Fish and Game parking area and entrance is on the left going out Morrill Road just after it turns to dirt. The road into Morrill Mill Pond runs within sight of the stream and its impressive mill stone work. Crossing the dam the road is more trail-like, through fine tall pines. At the swampy end of Morrill it becomes a road on the south side of the stream flowing down from Spender. Crossing on an impressive stone slab bridge to the north side you're almost to Spender where you're welcomed by a wide grassy area with an open view of this very wild-feeling marsh. You'll want to spend some time here. The dam will be on your right (maintained by beavers). Allow at least two hours.

For a more ambitious hike go left, close along the west side of Spender, around to the north side where you'll soon see the sign to the connector trail to Welch Road and Schoodac. From the dam to the connector is an easy bushwack.

Where you come out on Welch Road you'll be close to what I think of as "lunch hill" with a wide view of Schoodac. Farther east on Welch Road (where it ends at a beaver dam) Big Pine Trail goes right. If you take the lefthand loop you'll soon come to the biggest erratic I know of in Canterbury. Good for most of a day, with lunch.

~ Dave Emerson

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We hope you enjoyed your Canterbury Community Newsletter!

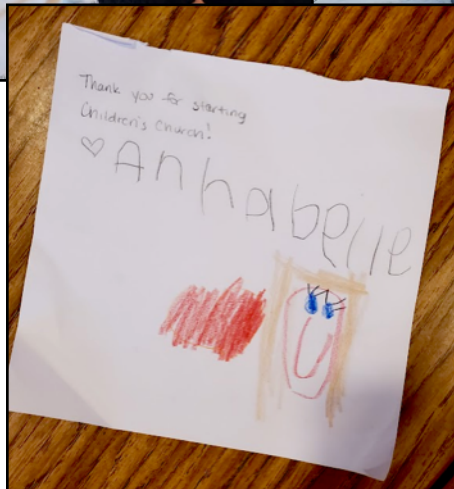


Above: It's reading time in Children's Church.



Right: One participant makes her appreciation known.

Far right: Kelly Merryfield leads a group of winter walkers on a church-sponsored outing at the Shaker Village.



What is a church? Connection!