



Canaan Carrier

<http://www.canaan-vt.org>



JANUARY 2017

TOWN OF CANAAN PARKING BANS



Effective December 1, 2016 through April 1, 2017 it is unlawful to park between the hours of 11:00 p.m. and 7:00 a.m. on all streets and roads in Canaan and Beecher Falls (this includes Town Roads and Vermont Routes 102, 114 and 253).

SNOW REMOVAL

No person, other than an employee in the performance of his or her official duties as authorized by the Agency of Transportation or the Selectboard, shall plow onto the traveled way, shoulder or sidewalk of a State Highway or a class 1, 2 or 3 Town Highway (V.S.A. T23 Section 1126a.)

NOTICE TO RESIDENTS

The Canaan Selectboard would like to remind town residents that, despite the best efforts of the town road crew not to do so, sometimes items within the town highway right-of-way get damaged, either by snow removal or other highway maintenance equipment. The town is not responsible for damages obtained within this 25 foot from center of road. The Selectboard is asking that residents beware before leaving or placing objects such as vehicles, fences, trees, signs, etc. within these boundaries. Objects may be removed at the owner's expense.

Vernon L. Crawford, Chairman

Gregory D. Noyes

Haven L. Haynes, Jr.

ICE SKATING RINK

The rink in the Canaan Fletcher Park is now available for public use. We require that children under age 12 be accompanied by a responsible adult. The use of the skating rink is voluntary and the Town of Canaan will not be responsible for any injuries. We reserve the right to restrict use of the skating rink.



UTILITY USERS

To all users of water and sewer utilities and backhoe services in the Town of Canaan, Vermont:

All unpaid water, sewer and road account charges for 2016 not paid by December 14, 2016 will be posted in the annual Town Report as per request of the Town Auditors. Also all Town Delinquent Tax accounts will appear in the Town Report after that date. Please note: The Canaan Sewer and Water Commissioners will contract to disconnect your water and sewer services on December 14th if your account is not paid in full.

Attest: Noreen Labrecque, Town Clerk

HOLIDAY HOURS

The Canaan Town Office will close at 12:00 p.m. on December 23rd and reopen at 9:00 a.m. on December 27th and will close at 12:00 p.m. on December 30th and reopen at 9:00 a.m. on January 3rd.

STUMP DUMP

The Stump Dump will be open on January 7th and 14th, 2017 from 8:00 a.m. to 12:00 p.m. allowing access to get rid of Christmas trees and other clean wood waste.

FIRE DISTRICT #1 & #2 ANNUAL MEETINGS

The annual meetings of the Canaan Fire District #1 & #2 will be held at the Canaan Community Office Building on January 9, 2017 at 6:30 p.m.

ANNUAL TOWN REPORT

The 2017 Annual Town Reports will be available for distribution by February 25, 2017. If you are unable to pick the report up in person, call or write the Town Clerk and a report will be mailed to you or you can read the Town report on our Town website at <http://www.canaan-vt.org>

REGISTER TO VOTE

March 6, 2017 is the last day to register to vote prior to the Annual Town and School Meetings. Town Office will be open from 3 p.m. to 5 p.m. to receive applications.

TOWN MEETING

March 6, 2017 at 6:00 p.m. the Annual Town Meeting begins. Following the Annual School Meeting the Town Meeting begins.

March 7, 2017 at 8:00 a.m. the polls open at the Canaan Town Office for the Election of Town and School Officers and the polls close at 7:00 p.m.

TOWN WARNING PETITIONS

Anyone wishing to place an article in the 2017 Town Warning or School Meeting Warning by petition, must have the petition in to the Town Clerk by January 19, 2017. The petition must be signed by 5% of the legal voters of the Town of Canaan. (This is about 35 signatures)

ATTEST: Noreen Labrecque, Town Clerk

VERMONT ELECTION LAWS

Vermont Election Laws no longer require Vermont Towns to hold a yearly nomination caucus: The sole purpose of which is to have a candidate for each vacant office.

Interested candidates wishing to run for election as a Town Official must get a petition at the Canaan Town Clerk's Office. The petition must be signed by 1% of the legal voters of the Town of Canaan. (This is about 6 signatures)

The petition form must be submitted to the Town Clerk's Office no later than 5:00 p.m. on January 30, 2017. If you are interested in seeing someone's name on the ballot, please do not hesitate to pick up a petition. The following is a list of Town Officers on the 2017 Ballot:

Town Moderator	1 year
School Moderator	1 year
Clerk/Treasurer	3 years
Selectboard	3 years
Lister	3 years
Lister	1 year
School Director	2 years
Auditor	3 years
Trustee of Public Funds	3 years
Library Trustee	3 years
Library Trustee	2 years
Library Trustee	1 year
Grand Juror	1 year
Town Agent	1 year
Sexton	1 year

If you have any questions regarding the positions, terms, and duties, please contact the Town Clerk's Office.

ATTEST: Noreen Labrecque, Town Clerk

Solid Waste Review

We recently had a site visit by the Agency of Natural Resources and overall we were in good shape. They do site visits for all transfer stations. We did not have our current Certification to Operate posted at the transfer station office. This has been corrected. We will need to provide better containers for our CFL light bulbs. These will be ordered. We do not separate our e-waste due to space constraints. We will need to label boxes as mixed e-waste. If we sort our e-waste we could get \$.05 per pound. We will be reviewing and if we can we will sort. He also suggested an outlet for our collected batteries. We will be looking into both suggestions.

Illegal Dumping

We have had someone who is using the transfer station when it is not opened. This is considered illegal dumping and subject to being fined. Dropping waste of any kind or recyclables is not allowed when the transfer station is not open. When bags of household waste is dropped off when we are not open the bags get ripped apart by birds and other critters creating a big mess that we have to clean up. Just because the gate to the transfer station and treatment plant is open doesn't mean we are open for business. The sign posted at the gated entrance has the days and time that we are open. We will be investigating to find out who is doing the illegal dumping and charges and fines will be levied.

Utility / Back Up Person

The Selectboard after several years discussing the pros and cons about hiring a Utility/ Back Up Person has hired Brian Bissonnette to fill this position. Brian has been working part time on the water and sewer systems and other jobs as well. Kenny Rogers who was working with Richard on plowing the roads for the winter months has decided to call it quits. You may have already seen Brian out on the roads plowing. You might question why do we need a full time employee as opposed to a part timer? We discussed this option of part time and it proved difficult to find someone willing to work part time who would have all the skills to meet all the requirements of the jobs we expect them to be qualified in or licensed to perform and be available when we needed them. Some of the jobs we currently bid out will be filled by Brian. There are situations where we are required to have two people on site so that we meet the labor rules for safety. We need qualified back up personnel when someone is ill etc. Brian's time will be charged back to the department that is using his time. Example: Sewer, Water, Transfer Station, Highway, Parks. We chose Brian because he already has some of the skills that we needed and has been working part time for the town.

3 Easy Ways to Get Your Vermont Income Tax Forms

1. Online—Print forms from the Vermont Department of Taxes website at www.bit.ly/formsindincome
2. Telephone—Order forms by calling the department's direct line, toll-free (855) 297-5600
3. Email—Order forms by emailing taxforms@state.vt.us.

When ordering, taxpayers should include full name, daytime phone number, mailing address, form number(s) and quantity needed. The average turnaround time for delivery of forms is about 7 to 10 business days.

Canaan FD#1 Updates

There are several projects as part of CFD#1. Here are some updates for those projects for the report:

CFD1,Contract #1 – Contract #1 entailed the construction of new water mains and service line connections that was seen throughout 2016. The project is complete with all the newly installed water mains and services are as you may know operational.

CFD1,Contract #2 – Rail Trail Water Main Connection to CFD#2. The permitting of the project through the NH Department of Recreations and Economic Development has held up the project from being completed in 2016, and now will be completed in 2017. The project ties the CFD#1 system to the CFD#2 system along the abandoned railroad bed now used as a ATV/snowmobile trail. The project will be bid this winter.

CFD1,Contract #3 – Water Storage Tank: This project's permitting and design has been completed and will be bid this winter as well. Construction will begin in the Spring of 2017. The project includes a new 200,000-gallon water storage tank with a 1800 foot 12-inch water transmission main to the new CFD#1 water main at the VT253 / Powerhouse Road intersection. The new tank will increase pressures in the water system and along with the new piping provide fire protection.

CFD1,Contract #4 – Water Treatment Facility. The water treatment facility which is to be located adjacent to the well located off Ethan Allen Drive will remove iron and manganese from the water. Also a pilot study to confirm the size and equipment required to treat the well water was completed in early December. The project will be bid in late spring or early summer depending on permits from the State of Vermont and construction is expected to begin in late summer of 2017.

Canaan FD#1- Contract #5- The District is applying for a grant from USDA for upgrading the water meters, installing a radio control system for the storage tank, well and treatment facility, some short water main replacements and miscellaneous work.



CFD2 – Water Main Relocation

The Water Main Relocation Project was completed in November, on time and under budget. The 8" water main that is hung beneath the Bridge St. bridge above the Connecticut River is no longer conveying water from VT to NH and vice versa. The new 10" HDPE water main that was drilled beneath the CT River is now handling those duties. The abandoned water main will be removed by the NHDOT contractor as part of their bridge refurbishment project in 2017.



12/9/2016

For Immediate Release**Canaan Town Receives an Ownership Dividend Credit from Its Self-Insurance Association**

Selectboard of Canaan Town announced today that the Town of Canaan has received \$1,232 as a contribution offset from the VLCT Property And Casualty Intermunicipal Fund (PACIF), the non-profit organization through which Canaan Town obtains its Property/Casualty and Workers' Compensation coverage and risk management services. Each year the PACIF Board of Directors, comprised of local officials, considers the past success of the Fund and determines if any monies can be returned to the membership. This year the PACIF Board voted to return \$500,000 to the members as contribution credits and \$200,000 in loss prevention equipment grants for a total of \$700,000. Since the inception of the Fund, PACIF has returned a total of more than \$18 million to its members.

"\$1,232 has already been subtracted from our 2017 invoice," says Selectboard. This credit is as valuable as if the Town of Canaan had received a check made out for the same amount.

Canaan Town received the \$1,232 credit as a member-owner of the VLCT Property and Casualty Intermunicipal Fund (PACIF), an intermunicipal self-insurance association operated on behalf of its members by the Vermont League of Cities and Towns (VLCT). This year's distribution comes from the net position from specific prior fund years. It was deemed available to be returned to members by the Fund's consulting actuary and was approved by the Board of Directors.

"VLCT PACIF is one of the best examples of successful intermunicipal cooperation that exists today," says Ken Canning, Director of Risk Management Services for VLCT. "It was formed in 1986 when several of Vermont's cities and towns appealed to the League for assistance because their insurance companies were restricting coverage and raising prices exorbitantly high or dropping municipalities completely. Since then, PACIF has become the preeminent provider of municipal coverage and has responded to its members' needs by enhancing coverage, handling claims professionally and fairly, and providing extensive risk management support and consultation."

For more information about VLCT PACIF, please contact Ken Canning or Joe Damiata at VLCT, 802-229-9111.

**Suzanne Phinney**

Thank you so much for volunteering your time to help with getting the newsletters ready to mail and shredding. We really appreciate it.

Noreen and Diana

Community Heart & Soul Revitalization Committee

The committee continues to move the process forward. We meet the second Tuesday of the month at 5:30. Meetings were being held at the school and now will be held at the Town Office down stairs. We have everything we need at the Town Office and with school in session it makes more sense.

Our committee facilitator and coach Trish Sears has taken a new position with the Newport Express. We want to thank Trish for help in our mission and wish her the best with her new job. Steve Mason will take over her position as facilitator and coach. Steve is well versed in what we are doing and has a lot of knowledge about the process and community affairs. We are completing Phase II using the Orton Foundation Heart & Soul Process. The Orton Foundation has released a \$10,000 grant to continue their support for our community revitalization efforts using the Orton Foundation H&S Process. We will be looking for someone to be trained to take over the facilitator and coach position going forward. If you would like to join the team or would like to lead this team going forward let us know. New members are always welcome.

Rural Edge / SASH -Support and Services at Home

We have been working with SASH (Support And Services at Home) to bring their program to Canaan and the surrounding towns. SASH works with local health providers and residents. They will be looking for a SASH Coordinator and a Nurse, if interested, please mail a letter of interest and resume to Gary Chester, Director of Supportive Housing, PO Box 259, Lyndonville, VT 05851. Any questions, he can be reached at 800-234-0560 or 802-673-5758. The following is more information about SASH:

What is SASH?

SASH (*Support And Services at Home*) is part of the Blueprint for Health, Vermont's statewide health care reform initiative. SASH helps Vermont's most vulnerable citizens, seniors and individuals with special needs, access the care and support they need to stay healthy while living comfortably and safely at home.

SASH is available in many communities throughout Vermont and serves primarily persons 65 and older and persons with disabilities. *Participation is voluntary and free of charge.* SASH communities include a care coordinator and wellness nurse who work in partnership with a team of community providers to assist SASH participants.

"Through the SASH program, housing, health and service providers are finally able to collaborate fully. This greatly benefits our residents in providing effective support in their efforts to maintain health and live in their homes."

Eileen Peltier
Executive Director
Central Vermont Community Land Trust

Why SASH?

With the guidance of SASH staff, SASH participants determine their own health and wellness goals. Three areas are focused on to ensure goals are met:

- Preventative health care and services coordination
- Self-management education and coaching, particularly relating to chronic health conditions such as diabetes and arthritis
- Transitions support after a hospital, nursing home or short-term rehab facility stay

December 15, 2016

Only Six Weeks Left to Sign Up for January Health Coverage

Department of Vermont Health Access officials reported that Vermont Health Connect Open Enrollment has been progressing smoothly. They expect the state to maintain one of the lowest uninsured rates in the country in 2017.

Open Enrollment is a time for new customers to sign up for health and dental plans for the coming year. It is also a time for current customers to compare their existing health plan to other options. Vermont Health Connect offers a free 2017 Plan Comparison Tool, which can help customers decide whether another plan would be a better fit for their family's needs and budget. The online tool allows customers to compare plans not just by monthly premiums and deductible amounts, but also by estimated total annual costs. Vermonters can try it out by clicking on "Decision Tools" at <http://VermontHealthConnect.gov>.

After taking a couple minutes to enter age, income, health status, and expected use of medical services for all family members, the site presents the 20 qualified health plans from Blue Cross Blue Shield of Vermont and MVP Health Care in order of estimated total costs, lowest to highest. Users then have several options for sorting the results, or they can click on links to plan details and additional information on insurance carrier websites.

Vermonters who would prefer to talk to a live person about their options can call Vermont Health Connect's toll-free Customer Support Center at 855-899-9600 or set up an appointment with an Assister in their community.

Vermont Health Connect encourages Vermonters to take note of the following dates:

December 15 – Last day to sign up or report change for January 1 coverage

December 26 – Payment due for January 1 coverage

January 15 – Last day to sign up or report change for February 1 coverage

January 31 – Open Enrollment ends (coverage effective March 1)

Customers with online accounts can sign in to report changes and pay their bill from 5am until 1am most days. Due to scheduled system updates, customers won't be able to access their online accounts from 8pm tonight until 5pm tomorrow (Saturday). The Plan Comparison Tool and all information on the Help Center site will continue to be available. This weekend's maintenance period will not impact the Vermont Health Connect's call center, which is open 8am to 8pm Monday to Friday.

Vermont Health Connect's 2017 Open Enrollment began November 1 and runs until January 31. New customers can sign up online, by phone, or in person with an Assister. Current customers are automatically being renewed into 2017 coverage; they are able to call 855-899-9600 or click on the Renewals link in their online account to report changes for the 2017 coverage year.



PO Box 214, Canaan, Vermont 05903

**canvthistsoc@gmail.com or
www.canaanvthistoricalsociety.org**

Museum hours: Monday—Friday from 2 p.m. to 4 p.m.

Editing of our video project continues and it has been well received by members who have seen the nearly finished project. Background music, additional photos, old video, and other items are still being found that will add interest to the final product. We hope to have the video ready for sale shortly after the holidays, once packaging, reproduction, and a final affirmative vote by the members is complete. Editing more than 20 hours of interviews down to about one and a half hours of video has been more of a task than we had considered.

In early November, we received an e-mail from a lady in Arizona stating she had purchased a box of photographs about 20 years ago at an estate sale in Colorado. They were going to be thrown away if unsold, so she bought them because she thought they might be important to some one. The photos had some names on the back and "Canaan" and "South Canaan" so she traced the origin to a family named Trask that once lived in South Canaan. She wanted to know if we wanted them. I, of course, said yes!! The box of 52 photos arrived just after Thanksgiving. Most of the photos were of a girl named Alice Jessie Trask, a daughter of Guy Trask, but there were also a number of other photos of great interest. I asked to have a photo of the Colebrook jail, with Alice Trask in the photo, published in the Colebrook Chronicle to see if anyone knew where the jail was located.

We continue to add items of interest and new photographs to our collections and are always looking for old recordings (audio and video) of the various town and school events. Think of us before you throw out those old photo albums and scrap books. If we can't use them, we can find someone who might.

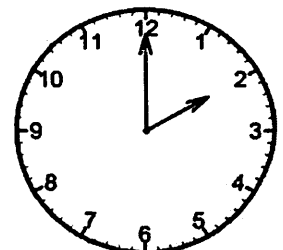
Thank you,

The Canaan Historical Society

CHANGE CLOCKS

Daylight Saving Time changes at 2 a.m. on Sunday, March 12, 2017

change clocks ahead one hour.



ALICE M. WARD MEMORIAL LIBRARY

The restoration of the library continues in December. So far, we have had the foundation repaired and appropriate drainage added under the front porch, as well as the cupola supported in the carriage barn. As of writing our front porch is now being rebuilt and the ramp and front stairs will soon be accessible and throughout the winter. Thank you for your patience during this busy time for your library. Soon our upper recessed porch will be repaired, and in the summer of 2017 our windows will be restored. This work is supported by a generous \$50,000 Freeman grant from the Preservation Trust of Vermont, as well as equally generous \$20,000 grant from the Neil and Louise Tillotson Foundation. It is also generously maintained and supported by you, the taxpayer of Canaan. We are regularly purchasing new titles of all genres and kinds for our patrons. If there are any books or DVDs you would like to read or see, please let us know. We have three Kindles which also allow us to provide the desired e-book immediately if we do not have it on our shelves.

Our Oculus Rift Virtual Reality system is still enormously popular, and if you have not tried it you should give it a go. With the addition of our new handheld Oculus Touch controller, you can immerse yourself in a digital world that now responds to the movement of your hands and arms. It is a remarkable device and well worth a go for anyone interested.

Our monthly Outdoors survival programs will continue in January 2017 with Luke Boushee returning to teach anyone interested how to burn a wooden bowl. Please sign up at the library in person, by phone at 266-7135 or email us at alice.ward.library@gmail.com

Craig Varley Director

Alice M. Ward Memorial Library P.O. Box 134, 27 Park Street Canaan, VT 05903

aliceward.org 802-266-7135

On behalf of the Canaan Recreation Committee members we would like to thank the following groups/individuals for their generous donations. Your commitment to helping the community is sincerely appreciated.



Canaan Border Riders, William & Lise Seibel, Marianne Cattier, Marc & Fran Bigney, Tom Yorke, Joel & Gayl Tjornehoj, Canaan Softball League, Robert Kimball, Paul & Cheryl Cote

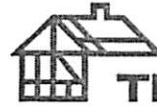
Also thank you to Janice Solomon and Ray Lavigne for donating a bench in loving memory of their loved ones.

Phone (802) 266-3661

D.T.M.
Automotive and Small Engine Repair

Dan and Cindy Madore
Owners 54 Christian Hill Rd., PO Box 51
Canaan, VT 05903

(802) 266-8602



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MAKE CHECKS PAYABLE TO CANAAN RECREATION PARK



3 > 4 > 50

VERMONT

What is 3-4-50?

Data on 3-4-50

Stand With Us

Making an Impact

The first step to preventing chronic disease is understanding it. We created this resource to unite Vermont in that effort. This is 3-4-50. Together, we can find strength and knowledge in numbers.

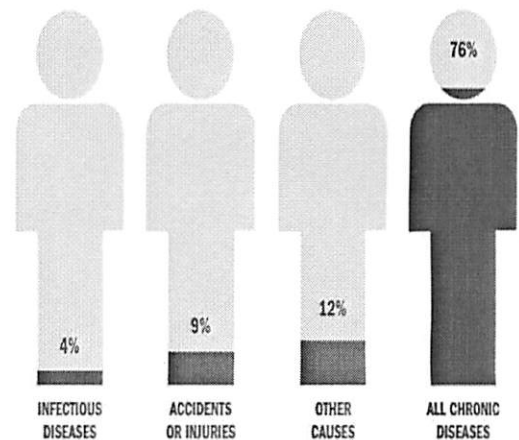


3-4-50 simply expresses the toll of unhealthy behaviors on the lives of Vermonters

3-4-50 is a way to understand health consequences directly related to physical activity levels, diet and tobacco use.

3-4-50 shows the way to reduce chronic disease in our state, which kills more Vermonters than all other causes combined.

Vermonters are more likely to die from chronic diseases than all other causes of death combined.



Source: Vermont Vital Statistics, preliminary 2012 data

The four chronic conditions highlighted in 3-4-50 account for the majority of these deaths. However, the same behaviors that can lead to cancer, heart disease, diabetes and lung disease can also worsen the other chronic diseases included here, like Alzheimer's, Parkinson's and liver disease.