

Canaan Carrier

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



JULY 2018

PROPERTY TAX BILLS

The Town of Canaan property tax bills will be mailed around August 3, 2018 and are due on or before October 1, 2018. Besides the regular daily hours of 9:00 a.m. to 3:00 p.m. Monday thru Friday, the Canaan Town Clerk's Office will be open on Monday, October 1st from 8:00 a.m. to 8:00 p.m. for the purpose of collecting the 2018 Property Taxes.

ATTEST: Noreen Labrecque, Canaan Town Treasurer

Thank you to everyone who participated in Green-Up Day!

Renee Marchesseault, Coordinator

JUSTICE OF PEACE

Interested in being a Justice of Peace

If you wish to serve as Justice of Peace and you are a registered voter, contact the Town Office before August 17th at 266-3370.

DON'T FORGET TO VOTE!

Primary Elections

August 14, 2018

Polls open from 8 am to 7 pm



Voters may request early or absentee ballots until 5:00 pm on August 13th, 2018

FOOD WASTE INFORMATION / HOME COMPOSTING**Survey**

The Canaan Selectboard is requesting information that will help establish a collection site for food scraps at the Canaan Transfer Station as required by the State of Vermont Solid Waste Management Program. This information will help us meet the state requirements and create a properly sized / equipped collection site at the Transfer Station and select a composting site that will meet our needs and that can be certified.

Accepting food scraps at the transfer station has been put on hold until we can provide a site for composting the food wastes. Our plan is to have everything in place to start collecting food scraps sometime in 2019. This requirement has to be in place by 2020 per the State of Vermont Solid Waste Management Program.

The following information is needed.

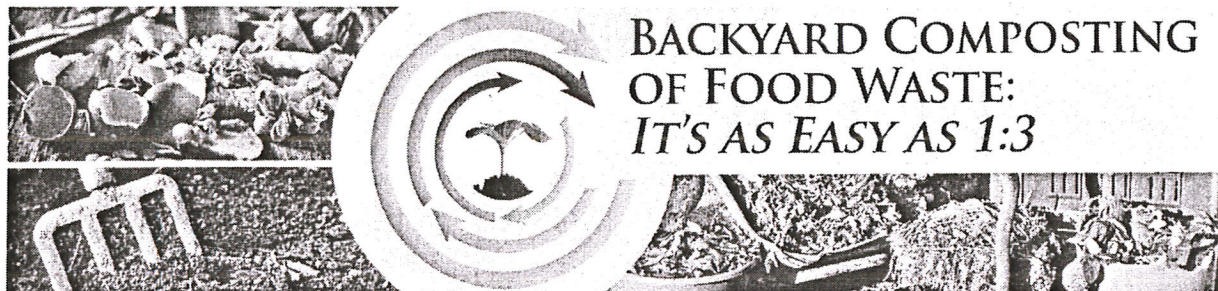
A. Are you doing home composting? Yes_____ No_____

B. If you are composting approximately how many pounds of food scraps do you compost weekly? _____

C. If the answer is no could you check off the following that pertain:

- a. Don't know how to compost. _____
- b. Would compost if an informational meeting was provided with a knowledgeable presenter on how to compost? Yes___No_____
- c. Don't have space to compost. _____
- d. Do you prefer to drop off food waste at the Transfer Station where there will be containers to accept food scraps? Yes___No_____
- e. Would you like information on kitchen containers that can be used to collect food scraps at home? Yes___No_____

We have provided some basic composting information for review. If you can compost your food waste at home it would be a benefit to you and the town in reducing waste management costs. Thanks for filling out the survey. Please drop off at the transfer station or town office.



BACKYARD COMPOSTING OF FOOD WASTE: *IT'S AS EASY AS 1:3*

Food waste is a major problem in the U.S. According to the EPA, over 20 percent of municipal trash is food waste – that's over 38 million tons in the U.S. each year. When you throw out food, it takes up precious space in landfills and produces methane gas as it decomposes, which contributes to climate change.

You can help reduce your impact by composting your food scraps at home. Composting is a natural process that recycles organic material, such as yard debris and food scraps, into a fertile soil amendment.

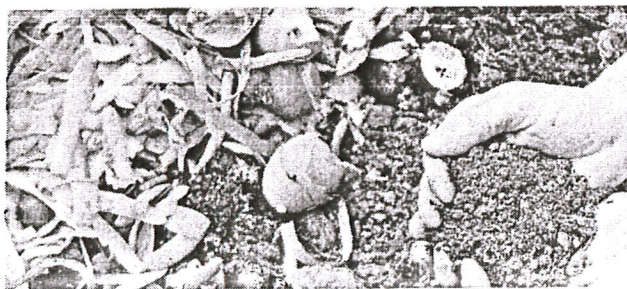
Why Compost Food Waste at Home?

There are many benefits of home composting. It:

- Improves soil health, which can improve water retention and reduce the need for expensive fertilizers and pesticides.
- Saves you and/or your town money since the material is removed from waste disposal.
- Reduces the methane emissions from land-filling food waste (methane is a potent greenhouse gas).
- Eliminates the need for you to transport your food waste to a compost collection facility (if one exists).
- Provides an option when a local collection facility is not available.

Start Slow – DO NOT add meat, bones, fish, fats, and dairy to your compost pile. And do not add household animal (eg. cat/dog) poop!

These materials can harbor dangerous bacteria and other pathogens. They are also "smelly" and can attract pests.



What Can I Compost?

For best results, follow the 1:3 Rule. For every 1 part of green material that you add to your compost, top with 3 parts of brown material.

- "Green Material" = Food scraps, such as fruits and vegetables, nuts, eggs shells, bread crusts, coffee grounds, tea leaves, old herbs and spices, fresh cut green grass, and more.
- "Brown Material" = Yard waste, such as dried leaves, dried grass, and chipped wood. You can even add things like paper towels and napkins; clean sawdust or shavings; and pet fur/hair.

NEWMOA is an equal opportunity provider and employer.

Overcoming Myths About Composting

Myth: *I Don't Have Time to Compost My Food Scraps*

Fact: Composting is easy and does not take a lot of time.

1. Collect fruit and vegetable scraps in a container in your kitchen.
2. When the container is full, bring it outside and toss the scraps in the compost pile or bin.
3. Cover with a layer of "brown material".
4. Give it a quick stir with a shovel or pitchfork so that the "new" scraps get mixed in with the organic matter that is already decomposing.



Myth: *I Don't Have a Garden So I Don't Need Compost*

Fact: The finished product – "compost" – is dark brown/black and has an earthy smell. It is commonly used to enrich home garden soil and flower beds, but it can also be placed:

- Around trees, shrubs, and other plant areas where you might otherwise add mulch or rocks; or
- On problem areas on your lawn to improve the soil and help grass growth.

Myth: *My Backyard Will Smell of Rotting Food*

Fact: Compost should smell like soil – anything else indicates your compost is not properly balanced. The most likely cause is too much "green" material or not enough air is getting into the mix. Follow these steps to help reduce odors:

- Add a layer of "brown" matter (i.e., sawdust, which is particularly helpful, or dried leaves, grass, or wood chips) right after dumping food scraps into your compost.
- Mix it every week or two.
- Maintain a proper moisture level – compost that is too dry (i.e., material is dusty or gritty) decomposes more slowly, but compost that is too wet (i.e., soil that is clumpy or matted together, or leakage from the bin) has a stronger odor.

Myth: *Compost Piles Attract Bears or Other Wildlife*

Fact: Bears are attracted by the smell of food. To avoid this, minimize the "scent" of food by:

- Following the "1 Part Green" and "3 Parts Brown" rule outlined above. Sawdust is a particularly good source of brown material.
- Stir the compost weekly to prevent smell and speed up decomposition.
- If you DO have a problem with bears, avoid putting out fruit scraps, as they can have a strong sweet smell as they decompose.

Check Our Additional Guidance for How to Get Started! www.newmoa.org/solidwaste/projects/food/publications.cfm

Additional Resources:

- EPA: www.epa.gov/recycle/composting-home
- Maine DEP: www.maine.gov/dep/sustainability/compost/index.html
- Vermont DEC: <http://dec.vermont.gov/waste-management/solid/materials-mgmt/organic-materials>

This material is based on work supported by the Rural Utilities Services, United States Department of Agriculture. Any opinions, findings, and conclusions or recommendations expressed in this material are solely the responsibility of the authors and do not necessarily represent the official views of the Rural Utilities Services.

Published January 2018



FROM THE HEALTH OFFICER

Vermonters Cautioned to Look but Don't Touch "Poison Parsnip"

Roadside plant can cause burns, rash

BURLINGTON — State Health and Agriculture officials want Vermonters to steer clear of a common weed often seen along Vermont roadsides. The so-called "poison parsnip" packs a punch that can leave you with the equivalent of a second-degree burn.

Formally known as wild parsnip, these plants grow along roadsides and unmaintained areas throughout Vermont, with flowers that look like a yellow version of Queen Anne's lace.

The plant produces a sap that contains chemicals called psoralens that react to sunlight. Skin that comes in contact with the sap becomes hyper-sensitive to ultraviolet light, and can result in redness, burns similar to a second-degree sunburn, painful rashes and raised blisters. Reactions to the sap and sunlight usually begin 24 to 48 hours after contact.

Wild parsnip is the same plant as the common garden parsnip we eat in soups and stews. The flower heads are the second-year growth from the carrot-like roots. The plant is a close relative of carrots, parsley, angelica and giant hogweed, all of which can cause similar skin reactions in sensitive individuals.

The good news is that in order for a reaction to occur, your skin has to come into direct contact with the sap. This is different than plants such as poison ivy or stinging nettles, which can spread their chemical defenses on you just by your brushing up against the plant itself.

If you get wild parsnip sap on your skin:

Wash the skin thoroughly with soap and water as soon as possible.

Protect the exposed skin from sunlight for at least 48 hours.

If you experience a skin reaction, call your health care provider.

If you need to work with or among the plants:

Wear clothing that covers your arms and legs.

Be careful of exposure when mowing or weed whacking.

Work with the plant on cloudy days.

Wash your skin immediately if you come in contact with the sap.

Wash clothes that may have been exposed to the sap.

For more information about wild/poison parsnip:

<http://www.healthvermont.gov/health-environment/environmental-chemicals-pollutants/wild-poison-parsnip>



Image credit: Vermont Department of Health

FROM THE HEALTH OFFICER

TICKS

Ticks are around so keep an eye out for them and here is a recipe for keeping them off you and your dogs.

20 drops of eucalyptus essential oil

20 drops of lemongrass essential oil

4 oz. of distilled water

Pour the water in a spray bottle add the oils and shake well.

Spray on shoes, socks, and pant cuffs along with spraying your dog.

This is safe for humans and dogs and it will make it so you don't pick up ticks.

Tea tree oil will make them detach from you if it is attached.

RABIES

Rabies have been found in house cats on the other side of the state and it is moving this way so beware of small animals that are aggressive and report them to the animal officer. DO NOT APPROACH THEM.

WILD ANIMAL BABIES

Do not approach wild animal babies because the mother could be nearby and if you touch them the mother might abandon them. Call fish and game if you are worried about the animal.

NOTICE

Town of Canaan trash bags can be purchased at the following businesses:

Town Office

Laperle's IGA

Quechee Farms

Thanks to the businesses for selling our trash bags and we sincerely appreciate and thank Towle's Mini Mart for selling them in the past.

The transfer station will be open on July 4th from 8:00 AM to 1:00 PM

TIRES

Disposal Fee—Up to 20" has increased to \$3.00

Due to the fact we had to change haulers

Update on Fire District #1 Projects

The Canaan Fire District #1 Water Treatment Facility Project has begun construction with General Contractor Daniel Hebert, Inc. This phase consists of a new water treatment facility building located near the existing municipal well and includes a treatment system that consists of pressure filtration that will remove iron, arsenic, manganese and minerals which cause a brown rust color from the water supply. The Contractor mobilized to the site on May 21, 2018 and is expected to be completed by the end of 2018.

The upgrades to the water mains on Nathan, Enid and Holmes Street will be put out to bid in July 2018 with these upgrades being completed before winter. The replacement of these old lines will help with the water quality in those pipes. In addition to the water mains, we are planning to replace all the water meters and related accessories in 2019.

In May of this year, Contractor "Electrical Installations Inc." began installation of the telemetry (radio control) system in Canaan (and Beecher Falls for Canaan Fire District No.2). The system will tie all controls of the water system components of CFD#1 and CFD#2 (storage tanks, supply wells, and water treatment system). The completion of the project is expected to be this summer with some additional components of the wastewater system to be tied into the telemetry system later this year.

Update on Fire District #2 Projects

The new telemetry system installation began in May and is being installed by Electrical Installations Inc. as stated above in the Fire District #1 writeup. It is expected to be completed this summer and will allow operations remote control of the well pump and level of the water in the storage tank.

Fire District 1 & 2

In the event the owner wishes to have the water disconnected or reconnected, there will be a fee and the System's Operator will be given a 24 hour notice.

Fees must be paid prior to disconnection or reconnection.

Fire District #1 Canaan—\$25

Fire District #2 Beecher Falls—\$30

Sugar on Snow

Sugar Social or Sugar on Snow is a great family community event. The event will take place in Fletcher Park Aug. 3rd, 2018 at 3:00 PM – 8:00 PM, with Sugar being sold from 5:00-8:00. The event will include artisan tables, kid friendly activities, food tables, music, and most importantly sugar on snow (homemade local maple syrup on snow from winter with donuts and a pickle). This will help support Grace Community Church in Canaan, VT. If you are interested in having a table to sell your wares or help to volunteer your time please contact Frank Sawicki at 802-266-3324 or e-mail him at knarf17@juno.com. Come and enjoy this local community tradition and help support the community in Canaan.

STUMP DUMP SCHEDULE

8 AM TO 12 PM

June 23, 2018

June 30, 2018

July 7, 2018

July 11, 2018

July 21, 2018

July 28, 2018

August 4, 2018

August 8, 2019

August 18, 2018

August 25, 2018

September 1, 2018

September 8, 2018

September 12, 2018

September 22, 2018

September 29, 2018

October 6, 2018

October 10, 2018

October 20, 2018

October 27, 2018

HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENT

Location: Transfer Station

Friday, September 14th from 12 pm to 4 pm

Saturday, September 15th from 8 am to 1 pm

List of accepted items can be picked up at the Transfer Station,
Town Office or found on our Town website (canaan-vt.org)



PO Box 214, Canaan, VT 05903

canvthistsoc@gmail.com

www.canaanvthistoricalsociety.org

Check out our facebook page

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

The Canaan Historical Society is happy to announce that we recently received one of the CMHS band uniforms from the 1960s. It was donated by the Jackson family and was received in time to display it at the 2018 Alumni Banquet, where it was fondly remembered by past band members. Made of wool, it was remembered as being very hot in the summer and seemed to gain weight while we were marching, but we did look sharp. Thank you very much to the Jacksons. It is an item we have been searching for and are pleased to be able to display it in the school exhibit room. Other items that we displayed at the banquet were a basketball uniform worn by Polly Solomon Daley in 1946 (and later by Juana Leah Schoff), a letter sweater with various earned pins that belonged to Judy Nelson Kavanaugh, and a 1961 Northeast Conference Champions jacket that belonged to Jim Kavanaugh. The jackets were donated by the Ethan Allen factory to all members of the team.

We have also been the recipient of photographs from the Bordeau/Weeks family. Some were of Colebrook or Lancaster but most were interesting shots taken in or around Canaan. The Colebrook photos were loaned to Charlie Jordan at the Colebrook Chronicle and he will publish them at various times throughout the year in the Chronicle.

Sue Gosselin, who was in the process of inventorying our collections, has moved so we would appreciate any help from anyone experienced in doing an inventory. She was also our quilt expert and will be missed by us. We wish her good health and happiness in her new environs.

Plans for the summer include a trip to the Canaan Hill Cemetery for a society picnic, a table at the Sugar Social and possibly Stewartstown Day, and a presence at the Moose Festival.

Our Facebook page continues to draw interest from around the country and enables us to stay in touch with former residents of Canaan and the surrounding area. As always, donations are greatly appreciated. We are especially looking for photographs of the town events and happenings through the years. Thank You

NCIC**FREE ASSISTANCE TO QUALIFYING SMALL BUSINESSES**

Many businesses would benefit from technical assistance and professional consulting services but they cannot afford it on their own. NCIC can help these projects come to fruition. Examples of technical assistance include; business coaching, energy efficiency audits/design, education and training, marketing and sales strategies, engineering and architectural reports, permitting assistance, finance and accounting and website development.

To be eligible, small businesses need to have five or fewer full time equivalent employees and a business owner household has to be income eligible. For example, a family of two the business owners household income would need to be less than \$45,700. For a family of four, the business owners household income would need to be less than \$57,100. If you qualify, please contact NCIC for more information and application materials. All applicants should clearly state how the grant funds will enable the business to improve, grow or expand. Eligible businesses may have project costs covered 100% by NCIC, up to a maximum of \$2,000.

NCIC

Mike Welch

Senior Project Manager

802-748-5101 ext. 2025

2018 CANAAN YOUTH SOCCER BRITISH SOCCER CAMP

MON—FRIDAY: JULY 30TH—AUGUST 3RD

CANAAN RECREATION PARK

Register online <https://www.challengersports.com/>

TOWN OFFICE WILL BE CLOSED ON JULY 9TH

To Members of the Greater Canaan Community:

We all know that shared value starts with the sharing of values, such as care, respect, integrity, kindness and maintaining a heart and soul connection between people. We believe that shared value is the foundation of community building.

It is in this spirit that the Canaan Heart & Soul Team would like to express their appreciation to all that have contributed to the Heart & Soul process – and welcome all who wish to help in this great action-oriented community team.

The 2018 Canaan Heart & Soul will be filled with events, activities, ideas and constructive action, as was the case in 2017. Community engagement will include the promise that the public's contribution will influence the decision; we have tried hard to identify the various components that make up our community and involve them in the Heart & Soul process.

Canaan Heart & Soul seeks to promote sustainable decisions by recognizing and communicating the needs and interests of all participants, including decision makers. Through this process, we have sought input from participants in designing how they participate and by providing participants with the information they need to participate in a meaningful way while seeking to uncover the community's "core values" in the belief that they define the expectations and aspirations of the community.

Team members played an integral part in the Colebrook Chamber of Commerce Economic Summit, and the subsequent Workforce Committee that was formed to survey businesses on both sides of the Connecticut River. As part of this process, the Chamber has agreed to add committee news to the Chamber's newsletter. In addition, Team members have met with Ethan Allen – Beecher Falls Division regarding their support for vacant building rehabilitation efforts in Canaan.

At meetings leading up to Vermont's Village Center Designation status, businesses were invited to give their input to that process, as they have been invited to do so on other occasions. Team members have acted as ambassadors for the Canaan Heart & Soul process as they travel around the state often prompting others to get involved in their communities. Throughout the process, we have always moved forward seeking the input from other members of the community to help us be a part of a change. We believe that results are worth pursuing.

Most recently, at the Canaan Heart & Soul Summit in March, members of the community got together at the Canaan School and developed the Canaan Heart & Soul Value Statements:

Youth Opportunities/Education: We value our children and their voices, provide chances to pursue their dreams intergenerational opportunities, and assure people look out for each other creating a safe place. Open communication between all ages promotes participation in the community.

Community: We value our community because we are friendly, helpful, welcoming and everyone has an opportunity to have a voice effectively. Our community has a wonderful fabric of various members weaving together a tremendous tapestry.

Events: We value our community's events as they bring people together from all walks of life to share in our fun attractions and history.

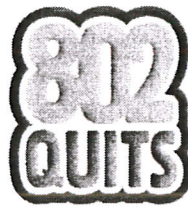
Outdoor Recreation: We value our natural environment, its pace, and utilize it both recreationally and commercially.

Jobs and Businesses: We value work and opportunities to bring people in to our community in order for it to grow. Job creations, new businesses and repurposing existing businesses and buildings will also increase our growth. These attributes will attract visitors and bring in new community members

Be a part of the Heart & Soul creative excitement by getting involved in our Team!

Sincerely yours,

Canaan Heart & Soul Team



**YOU CAN QUIT.
WE CAN HELP.**

802Quits helps Vermonters like you successfully quit tobacco.
Get free patches, gum and lozenges.

4 WAYS TO HELP YOU QUIT

802Quits provides you with advice, tips, tools, and text support to help you quit tobacco, including e-cigarettes. There are four ways you can get support if you decide to quit.

HELP BY PHONE

Call toll free 1-800-QUIT-NOW
to connect with a quit coach.

ONLINE HELP

Connect with former smokers and
others like you trying to quit

IN-PERSON HELP

Find a local Vermont Quit Partner
to help you quit.

QUIT ON YOUR OWN

Tips, tools, and advice to help you
quit on your own

FREE GUM AND PATCHES

Get free patches, gum and lozenges to help you quit smoking.
You can double your chances of quitting successfully when you combine
them with help by phone, in-person, or online.

A QUICK TIP

To distract yourself during a craving, try to wrap a rubber band tightly
around a ping pong ball. It's harder than you think!

**FOR MORE INFORMATION, STORIES, AND TIPS,
GO TO 802QUITS.ORG**

SUCCESS IN THE 802

"I started smoking because my grandfather and uncle did. I looked up to them. Last year, my daughter looked at me and said, 'When I get big, I want to smoke like you.' She's only 3 years old. At first I laughed, but then I felt horrible. That's why I quit."

Jeremy
Randolph, VT

VERMONT
DEPARTMENT OF HEALTH

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MAKE CHECKS PAYABLE TO CANAAN RECREATION PARK

THANK YOU

Special thanks to the families of Juana Schoff and Tim Noyes for donations that were made to the rec park in memory of their loved ones.

Greatly appreciated!



Thank you to everyone that participated and attended the 2018 Variety Show and special thanks to our MC Odette Crawford!

Thank You!

Thank you to Cheryl Cote for holding a fundraiser to raise money for flowers in the Fletcher Park.

Also thank you to everyone that worked on the flowers around town.

They are beautiful and we really appreciate it.

**THANK
YOU!**

Thank you to everyone who participated in the Basketball tournament held on May 26th.

Coming Soon!

Movies in the Park &

Tournaments

Watch for press releases and flyers!