

# Canaan Carrier

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



OCTOBER 2018

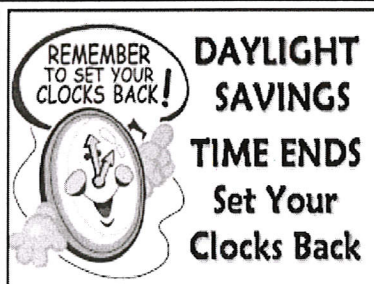
## PROPERTY TAX BILLS

The Town of Canaan property tax bills have been mailed and are due on or before October 1st, 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. Any tax dollars that are received after that date are delinquent and are subject to delinquent fees and interest charges. The night deposit at the Town Office is also available for your convenience.

ATTEST: Noreen Labrecque, Canaan Town Treasurer

## STUMP DUMP

The Stump Dump will be closing October 27, 2018 and will reopen May 4, 2019. It will be open for the disposal of Christmas trees on January 5th and 12th, 2019.



Sunday, November 4, 2018 at 2 a.m.

This weekend is also a good time for everyone to take these steps to make sure their household is prepared for emergencies.

- Check smoke alarm batteries.** When turning the clocks back, take a few minutes to push the test button to make sure the alarms are working. Replace the batteries at least once a year – if your model requires it. It's also a great time to check carbon monoxide detectors and furnace wall thermostats.

- Install smoke alarms.** If you don't have smoke alarms, install them. At a minimum, put one on every level of the home, inside bedrooms and outside sleeping areas.

- Practice an escape plan.** Families should have an escape plan, including a place to meet outside of the home, in case of fire, and to practice the plan.

## REPORT FROM THE SELECTBOARD

### LED LIGHTING PROJECT UPDATE

The Selectboard has been notified by Energy Consultant for Efficiency Vermont Jonathan Thibeault, that based on our inputs, they estimate the proposed lighting upgrades in the Town of Canaan will save approximately \$5,967 per year at current utility tariff rates. In addition, this project will reduce statewide energy consumption and improve our environment by saving an estimated 54,128 kWh of electricity per year.

#### Project Economics

Cost of Efficiency Improvements	\$17,675
Efficiency Vermont Incentive	\$10,000.00
Our Net Cost After Incentives	\$7,575
Estimated First Year Tariff Savings	\$5,967
Estimated Simple Payback Period	1.3 Years
Estimated Average Lifetime Efficiency Improvements	25 years

Based on estimated project costs and energy savings, Efficiency Vermont will provide an incentive toward the project identified as the Scope of Efficiency Improvements. This incentive will cover costs if any that the utility would charge the Town of Canaan to retire the existing lighting equipment before its end of useful life.

The change to LED lighting has already started. This has been a good project to reduce energy consumption and reduce the street lighting costs. The board thanks Jonathan Thibeault and the Efficiency Vermont team for helping us make the change over to LED lighting.

### SPECIAL THANK YOU

First responders' duties bring them into harm's way every day. Police officers, firefighters and paramedics put themselves on the front lines of dangerous and traumatic events.

We want to express gratitude and say "thank you" for doing your job to keep us safe. Your courageous act does not go unnoticed.

**Canaan Transfer Station Recycling A- Z Guide Disposal Options****√ PRODUCTS: A**

- a. Acrylic Paint - HHW Events Scheduled Spring and Fall. Dates will be advertised.
- b. Aerosols - Empty cans can be recycled with tins cans.
- c. Ammunition - Call local police dept. for disposal.
- d. Anti-Freeze - HHW Event
- e. Appliances - Metal container. Any refrigerator with Freon must have Freon removed by licensed plumber.
- f. Arsenic - All treated woods will be disposed of in the C/D container.
- g. Asbestos - Not accepted at Transfer Station. Must be handled carefully. For disposal information contact Agency of Natural Resources at 802-863-7236 or toll free at 800-863-7236 for a list of licensed asbestos abatement contractors.
- h. Aseptic- These are non-metal or plastic drinking containers usually for milk and juices etc. Dispose with household trash.
- i. Ashes - Can be disposed of at Stump Dump or spread on lawn or garden.
- j. Asphalt - Can be disposed of at Stump Dump.
- k. Automobiles - Will have to be taken to a licensed salvage yard.
- l. Aluminum wrap, plates, cans. - Recycling Container

**√ PRODUCTS: B**

- a. Ballasts - If they don't contain PCB they can be recycled using the metal container. Ballasts with PCB's bring to HHW Events.
- b. Batteries, Lead Acid. Can be recycled.
- c. Batteries, Alkaline - Can be recycled.
- d. Batteries, Rechargeable- Can be recycled.
- e. Books - Remove hard cover and place in regular trash. The rest of the book can be placed in the paper bin with the junk mail, magazines.
- f. Bubble Wrap - Regular household trash.
- g. Building Materials - C/D container- Fee based
- h. Bulky Materials - C/D container - Fee Based
- i. Box Spring- Outer wrap has to be removed and disposed with regular trash. Metal spring can be disposed of in metal disposal container. Clean wood frame can be disposed of at Stump Dump or be used in the garden for climbing plants. There will be an extra fee charged if the operator breaks down the box spring for disposal.

**√ PRODUCTS: C**

- a. CD cases. Regular household trash.
- b. Cans, Tin- Recycling container.
- c. Cardboard- Recycling bin. All boxes have to be broken down. No pizza boxes dispose of these in regular household trash.
- d. Carpet - C/D container must be rolled up - Fee based

- e. Cat Litter - Regular household trash or composting.
- f. Catalogs- Paper recycling container.
- g. Cell Phones – Remove personnel information and batteries. Dispose in container for cell phones. If casing is metal dispose in metal container or regular household trash.
- h. Christmas Trees - Stump Dump will be opened after Xmas to accept these trees.
- i. Cleaning Products - Scheduled HHW Events.
- j. Clothing - Good clothing can be dropped off at local collection sites.
- k. Concrete/Masonry- Stump Dump
- I. Construction and demolition - C&D Container - Fee based.
- m. Copier Toner- Can be dropped off at place of purchase and often you will get a recycling deposit refund.

√ **PRODUCTS: D**

- a. Doors- C&D Container - Fee based. Some doors will be held out by the operator if in good shape for residents personnel use.
- b. DVD's - Regular trash.

√ **PRODUCTS: E**

- a. Egg Cartons - Recycle in paper container.
- b. Electronics - Recycle - See operator. There is no charge for disposal.

√ **PRODUCTS: F**

- a. Fire Extinguishers- Empty containers can be recycled using metal container.
- b. Fireworks, Explosives - Call local police dept. for disposal.
- c. Fluorescent Bulbs, CFL's - Accepted for Recycling.
- d. Food Scraps - Do home compost if you can. Future plans to meet act 148 are being reviewed to accept food wastes at the transfer station. All food scraps will have to be out of our waste stream by 2020.
- e. Furniture- C&D container- Fee based. Furniture that could be reused will be held out by the operator. Sofa and recliners will have to be stripped down of all textile materials, metal and clean wood. The metal and clean wood can be recycled. The textile materials will go into household trash.

√ **PRODUCTS: G**

- a. Gas, Oil Mixed - HHW events.
- b. Glass - C&D container if its window glass, mirrors, dishes. All other glass can be recycled in glass recycling container.
- c. Garden Waste- Dispose of at stump dump or compost.

√ **HAZARDOUS PRODUCTS: H**

- a. Hydraulic Fluids - HHW Events.
- b. Hypodermic needles - break of needles and place in sturdy container and dispose in regular household trash.

√ **PRODUCTS: I**

- a. Irons - Dispose in metal container.

√ **PRODUCTS: J**

- a. Joint Compound / spackling- Accepted at HHW events.
- b. Junk mail- Recycle using the paper container.

√ **PRODUCTS: K**

- a. Kerosene- Accepted at HHW Events.

√ **PRODUCTS: L**

- a. Latex Paint - Accepted at HHW Events.
- b. Lawn Clippings- Accepted at Stump Dump or used for composting.
- c. Lead paint- Accepted at HHW Events.
- d. Lead sinkers - Accepted at HHW Events.
- e. Leaves - Accepted at Stump Dump or used for composting.
- f. Light bulbs, incandescent- Can be disposed of with regular household trash.

√ **PRODUCTS: M**

- a. Magazines- Paper bin.
- b. Mercury Products-HHW Event.
- c. Medical Wastes- Household Trash.
- d. Medications- Contact local police dept.
- e. Metal Scrap- All recycled in the metal container.
- f. Microwave Ovens- Recycled in the metal container.
- g. Mothballs- HHW Events.
- h. Motor Oil- Accepted weekly at transfer station. Only used oil that is not contaminated with water etc. Mixed oil and water is accepted at HHW Events.
- i. Musical Instruments- If they are still useable check with the school to see if a student could use the instrument. If they are not able to be reused dispose of in metal container.
- j. Mattress - Mattresses are accepted and can be disposed of in the C/D container. All mattresses have to have the covering removed and this can be disposed of in with the household trash. The spring can be disposed of in the metal container.

√ **PRODUCTS: N**

- a. Newspaper- All newspapers can be disposed on the newspaper bin.

√ **PRODUCTS: O**

- a. Oil filters - Oil filters are accepted at the Transfer Station.
- b. Oil based paint - Accepted at HHW Events.

√ **PRODUCTS: P**

- a. Packing materials- Dispose of with household trash.
- b. Paint cans empty- If paint is dry in the can they can be disposed of in the recycling container.
- c. Pallets - Pallets that have painted wood have to be disposed of in the C/D container. If the pallets are in good shape we will set aside to use at the transfer station or give away or can be disposed of at the Stump Dump.
- d. Paper- All low grade paper goes in the paper bin.
- e. Paper bags: Same as above.
- f. Pesticides- Pesticides are accepted at HHW Events.
- g. Pharmaceuticals- Any medicines call the local police dept. for information on disposal.
- h. Pill bottles- Dispose of with household trash.

- i. Pizza boxes- Dispose with household trash.
- j. Plastic bottles / jugs. Recycle in container for plastics.
- k. Print cartridges- Recycle by returning to store where you purchased.
- l. Propane tanks- Empty tanks can be disposed of in metal container.
- m. Phone books- Dispose of in paper bin.

√ **PRODUCTS: Q**

- a. None

√ **PRODUCTS: R**

- a. Rags clean- Dispose of with household trash.
- b. Rags Oily – If rags are dry – dispose of with household trash.
- c. Railroad ties – Dispose with C/D waste.
- d. Rope - Dispose with regular household trash.

√ **PRODUCTS: S**

- a. Shingles (asphalt). No current recycling program. Dispose of in C/D container.
- b. Sheetrock – No current recycling locally. Dispose in C/D container.
- c. Shoes - if they are good shoes check local donation or consignment shops, can be disposed of with regular household trash.

√ **PRODUCTS: T**

- a. Televisions- Can be disposed of at Transfer Station.
- b. Textiles- No current drop offs locally.
- c. Thermostats, Thermometers, mercury- Accepted at HHW Events.
- d. Tires- Accepted at Transfer Station. Fee charged.
- e. Tyvex- House wrap – Dispose with household trash.

√ **PRODUCTS: U**

- a. none

√ **PRODUCTS: V**

- a. VHS Tapes - Dispose with household trash.

√ **PRODUCTS: W**

- a. Windows- Good windows will be set aside for anyone to take.
- b. Wire- Dispose of in metal container.
- c. Wrapping Paper- Dispose of with household trash.

√ **PRODUCTS: X**

- a. none

√ **PRODUCTS: Y**

- a. Yard Waste- Dispose of at Stump Dump. If waste can be composted try composting.

√ **PRODUCTS: Z –**

- a. none

For non-listed items see the transfer station operator for options. All HHW Events will be posted. We hold two in the Spring and two in the Fall. All dates and information for these events will be posted in the local paper, post office, quarterly newsletter, Town Report, Front Porch Forum and Transfer Station. All information regarding waste management is on our website at <http://canaan-vt.org/>. If more information is needed contact the Town Office.

# DISCARDING SYRINGES AND OTHER SHARPS

## What if I find a sharp?

- ▶ Wear heavy-duty gloves.
- ▶ Use a tool like tongs or pliers to pick up the sharp.
- ▶ **DO NOT** disconnect the needle from the syringe.
- ▶ **DO NOT** handle sharps with bare hands.
- ▶ **DO NOT** throw sharps into the trash or the toilet.
- ▶ Teach children to tell an adult if they see needles.



## How should I get rid of sharps?

### Choose a Container

- ▶ Use a heavy-duty laundry detergent or bleach container with a screw top.
- ▶ **DO NOT** use soda or water bottles.
- ▶ Carefully put used sharps in the container with the needle end down.



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### Label

- ▶ Label the container with the warning: **DO NOT RECYCLE!**
- ▶ **DO NOT** fill the container full.



### Seal & Dispose

- ▶ When the container is ready for disposal, screw the cap on tightly and cover the top with strong tape, like duct tape.
- ▶ Dispose of the container with household trash.
- ▶ **DO NOT** put this container in recycling.

## What should I do if I get stuck?

- ▶ Stop what you are doing.
- ▶ Let the wound bleed.
- ▶ Wash with soap and running water.
- ▶ Apply antiseptic and/or bandage.
- ▶ Note the time of the injury, the needle's location and what it looked like. Was it dirty?

You may need a blood test or vaccine. Go to an emergency room or urgent care center right away.

GENERAL ELECTIONS

REMEMBER TO VOTE: NOVEMBER 6, 2018

REGISTER TO VOTE:

- Eligible residents are able to register to vote on any day up to and including Election Day;
Registration is available at the Town Clerk's Office on any day prior to the election during normal business hours (Monday thru Friday 9 am to 3 pm);
Registration is available on Election Day during the hours the polls are open.

To register to vote you can come to the Town Clerk's Office at 318 Christian Hill or you may now register to vote online at: https://olvr.sec.state.vt.us/.

NOTICE: IF YOU ARE PLANNING ON VOTING IN PERSON AT THE GENERAL ELECTION IN NOVEMBER AVOID REQUESTING AN ABSENTEE BALLOT—THIS COST FOR MAILINGS IS AN UNNECESSARY TAX BURDEN.

Official Vermont General Election Ballot for Canaan, Essex-Caledonia-Orleans. Includes instructions to voters and a grid of candidates for various offices such as Senator, Secretary of State, Sheriff, Auditor of Accounts, Governor, and Probate Judge.

SAMPLE BALLOT

TOWN OF CANAAN OFFICIAL GENERAL ELECTION BALLOT NOVEMBER 6, 2018. Includes instructions to mark an X on the ballot and a list of candidates for Justice of the Peace with write-in options.

Justice of Peace
Every two years the office of Justice of the Peace is up for election. This year we only had six nominations for the ballot, we need seven. If you wish to serve as a Justice of the Peace and you are a registered voter, you will need to advertise as a write-in candidate for the November 6, 2018 Election Ballot.



### **Update on Fire District #1 Projects**

The Canaan Fire District #1 Water Treatment Facility Project continues moving forward with construction by General Contractor Daniel Hebert, Inc. of Colebrook, NH. The focus has been on completing all buried water piping, exterior building rough-in and finishes (siding, roofing) and landscaping prior to the arrival of the pressure filters being delivered from California. The filters will be rigged in thru the roof with a crane and then the mechanical connections can be completed ahead of startup. Startup of the water treatment facility will begin in November, with the goal of being online by early December.

The upgrades to the water mains on Nathan Street, Enid Circle and Holmes Street were put out for proposals and we received two from the Contractors. Canaan Fire District #1 will be contracting with Courtland Construction out of Williston, VT. The replacement of these old water mains will help with the water quality for these customers. Work will begin in October 2018.

In addition to the water mains, we are planning to replace all the customer's water meters and related accessories in town this fall and winter of 2018.

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 in November coordinating with the Water Treatment Facility Project. Some additional components of the wastewater system will also be tied into the telemetry system later this year and into 2019.

### **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 fall and will allow the operator remote control of the well pump and level of the water in the storage tank.

### **ADDRESS CHANGES**

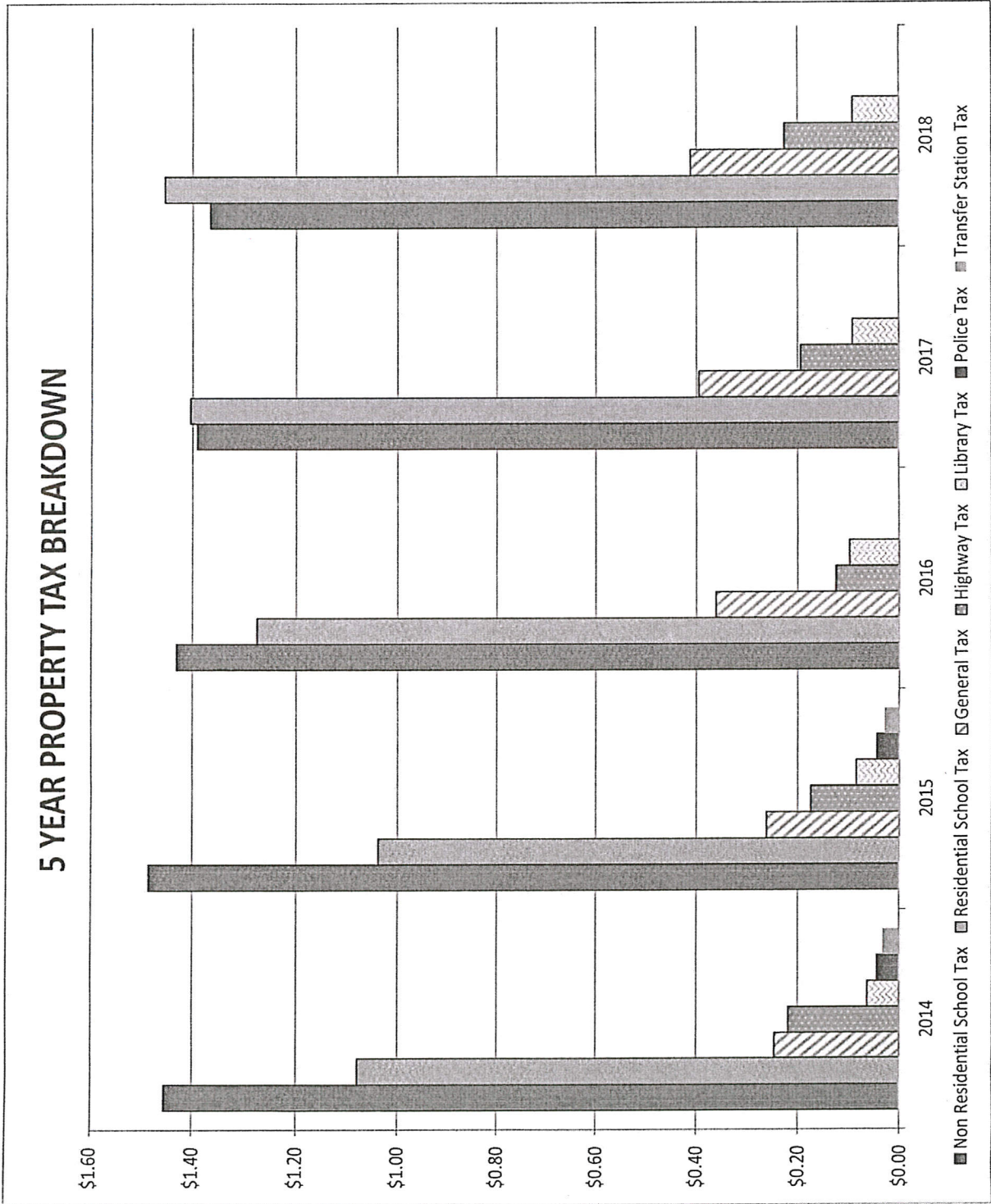
Please notify us at (802) 266-3370 or [nlabrecque@canaanschools.org](mailto:nlabrecque@canaanschools.org) of any address changes so that you may receive timely information from our office regarding your tax bills, water & sewer bills, voting, dog licensing, or other Town business.

### **BOARD OF SELECTMEN**

**It is encouraged to call and set up a time to meet with the Board of Selectmen during their regular meetings to hear any concerns, to abide by the Open Meeting Law.**

**Thank you**

5 YEAR PROPERTY TAX BREAKDOWN





PO Box 214  
Canaan, Vermont 05903  
canvthistsoc@gmail.com  
www.canaan-vthistoricalsociety.org  
Museum hours: Monday-Thursday from 2 pm to 4 pm

The summer of 2018 was quite enjoyable for the Canaan Historical Society. We didn't schedule one of area memories events but did enjoy a picnic at the Canaan Hill Cemetery. The weather was nice, food plentiful, and bugs nonexistent. What more could you ask for? We had a table at the annual Sugar Social at which we sold a few more videos and got reacquainted with a number of past residents of the town. We also displayed an Ethan Allen factory payroll ledger from the mid 1950s. Many were surprised to see what they or their relatives earned in those years. The ledger included hourly wage, hours per day and week, overtime, and take-home pay. Also included was how much was deducted for their "Christmas Club" account. This was money set aside and deposited at a local bank until it could be withdrawn in December for Christmas shopping.

Former residents continue to contribute items of interest to our collections. Carolyn Horton brought in a box of student-produced newspapers called the "Campus Yankee Weekly". The paper was produced at the school and sold to students for pennies as a money-making project for the Senior Class. Weekly sports results, school news, and humorous doings were included and give us a good look at school life in the mid twentieth century. We now have a fairly large collection and her contribution filled in many of the gaps that existed in the year-to-year history of Canaan Memorial.

Linda Maksymuk sent a box of items that had belonged to her mother, Virginia Tirrill. Included were scrapbooks, photos, school memorabilia, and Methodist Church materials, all nice additions to our collections.

Jean Carol Dunham brought a copy of Col. Marshall Ames' World War II scrapbook and allowed us to make a copy of the disc. It includes many photos from his time in Europe during the war. She also allowed us to copy a report and history of the Spandau Prisoner of War Camp. The report includes nationalities, numbers, and condition of the prisoners.

On Labor Day, I took a trip to Lancaster Fair with the express purpose of checking out their museum. I read, last year, that they had had a number of old movies donated that had been converted to DVD and included footage from many of the fairs in the 1940s and early 1950s. I was hoping to see a Canaan presence, either on the ball field or a parade. After about a half hour of watching, I was pleasantly surprised to see a marching band that I immediately recognized as Canaan's. The majorette hats and the capes of the band members were the clues I was looking for. The video was labeled 1951-1952 which added weight to my assumption. I also saw a couple of faces that I recognized but wasn't able to pause the video for a longer, closer look. Once the videos are available, I hope to purchase copies so I can study them more closely. It would be nice if we could schedule a video night next winter to include these and some other old video we have.

The Island Pond Historical Society had its grand opening in their new quarters on the first Friday of August and I was invited to attend. They purchased Ted's Market and refurbished the building to house their collection of Island Pond memorabilia. It is well worth the trip if you have an interest in the history of the area or have ancestors from there.

Thank you for your support and please check out our Facebook page or web site.



October 31, 2018

Halloween is Wednesday, October 31st and trick or treating will be from 4:00 p.m. to 6:00 p.m.

KEY CLUB HAUNTING EVENT

Dates: October 26 & 27

Times: 7:00 pm to 10:00 pm

Place: Canaan School

Watch for flyers for complete information

BE A PART OF OUR 3RD ANNUAL SCARECROW CREATION OF FUN!



Date: October 8-30 (on running)

Locations: Fletcher and Beecher Falls Park

Why: to promote a fun community event for the whole family

Create on-site or bring from home

Residents in the center of the Town of Canaan are encouraged to create on their lawns as a gateway to the Town of Canaan

Please make sure to identify your creation: with a tag that has your name(s) on it

For more information:  
contact Terrie Herr  
802-266-8986

- Our Awards**
- Crow's Best Friend (Friendliest)
  - Most Likely to Succeed (Scariest)
  - Just Like You Only Prettier (Prettiest)
  - Going Green (Best Recycling)
  - You Keep Me In Stitches (Funniest)

- Winners Receive**
- a Ribbon
  - Fall-themed Goody
  - Recognition in Newspaper and social media
- Judging will take place at the next Heart and Soul meeting scheduled for November 1st

After judging takes place, please make sure to remove creation.  
  
Thank you

CANAAN SCHOOL



Date: Saturday, October 13, 2018

Time: 9:00 AM TO 2:00 PM

Location: High School Gym

If interested in renting a table, call Deborah Lynch at 802-266-8910 before October 10th

Proceeds from this event will go towards scholarships and small school improvements.



## Canaan Community Heart & Soul

### Moose Festival

Canaan Community Connections (Heart and Soul) participated in the Moose Festival with a booth displaying the Value Statements that were developed after two years of interviews and surveys from people in Canaan and the area, including all ages, as well as folks from out of the area who come here to recreate and enjoy the many natural resources that the area has to offer.

Everyone with whom we engaged in conversation, agreed with our statements and encouraged continued activity.

#### CANAAN COMMUNITY HEART & SOUL VALUE STATEMENTS ARE:

- **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.

Canaan Community Connections began in 2014 as a community revitalization committee, and continued under the Orton Foundation Heart and Soul process. We are nearing the end of the Heart and Soul portion, and expect to be completed with the process by April of 2019. We are currently applying for 501 c3 non-profit status, which will aid in securing funding for identified community projects.

The Steering Committee meets the first Thursday of every month at the Canaan Town Office at 5:30 pm., and more often as needs dictate. Anyone can participate in the meeting, We welcome all ideas and value the input and involvement of everyone. It is important that a diversified population is involved in decision making and we encourage any and all to assist in this ongoing process, which is vital to improving the quality of life in Canaan and the surrounding area. For more information, please contact by email Georgiana Carr ([coyote4vt@gmail.com](mailto:coyote4vt@gmail.com)) or Greg Noyes ([8grand@earthlink.net](mailto:8grand@earthlink.net)).

### SUGAR ON SNOW

On August 3, 2018 the village of Canaan celebrated the 70th annual Sugar on Snow. The event brought together both Canaan residents, members of other communities, and visitors from all over. Everyone enjoyed wares made by local artisans, fun in the bouncy house, and of course, tasted the yummy sugar on snow. The event was sponsored by Grace Community Church with support from the Heart & Soul community committee. One of the core values that was formed through members of Heart & Soul and the community has a focus on Events which says "We value our community's events as they bring people together from all walks of life to share in our fun attractions and history." The annual Sugar on Snow weaves perfectly into the core values of the Canaan community.

Canaan Community Heart and Soul continued

### Stewartstown Day Parade

On August 4, 2018, members of the Heart and Soul team participated in the Stewartstown Day Parade. This years theme was "US Presidents: Past, Present and Future". Pictures were displayed with vital statistics of each of America's 45 presidents and garnered first place for "Most Original Float". Also pictures were shown of two local residents for future presidents, Paul Cote and Jessie Carney. Ballots were distributed to vote for one of the two future presidents.

### Canaan's Heart & Soul Goes National

During the week of August 13, when Vermont was suffering through another hot (and humid) week, Steve Mason and Trish Sears, Canaan's Heart & Soul coaches, were sharing their experiences with other coaches from around the country at the annual Orton Family Foundation Heart & Soul Coaches meeting. Though it was hot in Golden, Colorado, it was not as humid as it was in Vermont.

In the 4-day gathering, there were coaches from Colorado, South Carolina, Pennsylvania, Maine, Montana, Iowa, Georgia, Ohio, and (of course) Vermont all sharing their experiences in the communities they are coaching with each other – and staff from the Orton Family Foundation and members of the Golden community.

Steve and Trish were honored to showcase Canaan in this setting. There was unanimous agreement that the Canaan area has addressed challenges with focus on inclusion and accountability with positive results during the Heart & Soul process.

Of course, some of the Canaan area stories that have been gathered during the process were shared, but just as importantly the successes and creative approaches taken by Canaan volunteers -- as part of the Heart & Soul process -- and by the schools, library, historical society, organizations and churches, all partners contributing to the vibrancy that makes up the greater Canaan area!

*Deep roots connecting families, friends, and neighbors*

*Across all borders and communities*

*Sharing, Engaging, Supporting*



253 Gale Street

Canaan, VT 05903

<http://www.nekcv.org>

802-266-7134

The Northeast Kingdom Community Action office in Canaan has a new Outreach Coordinator. Suzanne Routhier, from Bloomfield, VT took over the office in August. The NEKCA office is now open 5 days a week (hours listed below). Along with the food shelf, NEKCA offers emergency seasonal fuel assistance, assistance with applications and forms, Thanksgiving baskets, Toys-for-Tots, and referrals to other NEKCA programs not offered at the Canaan office.

She has been working with other organizations in the community to offer emergency food boxes. During times of great need when the office is closed, people can visit one of the following locations to receive a box of non-perishable foods: NEKLS, Indian Stream Health Care, Grace Community Church, and the Canaan Town Office.

The office will be closed Tuesday, October 2<sup>nd</sup> while Suzanne attends a 3 Squares VT (formerly food stamps) conference at the VT Law School in South Royalton, VT. The conference will offer various trainings, skills, and outreach strategies so she can better serve the community.

Monday 8:00 am to 12:00 pm  
 Tuesday 8:00 am to 12:00 pm  
 Wednesday 2:00 pm to 6:00 pm  
 Thursday 1:00 pm to 5:00 pm  
 Friday 8:00 am to 12:00 pm