

S U M M E R 2 0 1 1

Play Canaan!

Canaan Community Resources Guide



Photo Credit: Cardigan Mt. Art Gallery



About Play Canaan!

Play Canaan! is a publication of the Canaan Recreation Commission with support from the Upper Valley Healthy Eating Active Living (UV HEAL) partnership.

Play Canaan! lists community resources that promote year-round opportunities for recreation, arts & cultural activities, health and wellness and community events for Canaan residents and guests. For more information, visit the Town website at www.townofcanaannh.us.

To contribute event listings, photographs, program offerings and other announcements to Play Canaan!, please send information via email to info@playcanaan.com, or leave notices at the Canaan Town Offices.

Canaan Recreation Commission:

Angie Blake, Secretary
Bev Chapman, Chair, 602-523-9151
Tammy Furman
Yaskara Newcomb
Marcia Wilson, Selectboard Rep.

Volunteers:

Marvin & Helen Rocke

Upper Valley HEAL

Kristen Coats, MPH
HEAL Partnership
Coordinator
Phone: (603) 653-3455
www.uvheal.org



heal^{nh}
HEALTHY EATING ACTIVE LIVING

Current Events

Explore Canaan Recreation Commission Summer Programs!
Details Inside!

The Canaan Recreation Commission is offering nine different activity camps during July & the first week of August to choose from this summer. Sign up for Cozy Corner Camp, Library Quest, Art Camps in clay, printmaking and painting, and Sports Camps in field hockey, baseball, softball and soccer.

For Adults – Sunrise Yoga on the beach at Canaan Street Lake – a great way to wake up on a summer morning.

*Fall Program Preview – Cross-Cross Country Running Program
Middle School students - meet and train with aspiring Olympians, get in shape, register by August 8 and get entered into a raffle to win running shoes!*

Save the Date!



Sat-Sun., Aug. 5-7

Canaan Old Home Days
Race Around the Lake Aug. 7
Canaan's 250th Anniversary – info available July 22!

Sundays thru Oct.

Canaan Farmers' Market, Town Common, 10 am-1pm
Sept. 24
Town Wide Yard Sale

***Eat Smart! Get Out!
Be Active!***

Outdoor Adventure & Natural Resources



Goose Pond. Photo Credit: Rick Hutchins

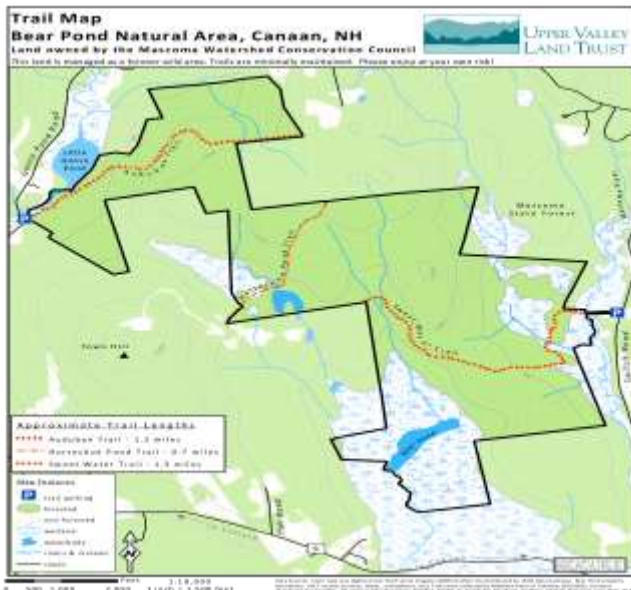
Lakes, Ponds, Rivers

Clark Pond has public boating access for canoes and kayaks with trail access off the northern shore – to get there from Canaan Center take River Road and Clark Pond Road.

Mascoma Wildlife Management Area, 125 acres of wildlife and fish habitat with walking and car top boat access.

Goose Pond & Canaan Street Lake, programs and public access for boating, swimming and fishing.

Bear Pond Natural Area Trails



Conservation Groups & Clubs

Mascoma Watershed Conservation Council, 632-5160
 Mount Cardigan Fish & Game Club, 523-7712
 Canaan Bird & Garden Club, 523-4876

Cardigan Highlanders Trail Crew & Friends of Mount Cardigan

Help volunteer groups maintain the trails on Mt. Cardigan.
 Cardigan Highlanders (603) 632-5640, crgsnbrn@yahoo.com
 Friends of Mt. Cardigan Mt.Cardigan@comcast.net
 Website: www.friendsofmountcardigan.org

Cardigan Mountain Trails Blog

A [blog](#) describing the various trails on [Cardigan Mountain](#) with excellent photographs and descriptions of hikes.

Results of the Canaan Recreation Commission Forum

Thank you to all who attended the forum on a sunny evening in April. After presentations and group brainstorming, the following priority actions emerged:

- Develop a community trails/pathways map
- Revive swimming lessons at Canaan Street Lake
- Offer "easy-entry" adult sports and fitness instruction/outdoor trips
- Create a safe pathway to Canaan Street Lake from downtown Canaan
- Create a safe road crossing on Route 4 from the Rail Trail to Indian River Middle School

Special thanks to Canaan Elementary School 4th Graders for providing suggestions and UV HEAL for funding the forum. To get involved, contact Bev Chapman, 523-9151. Full report on the Town website.

Trail Organizations

Canaan has a long section of [rail trail](#) along Route 4 that is ideal for bicycling, walking, snowmobiling, skiing and snowshoeing.

[Friends of the Northern Rail Trail](#) – Grafton County coordinate the efforts of trail development and sponsor trail workdays. Canaan Rails to Trails Association is the local organization. Contact: Deborah Bjorklund, (603) 632-4509.

[NH Rail Trail Coalition](#) coordinates efforts statewide.

[Upper Valley Trails Alliance](#) A regional resource for finding trails, trail building equipment and consulting, and advocacy. (802) 649-9075, www.uvtrails.org



Photo Credits: Town Website, Cardigan Mt. Art Assoc., Medora Hebert

Library, Arts & Cultural Activities

Cardigan Mountain Art Association

A membership [organization](#) with a gallery, shop and classes, located on Depot Street downtown.

Hours:

Wednesday through Saturday 10am - 6pm, Sunday 10-4, Closed Monday and Tuesday.
(603) 523-7292 cardiganart@live.com

Canaan Town Library Summer Reading!

Saturdays in July, enjoy “*One World, Many Stories*” activities exploring countries and cultures around the world. The [Friends of the Library](#) (contact Susan Quinlan, 523-4242) meet the second Monday of the month at the library at 7:00 pm, and work on a variety of projects to support the library. To view the library website, go to www.canaanlibrary.org. There is also a facebook page. Phone: (603) 523-9650. Link to: [Facebook Page](#).

Canaan Quilters

Join your friends and neighbors in pursuit of the finished quilt. Contact Bev Chapman, 523-9151.

[Canaan Meeting House Readings](#) begin July 7 with Major Jackson and Howard Mansfield.

Canaan Town Library Knitting Circle

All levels of knitters are welcome. Volunteer Judy Fish will be on hand to get all new knitters started. Meets the first and third Monday of the month from 6-8:30 pm.

Poets & Authors Try Hard

P.A.T.H. meets the last Saturday of the month at 10 am. They offer gentle criticism and support and visitors are welcome. All events take place at the Canaan Town Library and are free and open to the public.



Photo Credit: Canaan Meeting House

Canaan's Rich History

Canaan Historical Society, Contact: Dan Fleetham, 523-7364
Old Meeting House Committee, Contact: James Miller, 523-4809
Museum on Canaan Street, Contact: Donna Dunkerton, 523-7960

The [Canaan Historical Society & Museum](#) has many artifacts from Canaan's history in its collection, including a century-old accordion owned by Hiram Blaisdell and a display of science equipment purchased in the 1850. The [Canaan Meeting House](#) hosts poetry and book readings each summer – a schedule is available at www.meetinghouse.us. There is also an online [virtual tour](#) of the historic homes and buildings on Canaan Street. The [Historic District Commission](#) preserves the cultural, social economic, political and architectural history of the town's Historic District, and maintains an [historic marker](#) program.

Sports, Recreation Programs & Community Events

Community Organizations

Mascoma Youth Sports League

Jerry Seamans, (603) 523-7386

MYSL@mascomayouthsports.com

Canaan Lions & Leos Club

Phone: (603) 523-7720

E-Mail: administration@canaanlionsclub.org

Enfield-Mascoma Lioness Club

Phone: (603) 523-9947

Website: www.enfield-mascomalioness.org

Fraternal Order of Eagles & Ladies Auxillary

Phone: (603) 523-4727

E-Mail: navret21@gmail.com

American Legion Weld Post #55

Phone: (603) 523-4041

Social-Summit Chapter #50 Order of Eastern Star

Contact: Dan Fleetham, (603) 523-7364

Mascoma Valley Masonic & Eastern Star Assoc.

Contact: Joanna Dow, (603) 523-7033

Upper Valley Aeromodelers

Contact: Robert MacDonald, (603) 448-2797

Mascoma Area Senior Center

Contact: Kate Keating, (603) 523-4333

Friends of Mascoma Schools

Contact: John Kelly, (603) 632-7109

Friends of Canaan Main Street

Contact: Gary Wood, (603) 523-4337

Boy Scouts Troup #319

Contact: Bill McDonald (603) 523-7597

Jumpin' Jax Alpaca Trax 4H

Phone (603) 523-7107

Mascoma Valley 4H

Contact: Todd Darling (603) 523-4696

W. Canaan Lilac Lassies 4H

Contact: Marlin Tarbox (603) 632-5400

Thanks Friends of the Canaan Playground for all of your hard work so far to raise funds for a new play space for Canaan's youth!

Fall Cross-Country Running

Open to students in grade 5-8, beginning in late August and ending mid-October. Practices held at IRS on Mondays, Tuesdays and Thursdays from 3:15 - 4:30 pm. You do NOT need experience in running to sign up, just *come with energy and a positive attitude*. To learn more, send an email to: jenny.williams@valley.net.

Disc Golf! A disc golf course was installed on the Mascoma High School trails in 2009.



Canaan Unplugged! Summer Offerings

Cozy Corner Camp: For boys and girls entering Grades 1-4. Arts, crafts, outdoor games, water play.

Four sessions: 9:00 am-12:00 pm

*July 11-15 *July 18-22

*July 25-29 *Aug 1-5

Cost \$30. per week

Library Quest: Join Jenna McAlister to learn how to tell stories using puppets and props, enjoy a story every morning and have a scavenger hunt in the library to learn where books are. There will also be crafts, such as, friendship bracelets, bookmarks and cards.

Four sessions: 9:00 am-12:00 pm

* July 1-15 * July 18-22

* July 25-29 *Aug 1-5

Cost \$25.

Art Camps: Join art teacher, Christie Guerrette at Canaan Elementary

Handbuilding in Clay: For boys and girls entering grades 2-5. Exploring the world of creating with clay.

* July 11, 12, 13, 18 1:00-4:00 pm

Cost \$40.

Introduction to Printmaking: For boys and girls entering 5th grade and up. Explore the world of printmaking.

*July 19-22 1:00-4:00 pm **Cost \$40.**

Introduction to Painting - Acrylics: For boys and girls entering 4th grade and up. Exploring the versatile medium of acrylic paint.

*Aug 1-5 1:00-4:00 pm **Cost \$40.**

Field Hockey Camp: For girls entering. Join MHS standout Katie Lary to learn the basics of field hockey.

*July 11-July 15 **Cost \$40.**

Soccer Camp: For boys and girls entering Grades 4-8. Join Chris Kondi to learn the basics of soccer.

*July 18-22 **Cost \$40.**

Softball Camp: For girls entering Grades 4-8. Join Jenn Hammond to learn the basics of softball.

*July 25-29 **Cost \$40.**

Baseball Camp: For boys entering Grades 4-8. Come learn the basics of baseball.

*Aug 1-5 **Cost \$40.**

Adult Programs

Sunrise Yoga: Come join Sonya Carter at Canaan Street Beach (Town Meeting House if raining) at 5:30 - 6:30 am

*July 1, July 8, July 15, July 22
Cost \$12. per session

To Register:

Call Bev Chapman at 523-9151, the Town of Canaan at 523-4501, or check out the Town website or Library Facebook page for more information.

Friends of the Canaan Playground

Great progress has been made toward the fundraising goal for the new playground at Williams Field, and a preliminary design has been presented. To help out, contact Yaskara Newcomb at 523-9220, friendsoftheplayground@hotmail.com.

Canaan Farmers' Market

Check out the Canaan Farmer's Market, open every Sunday into October, 10 am – 1 pm on Canaan Main Street Common. Contact (603) 523-7573 for more information.