

January 13, 2023 - Edition #572

*"Lakeside Boardwalk" - Photo compliments of
Ann-Marie Shpeley Fine Art Photography*

 New Hampshire Fish and Game Department

SAFETY ON ICE



Tips for Anglers
www.FishNH.com

Please click on the image (left) provided by the New Hampshire Fish and Game Department for information on how to stay safe on the ice this winter!



Welcome to Laconia Links!

We hope you enjoy this issue of our weekly e-mail newsletter created to keep you up to date on City of Laconia news and activities. If you would like the newsletter sent to your email each Friday, or if you have changes to your email subscription, please call the City Manager's office at (603) 527-1270 or email us at info@laconianh.gov.



Star Party at the Belknap Mill Friday, January 20th

Star gazing with a telescope

6:30pm on the

Rod & Gail Dyer Powerhouse Patio
at the Belknap Mill

Free and open to the public

Raindate: Saturday, Jan 21st

Proudly sponsored by: 

RESCHEDULED



Due to the predicted inclement weather, the Star Party has been rescheduled to Saturday, January 21st (at 6:30 pm).

We are sorry for any inconvenience and hope you can join us!



LACONIA
PUBLIC LIBRARY

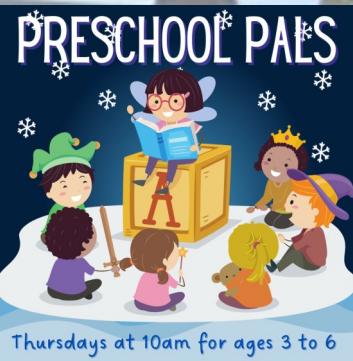
Laconia Public Library Events and Programs



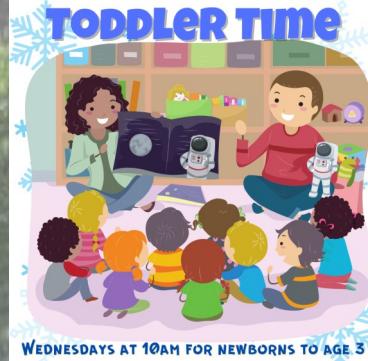
Click [here](#) to access the Library's Event Calendar for more information on any program you're interested in!

**SHAYLA'S
TECH HELP**
Tuesdays at 10am
Wednesdays at 2pm

Have your basic computer and electronic device questions answered by a librarian. Most Tuesdays at 10 am and most Wednesdays at 2 pm, in the Volpe Room; check our event calendar to confirm dates.

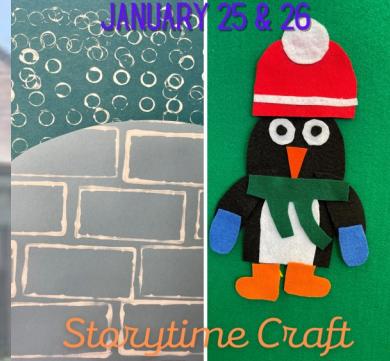


PRESCHOOL PALS
Thursdays at 10am for ages 3 to 6



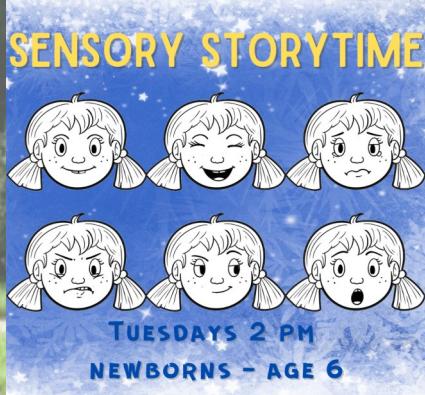
TODDLER TIME

WEDNESDAYS AT 10AM FOR NEWBORNS TO AGE 3

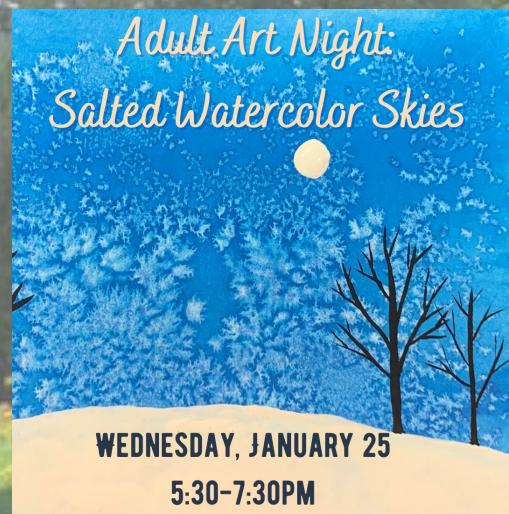


JANUARY 25 & 26

Storytime Craft

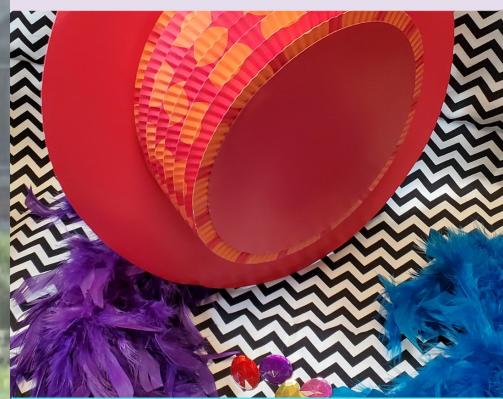


SENSORY STORYTIME
TUESDAYS 2 PM
NEWBORNS - AGE 6



**Adult Art Night:
Salted Watercolor Skies**
WEDNESDAY, JANUARY 25
5:30-7:30PM

TEEN MAD HATTER TEA PARTY



FRIDAY, JANUARY 27, 3PM AGES 12-18



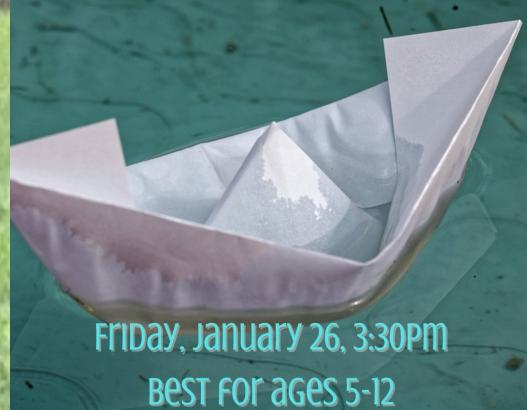
**Sensory Storytime
Craft**



**Family Drop-In Craft: Yarn
Resist Winter Trees**

Saturday, January 21 10am-12pm Best for ages 3-12

TINKER TIME: FLOAT YOUR BOAT



**FRIDAY, January 26, 3:30PM
BEST FOR AGES 5-12**



PUBLIC HEARING NOTICES



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **January 23, 2023** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

DECLARATION OF CITY-OWNED PROPERTY LOCATED ON LAFAYETTE STREET (PARCEL #444-126-17) AS SURPLUS PROPERTY

Katie Gargano, City Clerk



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on January 23, 2023 during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

GRANTING AN EASEMENT ON CITY LAND (PARCEL 458-205-20)

Katie Gargano, City Clerk

Please see the Public Hearing Notices on this page which have been published in the Laconia Daily Sun. In future issues of the newsletter we will continue to provide citizens with notices of upcoming Public Hearings that may be of interest to our community. If you have questions regarding any Public Hearing shown, please call City Hall at 603-527-1270 and we will be happy to direct you to the appropriate department. Thank you for staying informed about what is happening in City government!

CITY OF LACONIA CDBG PUBLIC HEARINGS

The Laconia City Council will hold two consecutive Public Hearings on January 23, 2023 during the regular City Council meeting which begins at 7:00pm at City Hall, 45 Beacon Street East, Laconia, New Hampshire 03246. Community Development Block Grant (CDBG) funds are available to municipalities through the NH Community Development Finance Authority. Up to \$500,000 annually is available for Economic Development Projects, up \$500,000 for Housing Projects, up to \$500,000 for Public Facility Projects, up to \$500,000 in Emergency Funds, and up to \$25,000 per Planning Study grant. All projects must directly benefit a majority of low- and moderate-income persons. The Public Hearings will update the public on, and receive comments on, the following:

1. The progress of the renovation of the Laconia Housing and Redevelopment Authority's (LHRA) space at 17 Church Street, Laconia. The renovations are complete.
2. The changing of the proposed tenant in the LHRD renovated space at 17 Church Street, Laconia from the proposed tenant of Partnership for Public Health NH to Healthfirst. The majority of Healthfirst clients are of low and moderate income.

Provisions for persons with special needs can be made by contacting City Clerk Katie Gargano, Meeting ADA Coordinator, at City Hall by calling 603-527-1265 at least 72 hours in advance of the public hearings so that the City can make any necessary arrangements.



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **January 23, 2023** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

ORDINANCE 2023-189-50-01 AMENDING CHAPTER 189, SEWERS

Katie Gargano, City Clerk

CITY MANAGER'S OFFICE



The following updates have now been posted to the City's website to keep you up-to-date and informed on what's happening in your City!

Be sure to check out the [Project Updates](#) report which provides a concise update of projects in the

community. In this report you will find everything from road projects to the latest information on the Master Plan update.

Next, check out the current version of the [Monthly Economic Development Report](#). This report contains information pertaining to Laconia's unemployment rate and wages, as well as business and economic development partnerships.

We hope you find these reports helpful and informative!

Questions? Please call the City Manager's Office at (603) 527-1270.

Conversion to Automated Trash Collection: Multi-family Apartments and Condominiums



Apartments and condominiums that currently receive curbside trash collection that are 4 units or less will receive one 64-gallon trash container and one 96-gallon recycling container per unit. Apartments and condominiums that currently receive curbside trash collection and that have over 4 units will receive four 64-gallon trash containers and four 96-gallon recycling containers. Four 64-gallon trash containers exceed the capacity of the seven 30-gallon containers that are currently allowed under City Ordinances. All recycling, including cardboard boxes, must fit in the 96-gallon recycling containers. Landlords and condominium associations are responsible for allocating space in the solid waste containers to their tenants and property owners.

Also...Those apartments and Condominiums on private roads that do not receive curbside trash collection and currently bring their solid waste to a public (City or State) right of way will not automatically receive the City's curbside collection containers. These include property owners on Hadley Road, Janna Way, Story Tyler Shore Road, Leighton Ave South, Haven Ave, Pendleton Beach Road, Boathouse Road, etc. On these roads Public Works does not know which property owners are bringing their containers to the public right of way. Property owners on private roads that bring their solid waste to the public street must request their containers. Property owners in this situation can request their containers by going to the City's web site at:

<https://www.laconianh.gov/1188/Trash-Collection-Update>. Look for the following at the bottom of the page and fill out the form: RECYCLING AND TRASH CONTAINER ORDER FORM. Place an order for containers for use with the new (2023) automated trash collection system.

Conversion to Automated Trash Collection: Single Family Homes

Single family homes that receive curbside service will automatically receive one 64-gallon trash container and one 96-gallon recycling container after March 15, 2023, in preparation for the start of automated trash collection on April 1, 2023. One 64-gallon trash container exceeds the capacity of two 30-gallon containers that are presently allowed by City Ordinance. All recycling, including cardboard boxes, must fit in the 96-gal. container.

Also...If everyone in a household is over 65 years old or is handicapped, then the property owner can request a 64-gallon recycling container in lieu of the 96-gallon container and one 32-gallon trash container in lieu of the 64-gallon container.

Those property owners that live on private roads that do not receive curbside trash collection and bring their solid waste to a public (City or State) right of way will not automatically receive the City's curbside collection containers. These include property owners on Hadley Road, Janna Way, Story Tyler Shore Road, Leighton Ave South, Haven Ave, Pendleton Beach Road, Boathouse Road, etc. On these roads Public Works does not know which property owners are bringing their containers to the public right of way. Property owners on private roads that bring their solid waste to the public street must request their containers.

Property owners in these two situations can request their carts by going to the City's web site at: <https://www.laconianh.gov/1188/Trash-Collection-Update>. Look for the following at the bottom of the page and fill out the form: RECYCLING AND TRASH CONTAINER ORDER FORM. Place an order for containers for use with the new (2023) automated trash collection system.

Please call Public Works at 603-528-6379 with any questions you may have.

This Establishment Supports

LAKES REGION SLED DOG CLUB AUCTION

TO BENEFIT
THE 94TH ANNUAL
WORLD CHAMPIONSHIP SLED DOG DERBY

NEW DATE!



NEW LOCATION!

Jean-Rene Saucier, 3rd Place 2017
Photo By: Karen Bacheader

SATURDAY, JANUARY 28, 2023

AUCTION PREVIEW 5:30-6:30
AUCTION BEGINS @ 6:30

Auctioneer: **Mark Roy**



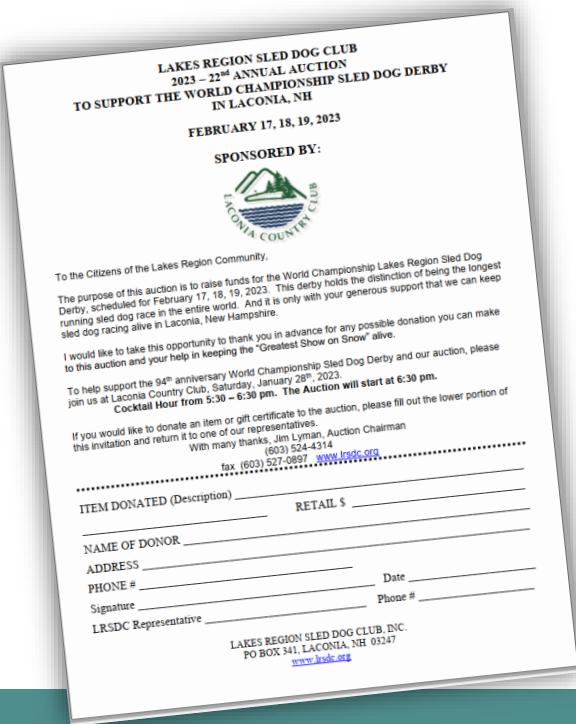
LACONIA COUNTRY CLUB

607 Elm Street, Laconia, NH

FOR MORE INFO: www.LRSDC.org OR 524-4314

Read all about the Lakes Region Sled Dog Club's 22nd Annual Auction and donate an item to the Auction! Just click on the image below for a full size version of the information and the donation form.

Thank you in advance for your generosity!



Winter Parking Ban!

The City of Laconia's winter parking ban is now in effect. As of November 1st, no vehicle is allowed to be parked on a public street between the hours of 12:00 midnight and 6:30 a.m.

This parking ban allows our City vehicles to safely and effectively keep our streets passable during and after a winter storm. Failure to comply with the winter parking ban may result in your vehicle being towed at your expense.

Thank you for your cooperation!

Prescott Farm
Environmental Education Center

Saturday, January 21

Beginning Birding

Winter Birds

Adults

10 am—12 pm

Eyes on the Sky

Stars, Planets & Constellations

Adults

5:30—7 pm

Registration & FMI: prescottfarm.org

ATTENTION SNOWMOBILERS!

Snowmobiles in the Boardwalk area of Weirs Beach must be on the State Snowmobile Trail. Please do not ride on the sidewalks on Lakeside Avenue!

The City used to move the State snowmobile trail onto Lakeside Avenue to protect the Boardwalk. With the recent project to improve Lakeside Avenue, the snowmobile trail is back on the tracks. The City wants all snowmobilers to remain on the State trail through the Boardwalk area to protect the improvements that we have made to the area. The City of Laconia has not authorized snowmobiles to operate on any of its sidewalks or roads.

Please do not use the sidewalk to travel to Cumberland Farms from the trail. The City is clearing the sidewalks of snow so that the residents in the area have place to walk in the winter.

Under State law it is unlawful to:

- Operate on any road or within the right-of-way except where authorized and posted.
- Operate on town roads or sidewalks unless posted for OHVs or snowmobiles.
- Operate on or across any highway bridge unless posted as open for OHVs or snowmobiles.



The authorized snowmobile trails in Belknap County are:

Railroad tracks corridor 15 north to Meredith

Railroad tracks corridor 15 south and 9 south to Belmont

Sled Dog Loop

Prison Loop

South Down Shores Loop

Corridor 15N Saltmarsh Pond to Paugus Bay via HK PowerSports & Cactus Jacks/T-Bones

Corridor 15S Saltmarsh Pond to Gilmanton

Trail to Airport Deli, Kitchen Cravings, Patrick's Pub, and Gilford Beach

Belmont connector 304

Belknap Mountain Trail

Information on these trails is available from the local snowmobile club, the [Belknap Snowmobilers, Inc.](#)





Lakes Region Cancer Support Team

So no one faces cancer alone

Formerly known as

Gilda's Club

New Hampshire

New Year, New Name, Same Mission

We have a new name, but our dedication to free cancer support will never change.

Our new website is www.LRCST.org. We are opening our program for people who have cancer (or are close to someone who is) on Jan. 17th.

Coffee and Conversation

Tuesdays 9:00-9:50 am January 17-February 21

Come to our office for an informal conversation over coffee. A great way to begin your day!

Writing as Healing

Tuesdays 10-12 am January 17-February 21

Writing as Healing is a six-session workshop held at the LRCST office. The workshop will use writing as a tool to explore and express the complex feelings that many people with cancer experience.

In each session participants will reflect on the topic of the day, generating ideas for their drafts during the workshop and completing their one-page piece at home. Every week, all participants will share their work, and we will discuss each participant's piece.

Please note: In this workshop we will not critique writing mechanics or style (no red pens!); the focus is to create a forum for expression and discussion.

Registration is required. To register, call us or email panderson@LRCST.org.

Lakes Region Cancer Support Team, 1 Mill Plaza, Laconia, NH 03246 (next to Laconia City Hall).

(603) 387-6775 LRCST.org

On Sale NOW

GET THE LED OUT
APRIL 6

SAFE HAVEN BALLET:
BEAUTY AND THE BEAST
APRIL 15

TUSK: THE ULTIMATE
FLEETWOOD MAC TRIBUTE
OCTOBER 7

COLONIALLACONIA.COM



The Laconia School District Presents

The 4th and 5th Grade

BAND



Our yesterdays

Our sincere thanks to Warren D. Huse, the Laconia Historical and Museum Society, and the Laconia Daily Sun for providing a glimpse into our community's past.....



THEN...

Lower Court Street, Laconia, is seen in the 1950s. Temple B'Nai Israel (left) was built in 1937. Bay Street is just off-photo at right. The small store at right is LaPlante's Market. Elm trees still line the street and traffic is sparse. (Laconia Historical and Museum Society)



...AND NOW

Temple B'Nai Israel is still there, at left, with an addition in 1955 for the Max Chertok Community Center. Just beyond the synagogue and Kentfield Court, today's Platinum Salon & Spa at 222 Court St. occupies space once home to Hi-Fi Furniture Co., which burned, March 9, 1991. Earlier occupants of the property had been Harry Howland's Utility Gas and Appliances and Tri County Services. The LaPlante Market is now Jack the Clipper barber shop. Harold T. 'Pappy' Whittum's Mobil station, which opened Aug. 15, 1955, just beyond, has been Stafford Oil (Citgo sign visible in distance) since 1965. (Jon Decker/The Laconia Daily Sun)

January 2023



ONE PEER TO ANOTHER

Laconia, NH

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAPPY NEW YEAR! HOLIDAY / CLOSED	3 9am Open Discussion 10am Meditation 11am Self Care 1pm Healthy Choices 2pm New Year Goals 3pm Stretching	4 9am Check-In 10am Gratitude 11am Worldview 1pm Self-Reflection 2pm Identifying Stressors 3pm Deep Breathing Techniques	5 9am Check-In 10am Ted Talk 11am Wants & Needs 1pm How am I feeling? 2pm Open Discussion 3pm Music Therapy	6 9am Open Discussion 10am Establishing Healthy Boundaries 11am Arts & Crafts Activity 1pm Walk & Talk 2pm Moving Towards 3pm Writing / Journaling
9 9am Open Discussion 10am IPS Topics 11am Peer Discussion 1pm Limits & Boundaries 2pm Short-Term Goals 3pm Chair Yoga	10 9am Check-In 10am Dealing w/ Anxiety 11am What I like about me 1pm Long-Term Goals 2pm Deep Stretching 3pm Open Discussion	11 9am Check-In 10am Self Reflection 11am Healthy Relationships 1pm Emotional Wellbeing 2pm Rock Painting 3pm Music Therapy	12 9am Open Discussion 10am True Emotions 11am Strategies to Cope 1pm Decision Making 2pm Stress Management 3pm W.R.A.P	13 9am Check-In 10am Meditation 11am Sit & Stretch 1pm WOW Trail Walk Closing Early at 1:30 p.m. today for a Staff Meeting
16 CIVIL RIGHTS DAY HOLIDAY / CLOSED	17 9am Check-In 10am Journaling 11am Walk & Talk 1pm Boundaries 2pm Coping Skills 3pm Sit & Stretch	18 9am Open Discussion 10am Music Therapy 11am Chair Yoga 1pm Deep Breathing Techniques 2pm Staying Present 3pm Ice Breaker Game	19 9am Check-In 10am Emotional Meter 11am WOW Trail Walk 1pm Audubon Society Field Trip - Concord 2pm Mindfulness 3pm Looking within ourselves deeper	20 9am Open Discussion 10am Ted Talk 11am Self Reflection 1pm Sit & Stretch 2pm Meditation 3pm Wants & Needs
23 9am Check-In 10am WOW Trail Walk 11am Arts & Crafts 1pm What do I need? 2pm Dealing w/ Depression 3pm Ice Breaker Game	24 9am Open Discussion 10am Lifestyle Hacks 11am Creating Better Habits 1pm Music Therapy 2pm Limits & Boundaries 3pm Healthy Relationships	25 9am Check-In 10am WOW Trail Walk 11am Healthy Eating Habits 1pm Nutrition Class w/ Alyssa - Zoom 2pm Making Connections 3pm Peer Discussion	26 9am Open Discussion 10am Grounding Techniques for Anxiety 11am Meditation 1pm Staying Present 2pm Arts & Crafts 3pm Music Therapy	27 9am Check-In 10am Vision Boards 11am Coping Skills 1pm Meal Planning 2pm WOW Trail Walk 3pm Healthy Relationships
30 9am Open Discussion 10am Deep Breathing Techniques 11am Chair Yoga 1pm Music Therapy 2pm Self Advocacy 3pm Arts & Crafts	31 9am Check-In 10am Peer Discussion 11am Meditation 1pm Self Reflection 2pm WOW Trail Walk 3pm New Year's Plans Discussion	 <p>ONE PEER TO ANOTHER JANUARY 2023</p> <p>MENTAL HEALTH RESOLUTIONS FOR THE NEW YEAR</p> <p>Not all New Year resolutions focus on fitness, diet, and health; we have to think about some mental health resolutions too! Here are some ideas for a successful mental health year:</p> <ul style="list-style-type: none"> ✓ I will commit myself to being mentally active each day. Studies have shown there is a link between mental and physical health. ✓ I will learn to relax and enjoy myself. I will commit myself to finding out some time each day to recharge your mental and emotional batteries (REL-CHARGE). ✓ Diligently speak kindly to myself, and a positive outlook on life is a key. All good things come positively into our lives when you believe in yourself. ✓ Don't be too hard on yourself or miss goals. Instead, focus on what is important, going forward in these areas, and stay positive. ✓ Stay mindful of your mental health. Don't dwell on the past or how much time you need to offer to others. Instead, focus on the present and now and enjoy the moment. ✓ Act quickly to protect yourself from triggers. If you feel yourself getting triggered by the actions of others, or push your buttons, be prepared with a mental list of coping statements to counteract the triggers. ✓ Do not allow yourself to be defined as a label, instead of focusing and speaking on being overweight, under-depressed, etc... say instead "I have depression and today I am here to help manage that." <p>I will strive to become the person I want to be. View life as a journey full of ups and downs, rather than a series of obstacles you have to overcome. Enjoy the ride that life is, rather than focusing on the bumps in the road.</p> <p>Join us January 25th @1:00pm with Nutrition with Alyssa let us talk food. Our resident expert joins us once again to help us navigate the confusing world of eating healthy.</p> <p>JANUARY 19, 2023 @ 1:00 trip to NH Audubon Society where they have a raptor exhibition, hiking trails as well as the reptile room that are free admission. Please join us for a fun filled afternoon.</p>		

Click the image (left) to read the current edition of "One Peer to Another" newsletter!

BELKNAP MILL PRESENTS
BELL & BRICK

Event Details

Thursday, January 26th
 Tickets: \$10
 Doors Open: 6:30p
 Concert: 7-8p



Dakota Smart



SAVE THE DATE!
New to Medicare Workshops

Tuesday, February 21, 2023 [VIRTUAL] 10:00 am

Wednesday, March 29, Tilton Senior Center, 11:00 am

Topics to include:

- ✓ Eligibility and Enrollment
 - ✓ Original Medicare
- ✓ Medicare Advantage Plans
 - ✓ Supplemental Plans

Registration required

603-707-5871

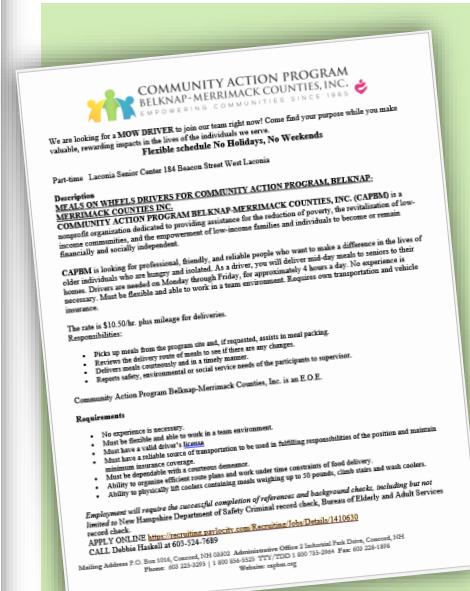
lraymond@pphn.org

67 Water St Suite# 105 Laconia, NH 03246

If accommodations are needed for communication access such as interpreters, CART (captioning), assistive listening devices, or other auxiliary aids and/or services, please contact Carissa Elphick at 603-707-5869. At least 5 business days advance notice of the workshop is requested in order to assure availability; requests made fewer than 5 days prior to the event will attempt to be accommodated but cannot be guaranteed.



**Curbside recycling
 will be picked up the
 week of Jan. 30,
 2023!**



Community Action Program's Meals on Wheels is looking for a driver to join their team!

Please click on the image (left) for more information.

Laconia Adult Education Winter 2023 Enrichment Catalog

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
Health & Wellness							
Beginner II Lindy Hop	Mon	01/23/2023	5:45-6:45	4 weeks	\$90.00	LHS-Café	Juli Pruden
Beginner Night Club Two Step	Mon	01/23/2023	6:45-7:45	4 weeks	\$90.00	LHS-Café	Juli Pruden
Beginner Salsa	Mon	01/23/2023	7:45-8:45	4 weeks	\$90.00	LHS-Café	Juli Pruden
Beginner Waltz	Tues	01/24/2023	5:45-6:45	4 weeks	\$90.00	LHS-Café	Juli Pruden
Beginner East Coast Swing	Tues	01/24/2023	6:45-7:45	4 weeks	\$90.00	LHS-Café	Juli Pruden
Beginner Tango	Tues	01/24/2023	7:45-8:45	4 weeks	\$90.00	LHS-Café	Juli Pruden
Freedom Through Forgiveness	Thurs	05/25/2023	6:30-8:30	1 week	\$45.00	LHS-611	Brenda Paquette
Introduction to Spiritual Energies	Thurs	03/16/2023	6:30-8:30	1 week	\$45.00	LHS-611	Brenda Paquette
Meditation 101	Thurs	05/04/2023	6:30-8:30	1 week	\$45.00	LHS-611	Brenda Paquette
What are Angels & How to Communicate w/them	Thurs	04/06/2023	6:30-8:30	1 week	\$45.00	LHS-611	Brenda Paquette
Yoga for Everyone: Beginning (Tues & Thurs) Session 1	Tues&Thurs	01/31/2023	5:00-6:15	4 weeks	*\$50.00*	ctc-H234	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 2	Tues&Thurs	03/07/2023	5:00-6:15	4 weeks	*\$50.00*	ctc-H234	Bonnie Morin
Yoga for Everyone: Beginning (Tues & Thurs) Session 3	Tues&Thurs	04/04/2023	5:00-6:15	4 weeks	*\$50.00*	ctc-H234	Bonnie Morin
Language							
Spanish for Beginners	Mon	01/30/2023	6:00-7:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level I	Mon	01/30/2023	7:00-8:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Spanish Intermediate Level II	Mon	01/30/2023	8:00-9:00	10 weeks	*\$45.00*	LHS-205	Mark Frattarola
Learning a skill							
Basic Woodworking	Thurs	02/02/2023	6:00-8:30	8 weeks	*\$110.00*	LHS-517	Wes Anderson
Digital Photography I	Mon	02/06/2023	4:00-5:30	5 weeks	\$50.00	Remote	Steve McGrath
DIY Wedding Flowers Class	Wed	2/1/2023	6:00-8:00	6 Weeks	*\$50.00*	LHS-514	Shirley Glines
Dog Obedience: Advanced	Wed	03/15/2023	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Beginning	Wed	03/15/2023	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Fly Tying	Wed	2/1/2023	6:00-9:00	8 Weeks	100	LHS-612	Nick Proulx
Intro to Intermediate Woodworking	Wed	02/01/2023	6:00-8:30	8 weeks	*\$110.00*	LHS-517	Ed Philpot
Open Shop Woodworking	Tues	01/31/2023	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Philpot
Smartphone Photography	Tues	04/04/2023	4:00-5:30	3 Weeks	\$40.00	Remote	Steve McGrath
Welding Fundamentals: ARC,GAS,MIG&TIG- Thursdays	Thurs	01/31/2023	5:30-8:30	10 Weeks	*\$350.00*	LHS-Welding Lab	Bruce Beckford
Welding Fundamentals: ARC,GAS,MIG&TIG- Tuesdays	Tues	02/02/2023	5:30-8:30	10 Weeks	*\$350.00*	LHS-Welding Lab	Bruce Beckford

* * Additional Supply/book fee or pre-class requirement is additional in this course.

Check out our other great offerings:

A.B.E.- Free Adult Basic Education Tuesday & Thursday nights 6:00-8:30-Starting January 10, 2023
 HiSET (Formerly GED) Prep- Free Monday & Wednesday nights 6:00-8:30-Starting January 9, 2023
 E.S.L- Free for those learning English Tuesday & Thursday nights 6:00-8:30-starting January 10, 2023
 Academy-High School Math, English, Biology, Chemistry and Social Studies Classes starting January 23, 2023

Classes are in-person except when location is listed as remote.

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)

REGISTER AND PAY ONLINE at: adultedlaconia.weebly.com

Still have questions? Call Laconia Adult Education at 524-5712



Most winter parent education classes will be offered in “hybrid” format. Participants can choose to attend in person at our office at 719 North Main St., Laconia or virtually via Zoom.

Cooking Matters for Families (Adults & Children Ages 6 and up)

Wednesday evenings from 6:00-8:00pm, beginning January 11, 2023 (6 Weeks)

OFFERED IN PERSON ONLY, NO ZOOM OPTION FOR THIS CLASS

Cooking & nutrition class, participants will receive groceries each week to practice their cooking skills. Topics covered will include making meals more nutritious, tips for grocery shopping, healthy & kid-friendly recipes, cooking skills for the family, & much more! Food will be prepared in class each week. *Dinner will be served during class at 6pm.*

Cooperative Parenting & Divorce

January 11-February 2, 2023. Class meets twice weekly on Wednesdays & Thursdays from 6:00-8:00pm (4 weeks)

This program helps separated/divorced parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent. This program educates parents on the impact their conflict has on their children, and teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and talk to each other without arguing. While co-parents are welcome to take this class together, it is not required. *For participants who attend in person, dinner will be served during class at 6pm.*

Understanding Children’s Growth & Development—A Nurturing Skills Module

January 12-February 16, 2023. Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (6 weeks)

This Nurturing Skills module focuses on creating a nurturing environment that stimulates children’s overall healthy development. Topics covered include brain development, developmental milestones, creating nurturing routines, and encouraging a growth mindset. *For participants who attend in person, dinner will be served at 6pm.*

Parenting with Resilience

January 17-February 21, 2023. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

Learn about Adverse Childhood Experiences (ACE’s) and how trauma can effect children’s development and behavior. Caregivers will learn strategies to build their own ability to persevere through tough times, as well as techniques for encouraging resilience in children. *For participants who attend in person, dinner will be served at 6pm.*

Active Parenting of Teens

January 17-February 21, 2023. Class meets Tuesdays from 6:00-8:00pm (6 weeks)

Active Parenting of Teens will give parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth. Topics include: methods of respectful discipline, skills for clear, honest communication, strategies to prevent risky behavior, how to be an encouraging parent, and issues such as teens on-line, bullying and depression. *For participants who attend in person, dinner will be served during class at 6pm.*

Nurture Hope

February 8-April 5, 2023. Class meets Wednesdays from 6:30-8:00pm (8 weeks)

This series is designed for parents with children who have special needs and health challenges, giving them an opportunity to explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration. *For participants who attend in person, dinner will be served at 6pm.* *There will be no class on March 1st*

For all classes register at: www.lrcs.org/parentedregistration/

Or email tricia.tousignant@lrcs.org

***On-site childcare *may be available* if reserved at the time of registration.
 Space is limited.***



Lakes Region Mental Health Center

Lakes Region Mental Health Center (LRMHC) recently received a two-year, \$50,000 grant from the New Hampshire Charitable Foundation. The grant will help further LRMHC's mission to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community.

The funding from the New Hampshire Charitable Foundation will help to support LRMHC Child & Family programs in 2023-24, such as: parent education, workforce incentives, and LGBTQIA support groups for children and families.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who are living with- and recovering from- mental illness and/or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200+ employees served 3,512 children, adolescents, adults and families and provided over \$372,000 of charity care. For more information, visit lrmhc.org or call 603-524-1100.

About the New Hampshire Charitable Foundation

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. We are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60 million in grants and scholarships every year. For more information, please visit [www.nhcf.org](http://nhcf.org) or call 603-225-6641.

NEW ENGLAND



WOLVES

The New England Wolves have once again dedicated an upcoming Home Game to celebrate the memory of John Bradley Thompson and raise awareness and research funding for [The Cure Starts Now Foundation](#).

The Cure Starts Now focuses on the Homerun Cure to all cancers by concentrating our research funding efforts on one of the deadliest forms of cancer, [DIPG](#). With over \$21 million in pediatric brain cancer research funding to date, you can rest assured that 100% of your donation, after credit card processing, will go directly to innovative research. Please join us in funding crucial research to save our youngest of warriors. Here is this year's roster of shooters!

2023 Roster:

Defending Champ: Chad Baron
Patrick Hesseltine
Reed Worthen
Chris McPhail
Kevin Mull
Ellissa Popoff
Alex Plummer
Ben Coapland
Neil Ravin
Josh Baskin

The event will be held on January 28, 2023 at the Merrill Fay Arena in Laconia, NH. It occurs annually during a New England Wolves EHL contest, and this year's matchup will feature two of the top teams in the entire league - The New England Wolves vs the Seacoast Spartans. Puck drop is at 6:30 pm, but fundraising begins NOW! To date, this game has raised over \$100,000.00 for the Cure Starts Now foundation. The NH chapter, with games and events each year such as these, has raised over \$1 million dollars. Click [here](#) to donate today- [JBT Shootout | The Cure Starts Now](#)



Public Events at Taylor Community - Laconia, NH

All events listed are free and open to the public

Music

The Wholly Rollers - January 18th at 6:30 p.m.

A Concord-based band performing bluegrass, old time, string band, and gospel music.

The Freese Brothers - January 23rd at 6:30 p.m.

A performance that pleases audiences of all generations with classic sounds from the Duke, the King, the Count, the Chairman of the Board and the Sentimental Gentleman of Swing and combo arrangements of contemporary tunes.

Debbi Gibson - Flute & Clarinet Duo - January 25th at 3:00 p.m.

Join us as clarinetist Debbi Gibson is joined by the talented flutist Alison Witham.

Rich Araldi on the Vibraphone - January 26th at 2:00 p.m.

Join us as Rich brings us his Holiday Presentation on Vibraphone. He will also intersperse stories, trivia and facts to accompany the music.

Topper and Fed - a Comedy featuring John Stanley Shelley - Rescheduled to March 1, 2023

Enjoy this unique duo as they play songs of many different genres both original and favorites and always with a comical twist. This wacky pair always has something up their sleeve to keep you guessing.

Lectures

Lucia Brimer Stars & Science - January 4th at 2:00 p.m.

Experience the wonders of the night sky from inside the Lakes Region Stars and Science Discovery Domes. See the stars, the Moon and the planets day or night, rain or shine.

David Hill - January 11th at 6:30 p.m.

Storyteller Extraordinaire David Hill tells his story at Taylor. From mountain biking, rafting, spelunking, to the people he met along the way, David tells us how these adventures continue to shape his life to this day.

The Islands of Lake Winnipesaukee with Ron Guilmette - January 18th at 2:00 p.m.

Join Ron Guilmette, author and photographer, as he relates his adventures and experiences paddling to all of the islands of Lake Winnipesaukee.

Michael Cross - Obscure Collections Part II - January 23rd at 11:00 a.m.

Obscure collectibles and the stories they tell — From World War II liferaft bullet hole plugs to antique mining lamps and murder hornets, there are many fascinating items in this world. Learn about the fascinating stories behind these objects.

History Journey around Lake Winnipesaukee - January 25th at 1:00 p.m.

Join us for this virtual drive around Lake Winnipesaukee with several stops and brief history lessons at historic points of interest

For more information on Taylor Community please call us at (603) 366-1200



taylorcommunity.org

A not-for-profit 501(c)(3) organization



Tickets are on sale now for Powerhouse Theatre Collaborative's Romeo & Juliet February 10-12 at the Colonial Theatre, sponsored by Franklin Savings Bank. This classic will feature Powerhouse's first stage fighting and the expertise of professional fight choreographer Jenny Towle. Says Towle, "What I love most about teaching stage combat is offering performers tools to show emotion and character where words and normal physical action aren't able to. When a character resorts to physical harm, or the use of weapons, it can give a very nuanced insight into their true intentions and thoughts. The cast of R&J quite literally leapt into training, and have already created a support network for each other to keep everyone safe - while getting to do some really cool swordplay!"



A staged reading of the sequel Montague and Capulet, written by Jaydie Halperin, will be performed at the Belknap Mill on February 18-19 with the same actors from Romeo and Juliet. Whereas Romeo and Juliet ends in tragedy, Montague and Capulet give hope for a better future.

The performance is sponsored by Irwin Automotive Group. Tickets for this production can be purchased via powerhousenh.org or at the door.



LACONIA WATER DEPARTMENT METER MAINTENANCE PROGRAM



Meters are changed periodically to comply with the Public Utilities Commission's Rules and Regulations, the American Water Works Association and in accordance with the Laconia Water Works' Tariff. The Water Department has an annual program that replaces meters and **there is no cost to the property owner**. Our goal is to change out these meters over the winter months.

The Water Department will contact those property owners whose water meters are due to be changed. We are in the process of sending letters and making phone calls to schedule appointments. This process takes approximately 20-30 minutes.

Thank you for your cooperation. If you have any questions, please do not hesitate to contact us at (603) 524-0901.



City of Laconia

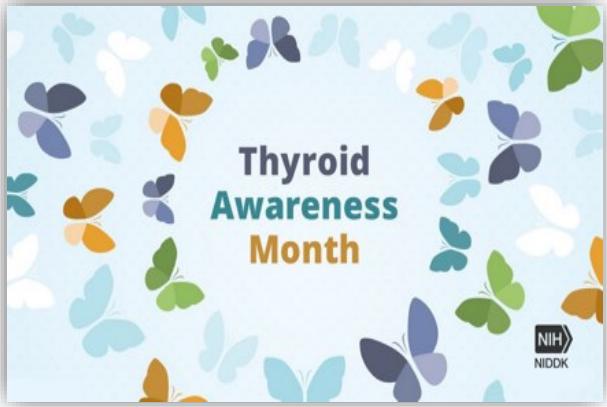
Laconia City Hall
45 Beacon St. East
Laconia, NH 03246
www.laconianh.gov
info@laconianh.gov



CITY HALL HOURS:
8:30 am to 4:30 pm
Monday through Friday
(603) 527-1270

SENIOR RESOURCES

ServiceLink Resource Center
(603) 528-6945 is the first number
to call for senior services.



January is Thyroid Awareness Month!

Did you know that thyroid hormones affect nearly every organ in your body, even the way your heart beats? Learn more [here](#) about how thyroid hormones control the way your body uses energy, provided by the National Institute of Health.



City Meetings



Public participation and citizen input is a vital part of City government. Below is a list of meetings scheduled for the upcoming week. As agendas become available they will be posted on the City's [website](#). Also, printed copies of any agenda are available in the City department in charge of a particular Board or Commission. You are invited and encouraged to participate in any of our public meetings. All meetings are open to the public and are held at Laconia City Hall, unless otherwise noted:

Trustees of the Trust Funds

January 23, 2023, 2:00 pm

[Agenda](#)

City Council Governmental Operations & Ordinances Sub-Committee

January 23, 2023, 6:00 pm

[Agenda](#)

Regular City Council Meeting

January 23, 2023, 7:00 pm

Police Commission

January 25, 2023, 3:00 pm



CITY OF LACONIA PHONE DIRECTORY

(All phone numbers below must be preceded by 603)

Airport	524-5003
Airport Manager - Marv Everson	
Assessing	527-1268
Assistant Assessor - Tara Baker	
City Clerk	527-1265
City Clerk - Katie Gargano	
City Manager	527-1270
City Manager - Kirk Beattie	
Code Enforcement	527-1293
Planning & Zoning Dir. - Dean Trefethen	
Conservation	527-1264
Conservation Technician Taylor Daigle	
Finance	524-3877
Finance Director - Glenn Smith	
Licensing	528-6331
Licensing - Hilary Young	
Planning & Comm. Dev.	527-1264
Planning & Zoning Dir. - Dean Trefethen	
Fire Dept. (Central Station) ...	524-6881
Fire Chief - Tim Joubert	
Fire Dept. (Weirs Station)	366-2229
Library	524-4775
Library Director - Deann Hunter	
Parks & Recreation	524-5046
Parks & Rec. Director - Amy Lovisek	
Personnel	524-3877
Personnel Administrator - Lindsey Allen	
Police (Administration)	524-5257
Police (Crime Line)	524-1717
Police Chief - Matthew Canfield	
Public Works (Main Office).....	528-6379
Public Works (Transfer Station) 528-5822	
Public Works Director - Wes Anderson	
Tax.....	527-1269
Tax Collector - Katie Gargano	
Water	524-0901
Superintendent - Ben Crawford	
Welfare.....	527-1267
Welfare Technician - Cathy Raymond	

City Council Contact Info:

Mayor Andrew Hosmer	496-2078
Bruce Cheney (Ward 1)	491-8946
Robert Soucy (Ward 2)	524-7054
Henry Lipman (Ward 3).....	528-0191
Mark Haynes (Ward 4).....	524-3605
Robert Hamel (Ward 5).....	524-6360
Tony Felch (Ward 6)	998-1418

General Council E-mail:
citycouncil@laconianh.gov

Visit the City's website at:
www.laconianh.gov