



Laconia Links

January 26, 2018 - Edition #323



Photo compliments of W. Stephen Loughlin

*Lake Winnisquam at Sunset
Please be careful out on the ice!*



Welcome to *Laconia Links* a weekly email newsletter update devoted to keeping you informed of City of Laconia department news, City projects, useful links, activities and events!

Look for a new edition of the newsletter each Friday. If you have already signed up to be on our distribution list to receive your newsletter by e-mail, thank you for your interest! If you would like to be added to our e-mail list (or to unsubscribe), please click [here](#).

As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at info@laconianh.gov

We look forward to keeping you up to date on our beautiful City!



LACONIA PARKS & RECREATION'S
ICE SKATING PARTY
2018



Saturday, February 3rd

11:00am - 2:00pm

At Opechee Park

There will be a bonfire, cookies and hot cocoa.

Bring your own skates and have some fun.

Call for more information 524-5046.

Remember to put out your recycling the week of February 5th!



Thank you for recycling!

Laconia Public Library Upcoming Events....



Teen Movie: "Descendants 2" Thursday, Feb. 1 at 3 pm Laconia Rotary Hall

Mal returns to the Isle of the Lost to find her archenemy Uma, the daughter of Ursula, teaming up with Harry, the son of Captain Hook, and Gil, the son of Gaston. Rated TV-G, 111 minutes

Adult Programs
Book Discussion Series - The American Dream: Dead or Alive "With or Without You"
by Domenica Ruta
Tuesday, February 6, @ 7 pm
Laconia Rotary Hall

The four books in this series will probe personal, social, racial and economic situations. Join us for what promises to be a thought provoking discussion series.

Domenica Ruta grew up in Danvers, Massachusetts, in a ramshackle, rundown, trash-filled house with her mother, a drug dealer and user who raised Domenica on a steady diet of OxyContin. Growing up, Domenica knew she didn't fit in - she was far smarter and worse dressed than everyone else, and she clearly had the most flamboyant mother of anyone in town, but she found solace in writing and reading. As she grew older and as her mother's behavior grew increasingly outrageous and her home life increasingly untenable, Domenica fled Danvers only to become ensnared by the demons of addiction.



Adult Programs Tai Chi for Seniors with Master Russell Jones Friday, February 2, 10 am Laconia Rotary Hall

Master Jones will offer an introductory class on "Tai Chi Focusing on Balance" for seniors. For anyone who has felt even a little wobbly on their feet you know how disconcerting this can be. And if you have fallen you understand the potential myriad of challenges that may arise from this event. Older adults who struggle with balance, for whatever reason, present a growing public health problem. The average price of a hip replacement alone is \$28,000. And often times this is only one of the many potential effects of a fall. Today there exists a cost-effective tool to help people with their balance. Tai Chi, the ancient holistic health art, can be used to help provide practitioners tools to aid them in their balance challenges during everyday tasks.

Typical Tai Chi practice involves gentle, slow, continuous, circular movements. These types of movements are combined with proper body alignment, breathing, and weight shifting to create beautiful dance-like movement patterns. These movements increase digestion function, circulation, flexibility and leg strength. Combining these attributes with mindful awareness of vision, head movement and foot placement create a comprehensive set of tools that anyone can use every day to safely enhance the quality of their life. Ultimately, consistent Tai Chi practice creates a sense of well being, confidence and personal independence. Class size is limited to 20 participants and sign-up is necessary. Please call the library at 524-4775 Ext. 12 to sign up. For more information call Deb Ross at 524-4775, Ext 15.

Upcoming Meetings...

Keeping the public updated and aware of what's going on in our community and receiving residents' feedback is an important goal of the City Council. Check each week's issue of *Laconia Links* for a schedule of the upcoming week's meetings. As agendas become available, they will be posted to the City's website.

You can also contact any of the City's departments for more information on a meeting or to obtain a printed copy of the agenda. Meetings are open to the public. You are invited and encouraged to attend and provide input.

**Become involved in
your City and make a
difference!**

Follow this [link](#) to the "Calendar" page of the City of Laconia's website. Please check the "Calendar" page often for updated information and changes.

Meeting in Progress

*There are no meetings
scheduled for the week of
January 29 - February 2!*



Laconia Pride

Laconia School District

Ensuring success with every student, every day, in every way

FRIDAY, JANUARY 26, 2018



Senator Hassan visited Laconia School District on January 13th. On January 25th Senator Hassan announced that she will host Laconia School District's Administrator, McKenzie Harrington-Bacote, as her guest of honor for President Trump's State of the Union Address on January 30th in Washington, D.C.

Congratulations to Sawyer Mazzei, Elm Street School's 2018 Spelling Bee Champion!



Congratulations, National Honor Society Inductees

Musaab Abu Zaid
Cheyenne Adriance
Jennifer Bateman
Rebecca Bladecki
Zoran Boskovic
Kaitlyn Brooks
William Cone
Renee Corriveau
Noah Dickey
Gabrijela Djuric
Ryan Fields
Ashley Gagne
Rhyan Kirk

Jillian McDonald
Jacob Miner
Ryan Paiva
Caleb Petell
Cole Reid
Delaney Ross
Jason Sandifer
Sydney Stevens
Skylar Tautkus
Olivia Thibodeau
Bryden Wright

Ms. Healthy has been visiting first grade classrooms at Pleasant Street School as part of a six week nutrition program. Each week, students learn about one of the five food groups and have the opportunity to sample a healthy snack. On Wednesday, January 24th, Ms. Healthy taught students about grains.

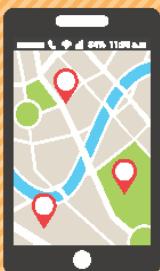


After the lesson, students played a game to determine which foods are made from grains. At the end of the lesson they tried rice crackers made with seaweed.

Laconia Adult Education, the Lakes Region's Learning Connection [Winter/Spring Schedule](#).

Read the Laconia School District's January update, [here](#).

VITA Sites are located in:



- Salem
- Plymouth
- Manchester
- Littleton
- Concord
- Upper Valley
- Franklin
- Gorham
- Laconia
- Colebrook

Volunteer Income Tax Assistance (VITA) is a FREE

Tax Preparation program designed for low-to-moderate income families who earn a household income of \$66,000 or less.

Call 2-1-1 NH or visit NHTaxHelp.org to

schedule an appointment at a local site with an IRS certified tax preparer.

Toll-free outside of NH: 1-866-444-4211



Laconia Parks and Recreation

**No Overnight
Parking at
Laconia Parks and
Recreation Facilities**



Laconia Parks and Recreation would like to send out a friendly reminder that overnight parking at City park parking lots and park house parking lots is prohibited. Additionally, there is no parking in these parking lots during snow removal activities except for previously scheduled events.

City park parking lots are intended for park related uses and personal use of these parking lots is prohibited. Violation of these rules may result in the removal of vehicles at the owner's expense.

For inquiries regarding this matter, please contact the Laconia Parks and Recreation office at 524-5046.

Miss Laconia 125th & Jr. Miss Laconia 125th

SCHOLARSHIP PAGEANT

FRIDAY
FEBRUARY 2ND
2 0 1 8

LA CONIA
COMMUNITY
CENTER

7:00 pm - 9:00 pm

\$6.00/person

pre-buy tickets at: celebratelaconia.org



Not associated with Miss America or Jr. Miss America Pageant



LA CONIA LACROSSE CLUB

**REGISTRATION TO PLAY WITH
LA CONIA LACROSSE IS FREE
for the 2018 season through
*February 28th.**

***Late fee \$100 on March 1st**

There is one mandatory
calendar fundraiser in
March
to support club fees.



Players from the surrounding towns of
Sanbornton, Northfield, Franklin, Belmont,
Tilton, Meredith, Canterbury are welcome to
join our league.

Email us for more information:

Email: LaconiaLacrosseClub@gmail.com
Web: <http://lacrax.uslaxteams.com/>

Free Skills Clinics

Beginning January 7th
LHS Gym
6:00-7:00 All Girls and U8/U10 Boys
7:00-9:00 U12/U14 Boys



**Go online and register first with
US Lacrosse**
<https://www.uslacrosse.org/membership>
\$30
Then register with Laconia Lacrosse
<http://lacrax.uslaxteams.com/>
And you will be placed on a team.

International
Film Series sponsored by: Laconia
Human Relations
Comm. and
Laconia Public
Library

LOVING

Monday, February 5

Time: 6:15 P.M.

Laconia Public Library



■ An historic *Loving* black/white marriage in 1958.

- ♦ Free and open to public ♦
- Brief discussion after film
- ♦ Light snack provided ♦
- Feel free to bring chair cushion

For more information contact:

Leonard Campbell
lcampbell@nh-cc.org

Lake Region Creative Aging Center

17 Church St, Laconia

will be offering a new yoga class to kick 2018 off right!



YOGA

Wednesdays,

January 17th- February 7th, 12:00 -1:00pm

presented by Certified Yoga Instructor Fran Nash. A minimum of 5 students is needed to hold the class. \$30.00 for the 4 - week session.

The potential health benefits of yoga are endless!

- Increased strength, flexibility, and mind-body awareness
- Stress reduction, improved mood and overall sense of well-being
- Improved respiration, energy, and vitality
- Cardio and circulatory health

Join us and start your journey to better health!

Call Linda Howard at (603) 273-0125

or lhoward@bm-cap.org for more information!



**COME ONE COME ALL TO
THE VALENTINE**

TEA TIME

&

"G" TIME

(GUY TIME)

**SATURDAY, FEBRUARY 3RD
AT 3PM**



@

THE SALVATION ARMY

177 UNION AVENUE

LACONIA

CALL TO R.S.V.P.

(603) 524-1834



"Where history and memories will be made once again."



Restoration of the Colonial Theater, which originally opened its doors in April, 1914, is underway! To read current information and updates on how the project is coming, just go to the 609mainstreet.org website.



Lakes Region
Mental Health Center

You are cordially invited to attend a

Public Open House & Reception

Co-Hosted with the Lakes Region Chamber of Commerce

At

Lakes Region Mental Health Center

40 Beacon Street East
(Located across from Laconia City Hall)
Laconia, NH 03246

Thursday, February 1, 2018
4:30pm—6:30pm

We hope you can come, enjoy refreshments
And tour the building!

FREE

FEB FITNESS FUN

@ The Downtown Gym and Wellness Center, 171 Fair Street, Laconia



For the young at
heart - 60 +

TUESDAYS
(in February)
@ 10:15 AM



GYM CLASS HEROS



**TUESDAYS @ 3:00
PM (in February)**
Open to middle school
aged students

Fun Fitness Friday



FRIDAYS @ 5:30 PM
(in February)
Open to elementary school
aged students
accompanied by adult



From the City Clerk's Office

Boat and Jet Ski Registrations

Process your boat and jet ski registrations when you conduct other business in City Hall. It's quick and easy! We are open Mon. thru Fri., 8:30 to 4:30. Call the Clerk's Office at 527-1265 with questions.



Updates from the Planning Office...



The City of Laconia is in the process of updating and adopting a new Master Plan. A draft version of a proposed Vision Statement and Land

Use Chapter is on the City's website for residents and other interested parties to review and make comments. Please visit the Planning Department's webpage and click on the [Master Plan tab](#) to view the draft document and also to submit comments.

The proposed update to the Master Plan is intended to be a significant change in direction for the City's planning and zoning policies. Once the Vision Statement and Land Use Chapter are adopted by the Planning Board (in March or April), the Planning Department and Planning Board will start the process of updating the City's Zoning Ordinance, Site Plan Regulations, and Subdivision Regulations.

Other chapters of the Master Plan will also be updated and adopted over the next couple of years.

Questions? Please call the Planning Department at 527-1264.



A Medication Collection and Disposal Box is located in the lobby of the Laconia Police Department for your convenience in disposing of old or unused prescription drugs in a safe manner. Open 24 hrs/day, 7 days/wk.
The collection box is accessible 24 hrs a day, 7 days a week!



NH Humane Society

Over a century of love for those without a voice.

Pet of the Week: Serenity



Sweet Hound/Lab mix aged just about three years young seeks constant, loving home. We say 'constant' because lovely Serenity has endured a bit of a whirlwind before finally finding a set routine at New Hampshire Humane Society. She, like many dogs we have helped, represents the collateral damage of human lives gone awry and as is oft the case, family pets get caught up in the negative drama of our lives.

Serenity has travelled to the shelter under police escort more than once, more than twice, and finally for good when the humans in her world simply could not provide the basics all dogs need.

We want to see her in a home where folks will allow her to unpack that overstuffed suitcase she's been lugging around, one full of rejections, despondency, worry and fear. Preferably a home where she is the one and only would be ideal for this lovely black and white dog to truly flourish and blossom.

If you have the time to help her bond, the gentle, thoughtful patience to teach her what it really could be like to live up to her name: SERENITY, enjoying life in a loving home, then please come and visit her as soon as you can.

Call 524-3252 – check www.nhhumane.org



Your Voice, Your Choice

Make planning for the future your New Year's Resolution



Sunday, February 11, 2018 2:00 - 4:00 PM
Beane Conference Center - 35 Blueberry Lane, Laconia

FREE Seminar on Advanced Care Planning:

Central New Hampshire VNA & Hospice • Dr. Marianne Jackson, "Busting the Myths" Presentation • Greater Laconia Ministerial Association • Wilkinson-Beane Funeral Home • Margaret Demos, Estate Planner- Martin, Lord and Osman, PA •

LRGHealthcare

Learn the differences in financial planning vs. health care planning.

Explore how Advanced Care Planning can relieve conflicts and provide security for family.

*Snow date of Feb. 18, 2018



Central New Hampshire
VNA & Hospice

To register, please call Angela at
603.524.8444, ext. 2337

LRGHealthcare
care. compassion. community.



**Come support the Laconia-Winnisquam
Wolfpack Hockey Team!**

When: **Tuesday, January 30th**
Time: **5:00pm to 7:00pm**
Where: **McDonald's – Tilton Location**
What: **Come support the Laconia-Winnisquam Wolfpack Hockey Team by eating at McDonald's in Tilton on Tuesday, January 30th between 5pm-7pm. Our Team will receive 20% of the sales, no coupon necessary; eat-in, take-out or go through drive-thru, it all counts!**



HOP ON BOARD!

This is a great way to give back to your community & benefit your business!



Together we can make a difference

Longtime United Way supporters and Alexis de Tocqueville Society members, Mark and Sally Stebbins, are passionate about bringing positive change to our community. As owners of PROCON, they know how building a culture of philanthropy within your business benefits

many.

Now, they want to challenge other business owners to invest in our community! Over two years, they have committed \$50,000 to the Stebbins Family "Get on the Bus" Challenge Match to engage new businesses with Granite United Way.

There are two simple ways to participate in the Match:

1. Host a new United Way workplace campaign at your business and raise a minimum of \$2,500
and/or
2. Pledge a new corporate gift of a minimum of \$2,500

Join us on the bus.

Each company (up to 25 companies per year) that participates will receive 2 tickets to a 2018 New England Patriots home game (Sept. or Oct.), with complimentary transportation provided by the Stebbins. Once at the game, guests will enjoy a reception hosted by the Stebbins family.



Get ready to get on the bus!

To be eligible for the Stebbins Family Challenge Match, your new workplace campaign or new corporate gift of \$2,500 minimum must be made by March 31, 2018 (Campaign 2017). The Stebbins Family match of your dollars will be directed to Granite United Way. To learn more about how to leverage this opportunity, contact Scoop Welch, Central Region Area Director at scoop.welch@graniteuw.org or call 603.524.6864, ext. 2.

Did You Know?

A United Way Campaign Benefits Your Business!

It can improve employee morale and help create a positive workplace environment.

It's great PR for your organization.

A campaign helps retain and grow your customer base. Your customers want to do business with a company that makes a positive impact in our community.

Corporate charitable gifts are tax deductible and reduce your company's tax liability.

www.graniteuw.org



Mark Your Calendar

Lakes Region Creative Aging Center

17 Church St, Laconia, NH

Winter Happenings!

Tai Chi 101 continues: Mondays and Thursdays, January 8th - March 29th, 10:30 -11:30am. Sign up for the next class starting in April, on Mondays and Thursdays, 9:30 -10:30am.

Yoga for the active older adult: Wednesdays, January 17th - February 7th, 12:00 - 1:00pm.

Landscape Painting with Larry Frates: Fridays, January 19th & 26th, 10:00 -12:00pm.

Free Intro Class for Native American Style Flute. Monday, January 22nd, 11:30 -12:30pm.

Drumming For the Health of It Workshop: Tuesdays, January 23rd, 11:30am -12:30pm (held 4th Tues. of the month).

Learn the Native American Style Flute: Tuesdays, February 6th—March 13th, 11:30am -12:30pm.

Call Linda Howard at (603) 273-0125 or lhoward@bm-cap.org for more information or to reserve you spot.





What's Recyclable in Laconia?



PLEASE DON'T PLACE
THESE IN YOUR
RECYCLING BIN!
Instead....

Plastic Bags & Wraps
Take to the grocery store to
be recycled

Electronics
Bring to the Transfer
Station or to a nearby
Electronics Take-Back event

Textiles & Clothing
Donate to resale or thrift
stores

Styrofoam
Use for craft projects,
lining for a potted
plant, re-use for
packaging items to be sent...Use your
imagination!

Pots & Pans
Donate to someone
who can use them or
bring to resale/thrift
stores

TOP 10 IN THE BIN

1. Cardboard
2. Paper
3. Food Boxes
4. Mail
5. Beverage Cans
6. Food Cans
7. Glass Bottles
8. Jars (Glass & Plastic)
9. Jugs
10. Plastic Bottles



To learn more about
Laconia's recycling
program, please contact
Ann at the Department
of Public Works,
603-528-6379, Ext. 300

*Thank you
for recycling!*

AMERICA
Recycles 





Don't forget !
ServiceLink
Resource Center
(1-866-634-9412 or
528-6945)....it's the first
number to call for
senior services.



NH Free Tax Help at the Senior Center!

Appointment Required! Assistance is available for all ages. Please see below for days of the week appointments can be made:

Wednesdays (Jan. 31 - Feb. 28)

8:30 am - 2:00 pm

Thursdays (Feb. 1 - April 12)

8:30 am - 2:00 pm

*Laconia Senior Center is located at
17 Church Street in Laconia.
Questions? Call 524-7689*

*We hope you have enjoyed this
Edition of Laconia Links*

*We welcome your input, comments
and suggestions!*

Feel free to contact us at the
City Manager's office, 527-1270,
or by e-mail at info@laconianh.gov

Have a great weekend!



Scott Myers,
City Manager
City's Website:
www.laconianh.gov



CITY OF LACONIA PHONE DIRECTORY

Airport	524-5003
Airport Manager: Marv Everson	
Assessing	527-1268
Assessor - Deb Derrick	
City Clerk.....	527-1265
City Clerk - Cheryl Hebert	
City Manager	527-1270
City Manager - Scott Myers	
Code Enforcement.....	527-1293
Planning & Zoning Dir. - Dean Trefethen	
Conservation	527-1264
Conservation Technician - Evan Rathburn	
Finance	524-3877
Finance Director - Donna Woodaman	
Licensing	528-6331
Licensing Clerk Mike Giovanditto	
Planning & Comm. Dev.	527-1264
Planning & Zoning Dir. - Dean Trefethen	
Tax	527-1269
Tax Collector - Lindsey Allen	
Fire Dept. (Central Station)	524-6881
Fire Dept. (Weirs Station)	366-2229
Fire Chief - Ken Erickson	
Library	524-4775
Library Director - Randy Brough	
Parks & Recreation.....	524-5046
Parks & Rec. Director - Kevin Dunleavy	
Personnel	524-3877
Personnel Administrator - Paula Baumel	
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	
Water.....	524-0901
Superintendent - Seth Nuttelman	
Welfare.....	527-1267
Welfare Specialist - Gail Denio	
Welfare Director - Donna Woodaman	
<u>City Council Contact Info:</u>	
Mayor Edward Engler	630-4484
Bruce Cheney (Ward 1).....	528-7667
David Bownes (Ward 2)	524-4330
Henry Lipman (Ward 3)	528-0191
Mark Haynes (Ward 4)	524-3605
Robert Hamel (Ward 5)	524-6360
Armand Bolduc (Ward 6)	524-2514
E-mail: citycouncil@laconianh.gov	

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