



Laconia Links

March 9, 2018 - Edition #329



*Be patient! The first day of Spring
is March 20th!*

THE LACONIA PUTNAM FUND

PRESENTS

ART TO YOU: Be part of the BIG PICTURE

ART TO YOU is a FREE intergenerational event bringing together families, individuals, and couples of all ages to help create a "big picture" of an historic Laconia location. The focus is on building Community through Art.

A photograph by Joanna DeCesare has been selected as the subject and divided into 180 squares. Each square will be numbered with 60 pieces available at each location. Belknap Mill artist in residence, Larry Frates, is coordinating this event and will be on hand to help with instruction and advice to the participants at all locations. Participants will select random pieces and reproduce their portion in paint. Upon completion, the pieces will be assembled, framed and unveiled to the public at the Belknap Mill Reception on April 17 from 5-7 pm where we plan to present the finished painting to the City of Laconia as part of the City's 125 Anniversary Celebration.

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!*



Reservations should be made directly through each venue (shown below). Please mention that you would like to be part of the Big Picture Project and provide the number of participants in your group.

Schedule:

Saturday, March 17, Belknap Mill, 1-3 pm
Reservations: Call 524-8813
Contact person: Tara Shore

Thursday, March 29, Boys and Girls Club of the
Lakes Region, 6:30-8 pm
Reservations: Call 527-0198
Contact person: James Holmes

Saturday, April 7, Lakes Region Creative Aging
Center, 1-3 pm
Reservations: 273-0125
Contact person: Linda Howard



Upcoming EVENTS

TEEN CRAFT: PAINTED ROCK CACTI

Wednesday, March 14
2:30 - 4pm
Laconia Rotary Hall



Create a fun plant that won't die! Brighten up a windowsill with a potted cactus made out of a little paint, and some rocks.

8TH ANNUAL EATING OF THE GREEN

Friday, March 16
3:30 - 5pm

Selig Storytime Room



In honor of St. Patrick's Day, come try green foods and drinks. Lots of fun for anyone brave enough!

No nut products.

VIRTUAL TOUR OF MAIN STREET (1870-1965)

Monday, March 19
7pm

Laconia Rotary Hall

The last half of the LHMS postcard tour of Laconia includes a popular virtual tour of Main Street 1870-1965. Beginning from South Main and heading toward the Library, audience members will enjoy an accurate yet chronologically challenged saunter down memory lane.



COME SING AT THE LIBRARY!

Tuesday, March 13
6:30pm
Volpe Room

Singing is fun, creates community, and relieves stress. If you like to sing, we want you to sing with us!



No music reading necessary.

CHOCOLATE: THE PERFECT INDULGENCE

Thursday, March 15
6:30pm

Laconia Rotary Hall



Do you love chocolate? Join Instructor Mike Cross as he discusses how the chemicals in chocolate affect the human brain, making chocolate the perfect indulgence. During the presentation, you will also learn how to taste chocolate for quality and how to eat it, too!

Mike is a chemistry instructor at Northern Essex Community College where he believes that education should be fun and exciting.

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.

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.



Become involved in your City and make a difference!

Meeting in Progress

City Council

March 12, 2018, 7:00 pm
City Hall, Room 200A

[Agenda](#)

Police Commission

March 15, 2018, 3:00 pm
City Hall, Room 200A

Library Board of Trustees

March 15, 2018, 5:00 pm
Volpe Room, Laconia Public Library

Laconia Airport Authority

March 15, 2018, 4:00 pm
Airport Conference Room

Laconia Pride

Laconia School District

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

FRIDAY, MARCH 9, 2018

Mark Your Calendars!

Laconia High School Parent/Teacher conferences & the Huot Technical Center's Open House has been postponed due to the recent snow storm. The new date is Wednesday, March 14th from 4pm-6pm.

The "Cereal Heroes" continue to spread kindness! The Heroes made a total of 17 "No Sew" blankets during February break to offer comfort & kindness to others. On Wednesday, March 6th they presented PSS kindergarten student, Max with a hat, a blanket and book. Max and his parents will deliver the remaining blankets and books to help spread kindness and comfort to others at the Jimmy Fund!



Pictured front row: Max Gagnon
2nd row: Andrew Ehman, Nico Condodemetraky, Carter Jones, Lex Condodemetraky
Back row: Nathan Hobby, Landon Brothers, Caden Tucker, Rowan Jones, Matthew Beaupre, Kyle Wilk.

The Community Conversation event has been rescheduled to Monday, March 12th at LHS starting at 7pm.

Laconia School District
&
Laconia Police Department

Community Conversation

Join the conversation on
School Climate & Safety

**Monday, March 12th
Laconia High School Auditorium at 7pm**

This is a great opportunity to learn more & ask questions!



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





PITMAN'S FREIGHT ROOM
94 NEW SALEM ST.
SATURDAY, MARCH 24, 2018
7:00 PM - 11:00 PM

.....
hors d'oeuvres ~ BYOB
50/50 raffle & photo booth
entertainment by Boston based band:
.....
THE HOUSE ON CLIFF

Let the Anniversary Celebrations Begin

Celebrate Laconia is honored to host the City's
birthday celebration and we welcome you to join us
for the "**M.arch ANI.versary FEST**"

Commemorate 125 years of innovation and community
and take part in our **Steampunk**
themed event.



TICKETS:

\$25.00 | PERSON \$30.00 | @ THE DOOR

LIMITED NUMBER OF TICKETS ARE AVAILABLE.

.....
purchase tickets at WWW.CELEBRATELACONIA.ORG
or on Facebook, and discover more about
the theme of the event

.....
Question? Reach us at | CONNECT@CELEBRATELACONIA.ORG



The Laconia Putnam Fund Presents

SHIRLEY
AUSTIN REEVES

THE ORIGINAL LEAD SINGER OF
THE SHIRELLES

JAY SIEGEL
OF THE TOKENS



"A night we are excited about,
a night we will not forget."

Free Admission
Saturday
April 14
7:00 PM

Laconia
Middle School

First Come - First Seated

★ ★ ★ ★ ★
Like us on 

*It may not look like it,
but the first day of
Spring is Tuesday,
March 20th!*



City Manager Update

The new [Financial and Operational Trends](#) report has now been posted to the City's website to keep you up-to-date and informed on what's happening in your City!

In this document you'll find financial information for the current year compared to prior years in several departments, such as fire and rescue call data, revenue from motor vehicle registrations and property taxes, police incidents, winter storm costs, overtime costs and much more!

We hope you find this report helpful and informative!



Contact the City Mgr's
office at 527-1270, or
info@laconianh.gov

The Lakes Region Creative Aging Center

17 Church Street, Laconia, NH

is offering a new take on your nutritional wellness!



Judy Cook, IN Certified Health Coach presents a three-part series:

Fridays, March 16th, 23rd, and 30th, 10:30- 11:30am

- 1. Eating as We Age** will focus on the 3 primary food categories and how our bodies use those nutrients. We will also discuss:
 - ♦ Which foods serve us or may not be serving us at this stage of our lives.
 - ♦ How to know if a food or food group isn't serving our body.
 - ♦ How to listen to our bodies instead of the media.
- 2. Eating for the Seasons** will focus on Western Medicine's view of the following:
 - ♦ That what happens in nature is replicated inside of our bodies.
 - ♦ The importance of balance between the body's needs and the changing seasons.
- 3. Downsizing Meals** is last so we can cook a little, learn a lot, and enjoy sharing food together! Learning how to cook for just 1 or 2 people is hard! We will discuss:
 - ♦ How to cook and not waste food.
 - ♦ How to avoid spending too much time preparing food.
 - ♦ How to avoid spending too much money on food.



Healthy nibbles and recipes will be provided at each class!
You can attend one, two, or all three sessions in the series. Cost is \$10.00 per session or all 3 for \$25...to be paid on first session.

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

**Remember to put
out your recycling
the week of
March 19th!**

*Thank you for
recycling!*





*Here's what's happening
at the Taylor Community!*



Five-Week Golf Conditioning Program Begins March 12

If a golfer performs exercises in a slow, controlled manner, he/she will be prepared to swing a club at maximum speed. To prepare the body for the demands of a max effort swing, golfers should include plyometric exercises in their routine.

Find out how to do this safely and effectively in a five-week conditioning program at Taylor Community's Woodside Building with Lena Nirk. Classes begin Monday, March 12 at 2 p.m. and last 30 minutes. The program is open to the public and costs \$5 per class. No registration required. Come and try one or all classes.

Gentle Chair Yoga at Taylor Community

Experience the benefits of yoga from the comfort of your chair!

Tammy Levesque will help you find more energy and balance, while bringing flexibility back to your joints. Students will flow through gentle postures and conclude class with mindful breathing to reduce stress.



Classes begin Wednesday, March 14 at 10 a.m. in Taylor Community's Woodside Building and last 30-40 minutes. The fee is \$5 per class for the public. For more details, call 366-1206.

The Pros and Cons of Aging in Place

One of the toughest decisions senior citizens face is whether to stay at home and age in place, or move to another setting for their golden years. To make the right decision, people need to be fully informed.

Join us Thursday, March 15 for The Pros & Cons of Aging in Place, presented by Senior Living Consultant Donna Deos. The discussion will focus on what aging in place means, what options are available and the pros and cons of those options.

We invite you to stay for lunch as well. This free event will be held in Taylor Community's Woodside Building and RSVPs are required. Please call 366-1400 to schedule your seat.

Donna has worked in the Senior Living, Marketing, Sales and Advertising professions for the past 16 years. She also has a lifetime of experience as a caregiver in her own family. In 2013, Donna decided there must be an easier path for seniors as they age. She started Donna Deos, LLC, providing counseling, coaching and education to proactive people navigating the challenges of aging.





Looking for gently used children's clothing
toys and furniture at an affordable price?



We do
not accept
Credit/Debit
Cards

LRGH Nursery Guild's Spring Baby/Children's Boutique Saturday, April 14

9am - 2:30pm at the Laconia Community Center

Donations/Consignments of gently used
Spring & Summer children's clothing (NB-size 16)
toys, books and children's furniture.

(Please make sure clothing is clean)

We are unable to accept
car seats, cribs and stuffed animals.

Donations/Consignments accepted at the
Laconia Community Center, Union Avenue

Wednesday, April 11 • 6:00pm - 9:00pm

Thursday, April 12 • 9:00am - 6:00pm

Proceeds from this event support women's and children's
services and organizations in the Lakes Region communities.
LRGH Nursery Guild is a 501c3 nonprofit organization

For more information contact us at:
524-3211 x3018
or lrgnhg@gmail.com

Laconia School District
&
Laconia Police Department

Rescheduled
to March 12!

Community Conversation

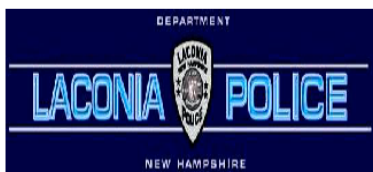
Join the conversation on
School Climate & Safety

Monday, March 12th
Laconia High School Auditorium at 7pm

This is a great opportunity to learn more & ask questions!

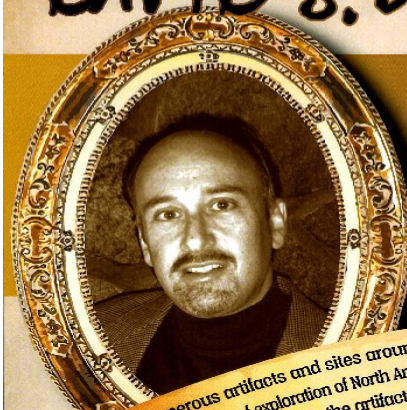


Ensuring success with every student, every day, in every way



The Laconia Putnam Fund
Presents

DAVID S. BRODY

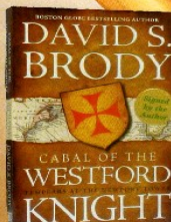


Where:
Taylor Community at
Woodside Commons

Date:
March 19, 2018

Time:
7:00 PM.

"Numerous artifacts and sites around New England
offer evidence of exploration of North America long before
Columbus. Specifically, the artifacts seem to confirm
legend of a group of Scottish explorers, with ties to
the outlawed Knights Templar, island-hopping their
way across the North Atlantic in the late 1300s
Who were they, and why did they come?
Well, that's where the fun begins."



FREE ADMISSION
FIRST COME, FIRST SEATED

Like us on Facebook

<https://www.facebook.com/LaconiaPutnamFund>



SUICIDE PREVENTION TRAINING FOR YOUNG ADULTS (18 to 25)

*Suicide is preventable,
learn how you can help...*

**Become a leader and an ambassador for
the prevention of suicide by attending this
important (and COMPLETELY FREE) training!**

Substance misuse, mental wellbeing, and risk for suicide are issues
that are challenging and impacting your generation.

This 1 1/2 day training will help you to examine these public health
concerns in a clear and straightforward approach.

It will also address these issues in a way that will promote
prevention, harm-reduction, recovery and well-being.

Please join us, because your voice matters!

**There will be light refreshments both mornings, with
lunch provided on the full day of training.**

**A gift card will be given to those participants who
complete the entire training (attending both days).**

PRESENTED BY

NAMI NH



Held on

Friday 03/16

8:30am to 4:30pm

- AND -

Saturday 03/17

9am to 12pm

Located at

**Lakes Region
Community
College**

**379 Belmont Road
Laconia, NH**



FACILITATED BY



Promoting Prevention and Recovery



*workcampNE is looking for
eligible area homes needing
repair or renovation!*

workcampNE is a non profit 501(c)(3) organization running week long camps enabling up to 500 students and adult volunteers to work on approximately 60 homes of the elderly, handicapped or severely under-resourced each year. All work is done **free of charge** to the community and to the residents. Residents are chosen primarily on references from local social service agencies.

As long as there is a viable need and a safe, healthy working situation for student volunteers, workcampNE will consider working at the home. Residents **must be** the homeowner. Jobs include roofing, scraping/painting, deck repair, handicapped ramps, replacement windows and doors. Any work that is not structural, electrical or plumbing will be considered. All work done is carefully supervised by volunteer contractors and experienced handymen. We are beginning to line up homes in the Laconia area that can benefit from this assistance, so please get in touch with us soon if you know of homeowners who might qualify. *Any questions can be directed to **Kim Hamilton**, Outreach Coordinator at 603/289-9339, kimhamilton1015@gmail.com.*

We hope to hear from you soon!

“KEEP NEW HAMPSHIRE GREEN” LAKES REGION CONSERVATION TRUST BENEFIT SCHUSTER’S TAVERN AT THE GUNSTOCK INN



Here in the wonderful Granite State we enjoy spectacular vistas on a daily basis. Natural beauty abounds. Outdoor recreation attracts international tourists. Our backyard is one of the most desirable on earth. To help keep it that way, on March 16, 17 & 18, Schuster’s Tavern at the Gunstock Inn is hosting a fundraiser for the Lakes Region Conservation Trust. The “Keep New Hampshire Green St. Patrick’s Day Celebration and Benefit” promises to be a spectacular event. There will be delicious Irish food, Irish Step Dancers, chocolates, Irish Whiskey, Irish Beer, and locally grown greens.

Several local businesses are generously contributing to this worthy cause. Tara Little, former choreographer for the international sensation Riverdance, will have Irish Step Dancers performing at 7 pm at Schuster’s Tavern on Saturday March 17th. The talented Tyler Little will be leading the dance troupe for a classic Irish number on the dance floor.

The Lakes Region Conservation Trust was founded in 1979 to preserve the scenic landscapes and precious wildlife habitats by conserving mountain summits and undeveloped shorelines and other places. They provide recreational opportunities for people of all ages and abilities, and protect the character of a rural region that lies just a few hours away from the great metropolitan areas of the Northeast. The inherent character of the Lakes Region of New Hampshire has inspired generations of year-round residents and summer visitors alike. Our lakes, forests and mountains are special places; we value the time we spend here, and we hope that future generations will be able to enjoy the same qualities of the landscape that bring inspiration and comfort to us. Breathtaking views from mountain summits and ridgelines, clear waters of our lakes, ponds, rivers, and streams, scenic lands around picturesque villages, and the call of loons heard across the water in the evening – all remind us of how fortunate we are to be a part of a landscape that surrounds us with beauty in every season of the year. Help Keep New Hampshire Green, come to Schuster’s Tavern at The Gunstock Inn (580 Cherry Valley Rd., Gilford, NH) on St. Patrick’s Day weekend and support The Lakes Region Conservation Trust.



COMMUNITY RABIES & MICROCHIP CLINIC

SATURDAY APRIL 7, 2018

NH HUMANE SOCIETY

1305 MEREDITH CENTER RD

LACONIA

RABIES VACCINE \$15

MICROCHIP \$30

CATS 9am. -10am

DOGS 10a.m - 12 Noon

Rabies shots are 1 year
unless proof of prior
vaccine.

All dogs leashed please

All cats must be in carriers



The deadline for
licensing your dog is
April 30th!

Why not get your dog or
cat's rabies shot at the
Humane Society on
April 7th and get your
dog licensed at the
same time?

City of Laconia staff
will be on hand and will
be happy to
license your pet.

Dogs are due to be licensed by April 30, 2018!

Failure to register by April 30th is a violation of RSA 466:13 and subject to a Civil Forfeiture of no less than \$25 in fines and court fees plus any late fees. Please come into the City Clerk's Office, or use our convenient on-line service ([click here](#)).

Fees are as follows for licensing:

Altered dog (or puppy
under 7 mos. old) \$6.50

Late charge per month as of
June 1 \$1.00

Unaltered dog \$9.00

Civil fine for failure to
register by 4/30 \$25.00

Senior (1st dog for
owners over 65) \$2.00

Replacement tag \$1.00



Questions? Call the
Clerk's Office at
527-1265



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!



LRGHealthcare is celebrating National Nutrition Month

NATIONAL NUTRITION MONTH EVENTS!

What to look for outside our cafeterias:

TASTE TEST THURSDAY!

- March 1, 11:30 a.m. - 1:00 p.m. & 5:00 p.m. - 6:00 p.m. at LRGH
- March 8, 11:30 a.m. - 1:00 p.m. at FRH

MEET & MINGLE

- March 8, 11:30 a.m. - 12:30 p.m. at FRH
- March 15, 11:30-12:30pm at LRGH
- Meet and mingle with our registered dietitians at both campuses and learn about hot nutrition topics

COOKING DEMONSTRATIONS

- March 15, 11:30 a.m. - 12:30 p.m. at FRH
Join chef Carol Raymond and dietitian Chris Rueffert for a cooking demo
- March 22, 11:30 - 12:30 p.m. at LRGH
Join chef Sylvia Rivers and dietitian Chris Rueffert for a cooking demo

LEARN ABOUT THE WEIGHT INSTITUTE OF NH

- March 22, 11:30 a.m. - 1:00 p.m. at FRH
- March 29, 12:00 p.m. - 1:00 p.m. at LRGH
Visit Elizabeth White and learn about what the Weight Institute of NH has to offer



LRGHealthcare
care. compassion. community.

The Weight Institute of NH
527-2946



Acacia Rogers March Presenter

The Lakes Region Art Association will hold its March LRAA meeting on March 19 at the LRAA Gallery located at the Tanger Outlets in Tilton, NH. The meeting begins at 7pm. Acacia Rogers will discuss the basics of selling your art online. The demonstration is open to the public.

Fun and whimsical are two words you can use to describe many of the art pieces Acacia Rogers has created. You might also call it elegant and detailed, or creative and special. But Acacia definitely is coming into her own with a style that is uniquely hers.

At just 27 years old, NH resident Acacia has her heart set on making a full-time career of her love for painting. She knew almost from the moment she could grasp a pencil that she had an insatiable love for creating art. Whether she is painting a portrait, still life, landscape, or wildlife in acrylics, watercolor, or oils, Acacia Rogers isn't happy unless she is painting and often feels empty and sad if she isn't painting enough.

To see more of her artwork visit her website at acaciarogers.wixsite.com/artist or you can find several of her pieces reproduced on various items at the Fine Art America website.

Acacia Rogers will be giving a basic introduction to "gaining an artistic following online at the lowest cost, geared toward those who have little to no marketing and self-promotion experience." Using a computer and projector, Acacia will discuss the "basic how-to's, the pros and cons, and the sharing capabilities of various online platforms such as social media, YouTube, and websites for selling art prints" or what Acacia refers to as "a beginner's crash course in simple and inexpensive self-promotion of your art business in various online platforms." This promises to be a learning experience, particularly for the new and inexperienced artist looking for more ways to promote their art.



SOFTBALL SIGN-UPS & WINTER CLINICS!

It's time to register for Lakes Region Girls' Softball's 8th season! LRGS has partnered with USA Softball of NH in 2018. In doing so, we are now able to accept players ages 4 to 18 from all over NH – no residency restrictions! A copy of the player's birth certificate is required for new players.

DIVISION / AGE REQUIREMENTS / REGISTRATION FEE				
Rookie (6U)	Farm (8U)	Minors (10U)	Majors (12U)	Seniors
League age 4-5	League age 6-8	League age 8**-10	League age 10**-12	League age 13-18
\$35 per player	\$45 per player	\$55 per player	\$65 per player	\$75 per player
Family discount available!				

*League age 8, 10 & 12 year olds interested in playing in an older division must try-out for the older division. If player is not chosen for an older division team, they will play in their age-appropriate division.

Visit www.lakesregiongirlssoftball.com to register online or to download the registration form. You can also register in person at any of our winter warm-up clinics. For more information, like us on Facebook (LRGSNH).

Speaking of winter warm-up clinics - LRGS will once again host free winter warm-up clinics on Sundays. Clinics will be held at Laconia Middle School and will focus on hitting, fielding and throwing.

1pm-2:15pm: 4 year olds – 8 year olds
2:15pm-3:30pm: 8 year olds – 12 year olds





**Café Déjà Vu
Pub Mania Team**



Is Hosting Weekly **CRIBBAGE TOURNAMENTS**



To Benefit:



**Wednesday Nights at 7pm
*January 3rd thru May 30th**

Now at Laconia Elks in Gilford

Public Welcome!

\$10.00pp - Play 5 games 1 on 1

**Cash Prizes for total high scores
(Prizes awarded based on number of entries)**

Friendly Games – No muggings/cut throat

For more info call (603) 998-1418



**LAKES
REGION
SYMPHONY
ORCHESTRA**

Benjamin Greene, Conductor

An Evening at the Ballet

TCHAIKOVSKY
OVERTURE TO SWAN LAKE
WALTZ OF THE FLOWERS
SLEEPING BEAUTY WALTZ

GLIERE
RUSSIAN SAILORS DANCE

STRAVINSKY
BERCEUSE AND FINALE FROM FIREBIRD

COPLAND
APPALACHIAN SPRING

SAINT-SAENS
VIOLIN CONCERTO No. 3
FEATURING **DANILO THURBER**
LRSO CONCERTO COMPETITION
CO-WINNER

**SATURDAY MARCH 24, 2018
7:30PM**

**INTER-LAKES AUDITORIUM
MEREDITH, NH**

TICKETS

\$20 Adults - \$10 Students
Meredith - Innisfree Bookshop
Laconia - Greenlaw's Music
Phone - 800-838-3006

**online
www.LRSO.org/TICKETS**

Sponsored by The Robert T. Smith Family Trust

The New Lakes Region Creative Aging Resource Center

17 Church Street, Laconia

will be offering some exciting new classes:

Drumming for the Health of it:

Starting Tues. March 27th, 1:30– 2:30pm.

Workshops will be held on the 4th Tuesday of each month.

In each session, you will:

- ♦ Experiment with different percussion instruments
- ♦ Help to de-stress while you enjoy group camaraderie



No musical experience or instrument required! Feel free to bring a percussion instrument if you have it (drum, rattle, maracas). If not, instruments will be provided. Together, we will have fun exploring the many health benefits of group drumming. Fee: \$7/ session.

Learn the Native American Style Flute:

Tues., March 27th– May 2nd, 11:00am- 12:00pm

This is a six-week course in which you will:

- ♦ Learn to read music and to play "from the heart" without music
- ♦ Acquire the ability to play a respectable solo at the end of the class



If you have your own A-minor native flute, feel free to use it. If not, you will be directed to an Amazon link in order to purchase a reasonably-priced flute, along with the course book. No prior music experience is necessary. Fee: \$90/ for the 6 week session.

**CALL LINDA HOWARD AT (603) 273-0125 FOR MORE INFORMATION
OR TO RESERVE YOUR SPOTS!!!**



Weight Institute of New Hampshire PROGRAM OFFERINGS

WEEKLY WEIGHT-IN

After meeting with a Registered Dietitian to design an individualized meal plan, participants attend weekly weigh-ins and nutrition sessions.

Monday's, 3:45 - 4:45 pm, LRGH

OPTIFAST PROGRAM

An 18 week medically supervised, calorie restricted meal replacement program. You can opt for either a partial or full meal replacement program. Over the 18 weeks, one will transition to self-prepared 'everyday' meals and receive nutrition education and support. Average weight loss is 50lbs.

TASTE TEST THURSDAYS

Try a different "super food" every month; samples, recipes and fact sheets provided-FREE
LRGH-the first Thursday of every month 12-1:30 pm
FRH-the second Thursday of every month 12-1:30 pm

NON-SURGICAL WEIGHT LOSS OPTIONS- INFO SESSIONS

Days and times vary, LRGH, FREE

INDIVIDUAL NUTRITION COUNSELING

One-on-one meetings with a registered dietitian to set specific goals & create a personalized meal plan.

BARIATRIC SURGERY INFO SESSIONS

2nd Tuesday of the month, LRGH, FREE

BARIATRIC SUPPORT GROUP

3rd Thursday of the month, 6:00-7:00 pm, LRGH, FREE

EASY COOKING CLASSES AT THE HUOT TECHNICAL CENTER

Enjoy three cooking classes designed to teach you how to construct a simple and well-balanced meal.
Cost: \$15 for all three classes

For more information or to register call 527-2946

LRGHealthcare
care. compassion. community.

LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Stream Restoration and Flood Resiliency Workshop

Programs and resources available to improve streams and reduce flooding in your community

The NH Department of Environmental Services, Department of Transportation, NH Association of Conservation Commissions, and Belknap County Conservation District invite you to a free information program funded in part by the New England Forest and Rivers Fund. Speakers will cover topics including:

- How streams and roads interact with transportation and ecosystem services.
- Aquatic Resources Mitigation (ARM) Fund and other resources available & how to use them.
- State Stream Crossing Initiative stream assessments and culvert replacement.
- Examples of successful flood resiliency and stream restoration projects.

Meredith Community Center

March 14, 2018

4:30 – 6:30

**One Circle Drive
Meredith, NH**

Who Should Attend: Conservation Commissions, road agents, town engineers, Regional Planning Commissions, non-profit groups, land trusts, lake and homeowner associations, interested public and elected officials, and consultants interested in stream restoration, flood resiliency & infrastructure improvements.

4:30-4:45 **Registration:** Participants sign in, collect information packets, and grab a snack.

4:45-5:00 **Welcome and Overview**

Lisa Morin, Belknap County Conservation District

Colin Lawson, Trout Unlimited New England Culvert Manager

5:00-5:20 **New Hampshire Aquatic Resource Mitigation Program**

Lori Sommer, NHDES, Wetlands Bureau – Overview of ARM program, funds available, project eligibility and guidance on application materials.

5:20-5:40 **State Stream Crossing Initiative and Web Tool**

Cheryl Bondi, NHDES, Geological Survey – Stream crossing assessments across the state with focus on prioritizing culvert replacement projects for flood resiliency and stream restoration.

5:40-6:15 **Panel on Stream Restoration and Flood Resiliency Resources**

Speakers will discuss Chapter 319 Watershed Assistance Grants, Homeland Security and Emergency Management Hazard Mitigation Assistance Grants, and NRCS and State Programs

6:15-6:30 **Stream Restoration through Partnerships**

Colin Lawson, Trout Unlimited – Using culvert replacement and large wood to restore stream condition and flood resiliency – recent project examples.

6:30-6:45 **Opportunity to Speak with Presenters** – Speakers available for questions.

*Free event
with light
refreshments
provided!*

For more information and to RSVP please visit the workshop web page at

<https://www.eventbrite.com/e/stream-restoration-and-flood-resiliency-workshop-tickets-42363874489>

or email Lisa Morin at lisa.morin@nhacdnet.net or 527-5880



Don't be Fooled! Lakes Region Scholarship Foundation Applications are due by April 1st!

Lakes Region Scholarship Foundation applications are now available online via our website at: lrscholarship.org. You can either fill them out on line and email them to us, OR print out a copy and mail them. The final deadline for filing an application is April 1, 2018. You can also get a copy from the guidance offices at area high schools, or by calling 603-527-3533.

*DON'T MISS
THE DEADLINE!*

We also have a few unique scholarships that are exceptions to our usual application process. The first is the Annalee Thorndike Art Competition Scholarship. This is available to high school seniors planning on majoring in art related fields. Another exceptional scholarship opportunity is the John F. Mullen Memorial Essay Competition award. The Mullen award requires students who compete to write an essay that describes an experience that has made a difference in the student's life, with an emphasis on a change in attitude, behavior or ambition which this experience might have caused in them. We also have two special awards available to students going into a construction related field, sponsored by the Lakes Region Board of Builders and Remodelers. This past year the Gilmanton American Legion Auxiliary Stockwell award added their scholarship to our family. This is also an essay competition, open to students from Gilmanton, NH. Please check our website lrscholarship.org for the specific requirements of these generous awards.



Lake Region Creative Aging Center

17 Church St, Laconia

will be offering a new yoga class to kick



YOGA

2018 off right!

Wednesdays,

March 21 2018 — April 11, 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!



11th Annual Robbie Mills Memorial



To Benefit:



&



BOYS & GIRLS CLUB
of the Lakes Region

Saturday March 10th (Major Snow date March 11th)

at Laconia Rod & Gun Club
358 South Main Street

\$25.00 PP Donation includes: Practice, Lunch & entry for door prizes

Pre-Pay by March 1st and receive a free T-Shirt

Doors open @ 9:30am (Pay \$30.00 after 10:30)

Tournament starts Promptly at 11:00am

Double Elimination - BCA Rules apply

Sponsor a player: If you can't play, Pay for a player that can't afford it!

Pre-Pay at www.robbiemills.org
for information

Contact Tony Felch 998-1418

Or Mike Baron 528-5001 or on

Robbie Mills website at www.robbiemills.org

- 1 Trophies
- 2 Cash Prizes
- 3 Food
- 4 Raffles
- 5 50/50
- 6 Live Auction

Sponsored by



BOYS & GIRLS CLUB
of the Lakes Region

&





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



St. Patrick's Day Celebration!

Join us at the Senior Center on Thursday,
March 15th at 11:30 am as we celebrate
St. Patrick's Day!

Come dressed in green and kick up your heels
to festive Irish music while we serve up
a hearty ham luncheon!

*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 - Lindsey Allen	
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 Baumoe	
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	

City Council Contact Info:

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