

Laconia
CITY ON THE LAKES

Laconia Links

March 23, 2018 - Edition #331



Remember
to put
out your
recycling
the week of
April 2nd!



Thank you for recycling!

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!*



NH Maple Weekend is March 24th & 25th!
Join the fun at participating sugar houses...
click [here](#) for additional information.

Assessing

**Reminder to
Property Owners!**

If your home is your primary residence and if you are over 65, you may qualify for an elderly exemption on your property value.

If you are a veteran, you may qualify for a veteran's credit.



Please call the
Assessing Office at
527-1268 for
additional information.
The filing deadline is
April 15th!



Easter Egg Hunt!

Sunday, March 25, 2018

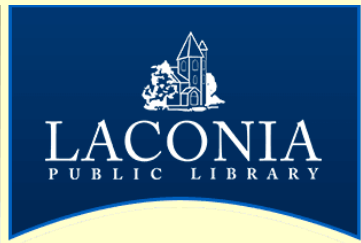
1:00 pm at Leavitt Park

(call Parks & Rec, 524-5046 for info)

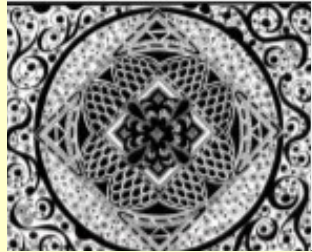


Bring your own basket!






Upcoming EVENTS



**Teen Drop-In Craft:
Gel Pen Zendoodles**
Saturday, March 24, 1 - 2:30 pm
Teen Room

Drop in to the Teen Room for some gel pen zendoodles!

Teen Movie: "Thor: Ragnarok"
Wednesday, March 28
3pm
Laconia Rotary Hall
PG-13. 130 min.



Lego Club
Friday, March 23, 3:30-5:00 pm
Laconia Rotary Hall
We have the blocks, just bring your imagination! For ages 5-12.

Family Craft: Watercolor Bookmarks



Tuesday, March 27
3:30pm
Selig Storytime Room

EASTER EGG HUNT PRESCHOOL STORYTIME

Wednesday, March 28, 10 am - birth-age 6

Thursday, March 29, 9:30 am - birth-age 3

Thursday, March 29, 10:30 am - ages 3-6

Join us for an Easter Egg Hunt; outside if good weather, inside if inclement weather. A drop-in program with stories, songs and an activity/craft!



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.



Meeting
in
Progress

Public Works Subcommittee

March 26, 2018, 6:00 pm
City Hall, Room 200A

[Agenda](#)

City Council

March 26, 2018, 7:00 pm
City Hall, Room 200A

[Agenda](#)

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

Laconia Pride

Laconia School District

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

FRIDAY, MARCH 23, 2018

Mark Your Calendars!

Laconia High School Graduation: June 8th

Last Day of School for Students: June 15th

**You' re invited to have
Coffee with Superintendent,
Dr. Minnihan,
on Tuesday, March 27th
At Wayfarer Coffee Roasters
10-11am
Coffee will be provided!**

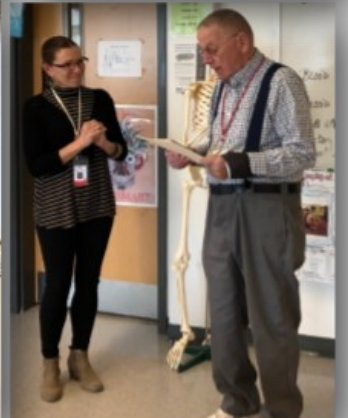


Excellence in Education

On Tuesday, March 20th, The Laconia School Board recognized five District employees for maintaining high standards, qualities, and excellence in education. School Board Chairperson, Mal Murray, presented each employee with a certificate of excellence.

- * Elm Street School: Sam Fortier (*not pictured*)
- * Pleasant Street School: Caitlin Rushton-Friend
- * Laconia Middle School: Samantha Hicks
- * Laconia High School: Karen Abraham
- * Huot Career and Technical Center: Gina McGuire

Congratulations!





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

.....
hors d'oeuvres ~ DYO8
50/50 raffle & photo booth
entertainment by Boston based bands
.....
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 **"March Anniversary 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,
on Facebook, or at Greenlaw's Music & Audio
in downtown Laconia.

... PITMAN'S ...
FREIGHT ROOM



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



AN AFTERNOON TO CELEBRATE THE
children and youth in the Lakes Region

The Spirit of Hope & Kindness Awards

SUNDAY MAY 6, 2018
4 - 6 PM

Desserts
will be
served

CHURCH LANDING
Meredith NH

Semi-Formal
Attire

For more information contact
SPIRITHOPEKINDNESS@YAHOO.COM

**ONLY 150 TICKETS
AVAILABLE**

**Our Kids Shine
Brighter**

You are
INVITED

HOLY TRINITY SCHOOL
Live & Silent Auction

Saturday **14** APRIL
5:00 PM

Dinner by **Fratello's Italian Restaurant**
Sacred Heart Parish Hall
31 Gilford Ave. Laconia

350+ Items up for bid including a signed Amendola
Jersey, Summer Camps, Hotel & Spa Packages, Sport
& Concert Tickets, Gift Baskets & Gift Certificates
Galore, and MUCH MORE....

\$20 admission includes dinner, bidder paddle, and live
music by Cody James.

\$150 Table Reservations for parties of 8

Call 524-3156 for more information or to donate.



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

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 lrghng@gmail.com



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



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.



The Lakes Region Creative Aging Center

17 Church Street, Laconia, NH

is offering:

FREE Acoustic Guitar Classes for adults 55+ with Instructor, John Froumy

Creative and fun environment, learning basic chords.
The goal is to be comfortable playing for family and friends.
Reading music is not required. Perfect for the beginner
or someone who would like to refresh
their guitar skills. All you need is a guitar.

Starts Wednesday, March 28th, 10:30—11:30am

6- week session with a break
in between weeks 3 & 4.

Call Linda Howard at (603) 273-0125 or

lhoward@bm-cap.org for more information



Saturday,
March 24, 2018
10:00 AM

For more information and to register your team
click [here!](#)

The animals are counting on you!

Lakes Region Scholarship Foundation

Just a reminder that the deadline for scholarship
applications for the Lakes Region
Scholarship Foundation is coming up soon!
All applications are due by April 1st!

Applications are available on line at
our website:

www.lrscholarship.org



TED Talk: If You're Feeling Lonely - Voices Strong



The world is a large place where feeling connected can be difficult. Join us for an amazing story of how Composer Eric Whitacre brought people together from around the world in this presentation scheduled for Wednesday, March 28 at 2 p.m. in Taylor Community's Woodside Theater.

This event is free and open to the public.

TED (Technology, Entertainment, Design) *Talks* are influential videos from expert speakers on education, business, science, tech and creativity. Please plan to join us!



Upcoming Dates for Laconia Little League

Tryouts

Minor League (Only for players league age 8 who want to play in Minors, Attend one):

- Saturday, March 17 8:30 – 9:00 AM Laconia Middle School
- Saturday, March 24 8:30 – 9:00 AM Laconia Middle School

Major League (Players age 9-12 wanting to play Majors, but did not in 2017, Attend one or both):

- Saturday, March 17 9:00 – 10:30 AM Laconia Middle School
- Saturday, March 24 9:00 – 10:30 AM Laconia Middle School

Free Winter Warm-Ups

For all players league age 5-12, bring a glove and bat/safety equipment along with indoor shoes

- Saturday, March 17 10:30 – 12 noon Laconia Middle School
- Saturday, March 24 10:30 – 12 noon Laconia Middle School
- Saturday, March 31 8:30 – 10:00 AM Laconia Middle School

Missed Registrations?

- **Returning players:** register NOW at www.LaconiaLL.org before it closes!
- **New players:** Laconia Middle School from 8:00-noon 3/17 & 3/24 at Laconia Middle School

Who: Boys and Girls who live or go to school in Laconia, Gilford, Belmont, Gilmanton, Bristol, New Hampton, and Meredith

How can I pay? Checks payable to Laconia Little League or cash. The fee is just \$35 for tee-ball and \$50 for other divisions per player. Family maximum is \$75 for 2018.

What if I am registering a new player? Please bring a copy of the player's birth certificate and either three proofs of address or proof of school enrollment in Laconia, Gilford, Belmont, Gilmanton, Bristol, New Hampton, or Meredith

What age must my child be? Ages 5-12 (must be 5 by August 31, 2018)

If you have any questions, please email LaconiaNHLL@gmail.com



The Laconia Putnam Fund Presents



**SHIRLEY
ALSTON REEVES**
THE ORIGINAL LEAD SINGER OF
THE SHIRELLES

**JAY SIEGEL'S
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 



**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!**





Amy Cuddy's research on body language reveals that we can change other people's perceptions — and even our own body chemistry — simply by changing body positions.

TED Talk: Your Body Language May Shape Who You Are

Amy Cuddy leads this TED Talk. Did you know watching a physician interact with a patient without sound can determine who will be sued? Come find out more about what your body says in this presentation scheduled for Wednesday, March 28 at 2:30 p.m. in Taylor Community's Woodside Theater. This event is free and open to the public.

TED (Technology, Entertainment, Design) Talks are influential videos from expert speakers on education, business, science, tech and creativity.



Come Experience Maple Sugaring
at one of our five sessions

Every Saturday in March
starting at 10 am

Limited space - Register NOW

Prescott Farm

928 White Oaks Rd

Laconia, NH

Environmental Education Center

PrescottFarm.org

(603) 366-5695



BOYS & GIRLS CLUBS
OF CENTRAL NEW HAMPSHIRE



Give a Week of Summer Camp!

GIVE A WEEK OF CAMP!

Each year kids who attend the Boys and Girls Club regularly during the school year drop out during the summer. Many children can't count on a lot of stability and guidance at home. The Boys and Girls Club is asking for your help so these kids have a safe place to go this summer.

Please consider a donation to the Summer Camp Scholarship Fund to sponsor free weeks of camp for the most at-risk kids. Your donation will provide stability and opportunity. Your gift also will ensure that children enjoy:

- Three meals a day
- Positive relationships with caring adults and kids
- Swimming, hiking, sporting events, games, museums, exploring and time to just be a kid!

These kids need your help. For \$130 you can give a deserving child a week in camp. Your donation of any amount will create new experiences and happy memories.

Kids are better off because of YOUR gift to the Summer Camp Scholarship Fund. Thank you!

**DONATE TO THE
SCHOLARSHIP FUND**

GREAT FUTURES START HERE.



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



Extension
Nutrition Connections

Slow Cooker Meals Made Easy



Nutrition Facts

Servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g

Trans Fat 0g

Total Omega-3 0g



Prepare a **FREE**
slow cooker
meal to bring
home each week

Topics

- Use a slow cooker safely
- What's in a whole grain?
- What's on the food label?
- Be active as a family
- Test your soft drink knowledge



If you qualify for SNAP, WIC, Medicaid, Housing Assistance, or other types of financial assistance, then you qualify to participate at no cost to you.

Language assistance is available at no cost. For persons with disabilities requiring special accommodations, please contact Brenda Carey at 527-5475 within 7 days so proper consideration may be given to the request.

Date: Tuesdays March 27, April 3, 10 and one more date TBD with Brenda Carey and Kate Bruchacova

Time: 9:00-12:00 March 27 and April 10 and one more date TBD. 10:00-1:00 on April 3rd.

Place: Laconia Head Start. Get a free slow cooker to take home. This class is for adults parenting children.

To sign up: Contact Brenda Carey: brenda.carey@unh.edu; 527-5475.

**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!!!**

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!



**CITY COUNCIL
PUBLIC WORKS COMMITTEE**

**WILL MEET ON MONDAY
MARCH 26, 2018
6:00 P.M.**

LACONIA CITY HALL, CONFERENCE ROOM 200A

CITY COUNCIL COMMITTEE MEMBERS:

**DAVID BOWNES, INTERIM CHAIR
BRUCE CHENEY
MARK HAYNES**

AGENDA

- (1) PROPOSED RETAINING WALL POLICY
- (2) PROPOSED DRIVEWAY CUT POLICY
- (3) AND ANY OTHER BUSINESS THAT MAY COME BEFORE THE COMMITTEE

WildQuest Spring Camp

April 23-27, 2018

9am - 4pm with extended day available



Register now Prescottfarm.org

Prescott Farm
Environmental Education Center

928 White Oaks Rd, Laconia
(603) 366-5695

WildQuest Summer Camp

June 25-August 24, 2018

9am - 4pm, extended day available

**9 unique
nature-themed weeks!**



Register Now

Prescottfarm.org

Prescott Farm
Environmental Education Center

928 White Oaks Rd, Laconia NH

(603) 366-5695

info@prescottfarm.org



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



**Thursday, March 29th
10:30 am to 12:00 noon**

Annual Spring Holiday
Luncheon preceded by our
annual Easter Bonnet
Parade (parade starts at
10:30, lunch at 11:30).

Sport your finest bonnet, store-bought or
handmade, it doesn't matter...
just walk in our parade, win prizes, and
have baskets of fun!

*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 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	
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