

Laconia Links

October 16, 2020 - Edition #460



*A bird's eye view from the top of the Colonial Theatre
(photo compliments of Jared Guilmett)*



Portable Basketball Hoops

Portable basketball hoops are prohibited from being in the City's right of way. Due to the impact of COVID-19 on the City's Parks and Recreation programs, Public Works has not been requiring property owners to remove their hoops from the City right of way during the pandemic.

However, winter is coming and property owners need to move their hoops such that they are no longer adjacent to public roads or sidewalks. This will ensure they are not a hazard to Public Works employees as they remove snow and ice from the City's streets.

The fine for obstructing a City sidewalk or City street is \$75 for a first offense and it increases to \$250 after multiple offenses. Beginning October 26, 2020 Public Works will begin fining property owners whose hoops are still in the right of way. Please remove the hoops before October 26th in the event of an early season snow or ice storm. Questions? Please call Public Works at 528-6379.

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!*



Mark your calendar! The City of Laconia Transfer Station will be closed on Saturday, November 7th

The Transfer station will be closed to maintain the scale. The work is expected to take all day and due to the location of the work, it will not be safe for customers to enter the Transfer Station.

The Transfer Station will re-open on Monday November 9th. In the event of rain the work will be rescheduled for Saturday, November 14th.

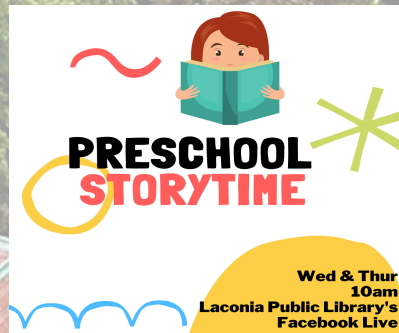
EVENTS and Programs

The Library is now open to the public! Check the Library's [home page](#) for updated information.



Teen & Tween Programs-to-Go!

Take home everything you need to paint your own Squishie Keychain! Each kit includes 2 squishies, fabric, paint pots, paint brush & a keychain clip. For tweens & teens ages 9-19. Signup is required as there are a limited number of kits.



Join us on Facebook Live for new stories each week!
Oct. 21, 10—11 am
Oct. 22, 10-11 am
For children birth thru age six.



Programs to Go!
Zendoodle Bookmarks
Ongoing and for all ages. Relax at home with a Zendoodle Bookmark and a set of colored pencils!



Family Craft:
Bat Silhouettes
Oct. 20, 3 - 4 pm
This fun craft will combine bat silhouettes and splatter painting for a scary good time!

Families can pick up the supplies ahead of time and join Jamie for the Facebook live event.



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 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 additional information on a meeting or to obtain a printed copy of the agenda. You are invited and encouraged to participate in any public meeting 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!*



MEETINGS

Trustees' of the Trust Funds

October 19, 2020, 2:00 pm

[Agenda](#)

Zoning Board of Adjustment

October 19, 2020, 6:30 pm

[Agenda](#)

Parks & Recreation Commission

October 19, 2020, 7:00 pm

[Agenda](#)

Conservation Commission

October 21, 2020, 6:00 pm

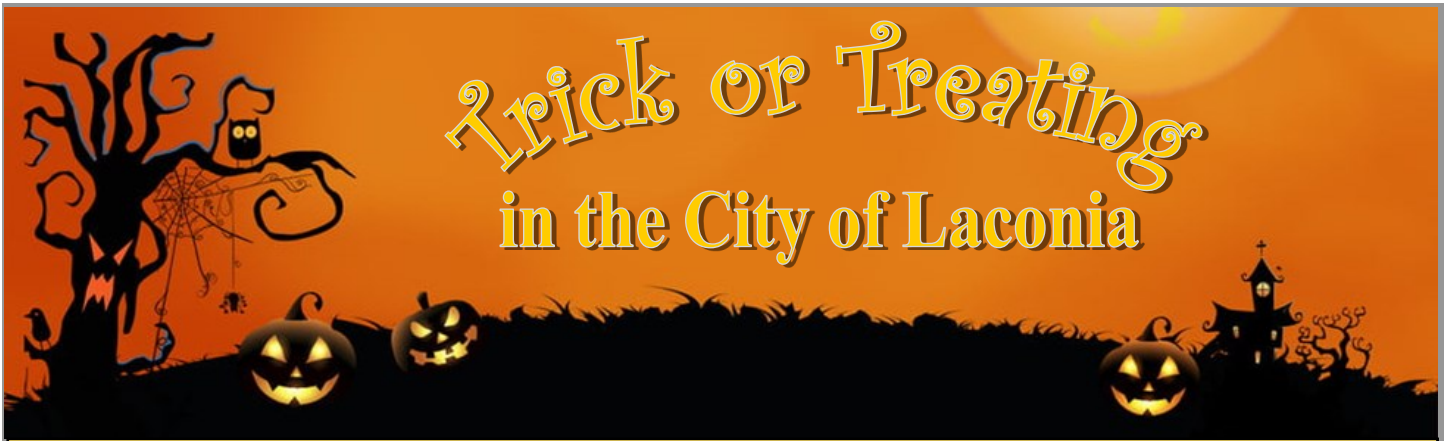
Water Commission

October 22, 2020, 8:00 am

[Agenda](#)

Capital Improvement Program

October 22, 2020, 6:30 pm



Please see the information below regarding Halloween and Trick-or-Treating in the City of Laconia this year.....

The CDC (Centers for Disease Control and Prevention) has released guidelines to be sure you and your family can stay safe and still enjoy Halloween this year.

Trick-or-Treating hours on Halloween (Saturday, October 31st) will be from 5:00 pm to 7:00 pm. The City will be providing opportunities for folks to enjoy traditional trick-or-treating, as well as a brand new City-sponsored event happening at Opechee Park!

We will have one-way trick-or-treating outside at Opechee Park on Saturday, October 31st from 5:00 to 7:00 pm, hosted by the City's Parks and Recreation Department. Participants will register upon arriving, and controls will be in place to keep both trick-or-treaters and those giving out candy socially distanced. Treats will be individually bagged and there will be costume judging. Masks are required for all participants and hand sanitizer will be available. Volunteers, people wishing to hand out candy, and trick-or-treaters are needed; more information is available [here](#). Please also check the next page of this newsletter for up-to-the-minute details. This is a free event! For questions or additional information, please call the Parks and Recreation Department at 524-5046.

There will also be an opportunity available for those who prefer a more "traditional" Halloween. From 5:00 pm to 7:00 pm on October 31st households that wish to give out candy are asked to leave an outside light on during those hours. Trick-or-treaters should only stop at those houses where an outside light is on. The CDC recommends that those giving out candy set up a table outside, perhaps in their driveways, to place candy on rather than handing it out and greeting trick-or-treaters at the door as is typically done. Mask wearing is encouraged by all participants, whether giving or getting candy.

For questions or additional information, please call the City Manager's Office at 527-1270, or email Nbrown@laconianh.gov

Have a safe and happy Halloween!





HALLOWEEN AT OPECHEE PARK

Trick or Treaters

- Call 524-5046 to RSVP
- Arrive between 5:00 pm and 6:30 pm
- One way foot-traffic through Opechee Park
- Start and Sign-in by the Opechee Park Parkhouse near Opechee Cove
- The Exit will be by Laconia Middle School.
- There will be a One-Way path near Smith Track that leads from the Middle School Parking Lot to the Parkhouse Parking Lot.
- Please Bring Your Own Bag
- There will be a Costume Contest!
- You can bring a pumpkin for the Pumpkin Glow Walk!
- After trick or treating you can judge the pumpkin contest inside the track.
- Masks are Requested
- Social distancing is Requested

Additional Volunteers

- Call 524-5046 to RSVP
- We are looking for 10 volunteers to help this event run smoothly.
- Please be available from 3:00 pm—7:30 pm
- Masks are requested.
- Social distancing is Requested

Candy Givers

- Call 524-5046 to RSVP
- You can begin to set up as early as 3:00 pm. Please be ready for 5:00 pm
- Plot size will be 12' by 12' (no electricity)
- Decorating the Plot is encouraged, but not necessary.
- Wearing Costumes is also encouraged, but not necessary.
- Please Provide your own Candy for at least 500 Trick-Or-Treaters.
- You will be provided with "Grabbers" to hand out Candy at a distance
- You will be provided with a sheet to judge the Costume Contest!
- The Field Lights will be turned on at 7 for clean-up.
- You can bring a Pumpkin for the Pumpkin Glow Walk!
- Masks are Requested
- Social distancing is Requested

Pumpkin Glow Walk

- Call 524-5046 to RSVP
- Bring your Jack-O-Lanterns to Smith Field between 3 - 4:30
- Everyone is welcome to come and judge the competition inside the track. Prizes are awarded for scariest and best overall.
- Masks are requested.
- Social distancing is Requested





The General Election is Tuesday, November 3, 2020, See below for important information on voting in the City of Laconia!

How do I register to vote?

To register to vote in the City of Laconia, you will need to provide proof of identify (driver's license), proof of domicile (piece of mail showing name and physical address) and proof of citizenship (birth certificate, passport, or naturalization papers). If you do not have proof of domicile and/or citizenship, there is an affidavit you can sign when registering to vote.

City Hall is open from 8:30 am to 4:30 pm, Monday-Friday. The last day to register to vote in the City Clerk's office is Wednesday, October 21st. The Supervisors of the Checklist will meet that day between 7 pm and 7:30 pm in the City Clerk's Office for the purpose of making corrections/changes to the checklist. Registrations and changes will be accepted at this session; no changes will be accepted after this session.

How do I request an absentee ballot?

Please request your absentee ballot as soon as possible by contacting the City Clerk's office (527-1265), by clicking [here](#) to fill out an application, or visiting City Hall to obtain an application. Completed applications can be dropped off at the City Clerk's Office (Laconia City Hall, 45 Beacon St. East), faxed to 524-1766, mailed to the City Clerk's Office, PO Box 489, Laconia, NH or emailed to cityclerk@laconianh.gov.

How do I complete the absentee ballot?

Your absentee ballot will come with a set of instructions and two envelopes; an affidavit envelope and a return envelope. Once you complete your ballot, place it in the affidavit envelope and seal it. Please sign one of the two affidavits on that envelope that best suits your situation. (For the purpose of COVID-19, please sign the Physically Disabled Affidavit section). Put the affidavit envelope into the return envelope, seal and mail or deliver it.

An absentee ballot can only be returned by mail, in person by the voter, or by a delivery agent*. You may return your completed ballot in person to the City Clerk's office or leave it with the greeter in the City Hall lobby. Please do not return your absentee ballot by placing it in the drop box slot on the side of City Hall.. Any ballots left in that location will not be counted.

Absentee ballots will be accepted by mail, in-person by the voter, or by a delivery agent through 5 pm the day before Election Day at the City Clerk's Office. On Election Day, absentee ballots will only be accepted in-person or by a delivery agent until 5 pm at the City Clerk's Office.

You may notice that the mailing envelope provided to mail your absentee ballot states "extra postage may be required". Please be sure to have two stamps affixed to this envelope before mailing.

**Delivery agent is defined as someone else delivering your ballot to the City Clerk's Office. Please contact the City Clerk's office for details if someone else will be delivering your ballot for you.*

How do I know my absentee ballot was received?

You can track the progress of your absentee ballot on the State of New Hampshire Secretary of State's website [here](#). You can verify receipt of your application, obtain the date when your absentee ballot was mailed to you, and the date the City Clerk's office receives your completed absentee ballot.

Questions? Please call the City Clerk's Office at 527-1265.



LACONIA KIWANIS \$1,000 FUEL RAFFLE

ONLY 250 TICKETS WILL BE SOLD!

WINNER IS DRAWN ON OCTOBER 30, 2020

<https://laconiakiwanis.ticketleap.com/fuel/>

The Laconia Kiwanis Club is holding a \$1,000 Home-Heating Fuel Raffle to raise funds for our Charity Fund. Fuel type is selected by the winner (Natural Gas, Propane, Oil, Pellets, etc.) and funds will be paid directly to the fuel company of their choice!

ONLY 250 TICKETS WILL BE SOLD!!

All tickets will be sold virtually for \$10 (plus a small processing fee - @\$11.50 total) at <https://laconiakiwanis.ticketleap.com/fuel>

The winner will be drawn on October 30th at 6 p.m. via FaceBook Live on our Kiwanis Facebook Page.

Thank you for your support!



Your leaves and grass clippings can be a valuable resource OR a source of water pollution.

Our community cares about clean water and is doing its part to help prevent water pollution in our local waterways.

Please click on the image (left) to read information provided by the NH Dept. of Environmental Services and the City of Laconia on how you can help prevent pollution in our local waterways.



We need YOUR help! Celebrate Laconia is in search of donated storage space. We need a small, dry space with regular access. Please message us on [Facebook](#) if you can help!



Protect Your Family and Yourself from Carbon Monoxide Poisoning!

The Environmental Protection Agency has produced a guide explaining the DO's and DON'Ts of carbon monoxide. You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes.

Click on the image above to learn the facts and protect your family from carbon monoxide exposure.





Extension Nutrition Connections



Smoothie Series

Wednesdays: October 21, 28

Tuesdays: November 3, 10, 17, 24

5:00 - 6:00 PM

This is a 6-week virtual series in which parents will learn how to make healthy, and yummy smoothies from the comfort of their own home for their families. Parents will receive a blender plus the ingredients to make 5 different smoothies over 5 weeks. In addition, all parents will be required to watch 6 different 20-30 minute video nutrition lessons online.

Week 1: Introduction.

Weeks 2-6: Make a smoothie with me over "Zoom" and have a nutrition check-in.

Requirements: Internet connection and ability to get on Zoom; Weekly smoothie ingredient pick up in Laconia.

TO SIGN UP:

Contact Brenda Carey at 527-5475 or email brenda.carey@unh.edu

*** This series is only for parents with children up to age 18.**

If you qualify for Food Stamps, WIC, Medicaid, Housing Assistance, or other types of financial assistance, then you qualify to participate at no cost to you. Language assistance is also available at no cost. For persons with disabilities requiring special accommodation, please contact Brenda Carey at 527-5475 within 7 days so proper consideration can be given to the request.

The University of New Hampshire Extension is an equal opportunity educator and employer. UNH, U.S. Department of Agriculture, and New Hampshire counties cooperating. USDA is an equal opportunity provider and employer. The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services. This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP and USDA's Expanded Food and Nutrition Education Program -EFNEP. 10/2020

Mark Your Calendar!

OCTOBER 1ST - 31ST

Come Catch
THE
Glow.com

Discover Autumn
in the Lakes Region



Autumn

The season where New Hampshire really starts to **GLOW!** From the ever-changing hues of the foliage on our hills, to the smiles of our jack-o'-lanterns, Autumn is **the time** to explore the bounty and beauty only found in the Lakes Region of New Hampshire!

Grab the family and take a tour... There's plenty to do for all ages, and the Lakes Region Chamber can help you get there. Visit **ComeCatchTheGlow.com** and our interactive map can help you find the best places to spend the afternoon, or the whole weekend!

Come Catch
THE
Glow.com

A program of:



OCTOBER 1ST - 31ST



Discover Autumn
in the Lakes Region

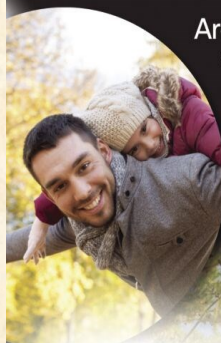
So many ways to Catch The Glow!

- Apple & Pumpkin Picking
- Fine and Casual Dining
- Foliage Boat Tours
- Brewery and Winery Tours
- Amazing Hiking Trails
- Antique Shopping
- Kayaking and Canoeing
- Art and Craft Shopping
- Quaint Cafes
- The Freshest Bakeries
- Retail and Gift Shopping
- Boat Rentals
- Halloween Fun!
- Hay Rides
- Museums and Tours
- Farmers' Markets
- Beautiful Scenic Vistas and so much MORE!



Are you ready to Catch The Glow?

Get up-to-date information, trip planning, business listings and more! Visit **ComeCatchTheGlow.com** and our interactive map can help you find the best ways to enjoy Autumn in the Lakes Region of New Hampshire!



Come Catch
THE
Glow.com





Be on the Lookout: Contact Tracing Scams



Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19,
- Helping people who may have been exposed to COVID-19 get tested, and
- Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 infection to others.

Green flags

- Contact tracers will:
 - 📞 Be state or local Department of Health employees or their contractors,
 - 📞 Ask about your personal symptoms to gauge for possible COVID-19 infection,
 - 📞 Ask about others you may have come into contact with recently,
 - 📞 Be able to refer you to other medical and social resources, and
 - 📞 Ask whether you have insurance so they can connect those who are not insured with resources.

Red flags

- Be cautious of anyone who:
 - 📞 Asks for specifics about your health insurance, like your Medicare number,
 - 📞 Claims they need a credit card or cash to pay for a COVID-19 test, or
 - 📞 Wants your personal information to help you set up a COVID-19 test.

How Can Your Senior Medicare Patrol (SMP) Help?

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained teams help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

To locate your local Senior Medicare Patrol (SMP) visit:

www.smpresource.org or call 1-877-808-2468.

Supported by a grant (No. 90MPRC0001) from the Administration for Community Living (ACL),
U.S. Department of Health and Human Services (DHHS).



As of today, the outdoor fire ban is still in effect per the State and the Governor. As a reminder of the restrictions, please see below. Please note the addition of the fireworks ban in the City of Laconia!

It shall be unlawful for any person in the State to:

- Kindle an open fire, including fires built for camping, the burning of debris, or warming, on all public trails or other public property, excluding public campgrounds.
- Smoke a pipe, cigar and/or cigarette outdoors in or near public woodlands or on public trails.
- Kindle a Category 3 fire; a fire greater than 4 ft. in diameter or a fire not contained within a ring of fire resistive material.

What this means is:

- All fires are prohibited on public lands, except in a campground.
- Category 3 fires are banned everywhere, public and private lands.
- Category 1 (small controlled fires no greater than 2 ft. in diameter) and Category 2 fires (controlled fires no greater than 4 ft. in diameter), both contained in a ring of fire resistant material or portable fireplace, are allowed on private property with a fire permit
- No smoking is allowed in or near public woodlands or on public trails.

Due to the extremely dry weather, and with a burning ban already in place, Laconia Fire Department is adding the shooting of fireworks to the burn ban. Shooting of fireworks in the City will not be allowed until fire conditions change.

***Thank you for your cooperation!
Questions? Please call the Fire
Department at 524-6881.***



Fall Leaf Collection

Fall Leaf Collection

Fall Leaf Collection

The weeks of:

November 2nd

And

November 16th

Collection will be on your normal trash collection day.

City contractor will pick up 10 compostable paper bags of leaves during these two weeks.

**Should you have any questions, please call
DPW at 603-528-6379.**

**CITY OF LACONIA
SUPERVISORS OF THE CHECKLIST
NOTICE OF SESSION**

The Supervisors of the Checklist will meet on Wednesday, October 21, 2020 between 7:00 pm and 7:30 pm at Laconia City Hall, City Clerk's Office for the purpose of making corrections/changes to the checklist. Registrations and changes will be accepted at this session. No changes will be accepted **after** this session.

Supervisors of the Checklist:

Marilyn Brown, Ward 1

Sam Brickley, Ward 2

David Stamps, Ward 3

David Hough, Ward 4

Christine Callaghan, Ward 5

Lynda Brock, Ward 6 (Chair)



Our yesterdays

Our 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 . . .

A deed search indicates that the house at 243 Court St. (far left) was probably built between 1889 and 1890 by George E. Davis, a soap manufacturer. An atlas published in 1892 indicates Davis as the owner. In the 1930s, the owner was Benjamin T. Daley and Mrs. Eunice Daley was listed as proprietor of 'The Gateway Inn, rooms.' From the 1960s to mid-1980s, Zephirin Belleau was the owner and proprietor of Zip's Used Cars, with a cement block garage at the rear of the property and Bertha E. Drouin rented out rooms and ran a used furniture business in the house. Zip died in 2009 at age 94. Part of the Stafford Oil Co. offices is glimpsed at right. (Courtesy photo from Facebook)



. . . AND NOW

The two houses and Zip's cement block garage met the wrecking ball, Sept. 30-Oct. 1. The Victorian with the Mansard roof at 243 Court St. and the former office of Dr. R.A. Mooney, DMD, at 237 Court, had been vacant for some time. (Adam Drapcho/The Laconia Daily Sun)

Celebrate Laconia is very excited to announce... *drumroll please*.....

HAUNTED LACONIA!

Our first Halloween decorating competition! Get into the spooky spirit! Drive throughout the City and experience the festive Halloween decorations, then vote for your favorite!

Want your home or business to be a part of it? Registration begins Sunday, October 18th, and ends Saturday, October 24th To register, send us a message on Facebook with your address and picture of your spooky business or home. Come back to our Facebook page and vote for your favorite!!

First and second place will be announced Sunday, November 1st.



HAUNTED LACONIA

October 18th - 31st

Do you dare experience the spooktacular decorations around the city?!

Register your home or business by October 24th. To register, message "Celebrate Laconia" on facebook with your address and a photo!

Vote for your favorite on Facebook!

1st and 2nd place winners get prizes!



LACONIA

Lake Drawdowns

Lake Opechee & Winnisquam Lake drawdowns begin October 17



Lake drawdowns are conducted each fall to reduce winter ice damage to shoreline properties and to reduce spring flooding. Drawdowns also give property owners an opportunity to conduct any necessary repairs to their waterfront property, provided they first secure a permit from the DES Wetlands Bureau at (603) 271-2147.

Generally, lake levels are allowed to return to the normal full pond level in the spring. However, the drawdowns of Opechee and Winnisquam Lakes, which occur on a two-year interval, last only approximately two weeks. This year, the lowering of Opechee Lake will begin on October 17, and it will likely take two days to pass the water from Opechee Lake downstream through Winnisquam Lake. Therefore, the level of Winnisquam Lake is not expected to drop noticeably until October 19. On October 30, flows at Lakeport Dam will be increased to refill Opechee Lake, and the level of Winnisquam Lake should begin to rise late in the day on November 1.

More information about lake drawdowns can be found at NHDES's website, [here](#).

Look What's Happening at the Belknap Mill!



The Belknap Mill's 4th Annual RIVERSIDE DUCK DERBY Saturday, October 17th

Ducks drop off the Avery Dam at 4:15pm. You do not need to be present to win.

- \$5.00 - 1 Duck
- \$20.00 - Quack Pack (5 ducks)
- \$30.00 - Super Quack Pack (10 ducks)
- \$50.00 - Deluxe Quack Pack (20 ducks)



Enjoy LIVE music in Rotary Riverside Park
featuring
CLUB SODA BAND from 2-4pm.

Sponsored by:

LAKES FM 101.5

104.9
THE HAWK



The Belknap Mill | (603)524-8813 | www.belknapmill.org

Community Duck Decorating Exhibit



Purchase a wooden duck to
decorate in any style you chose!
Just \$25!
Ducks will be displayed at the
Riverside Duck Derby



Tickets
available
on our
website, Happy Cow
&
Northway Bank
in Laconia

THE BELKNAP MILL
PRESENTS

EASY HALLOWEEN
CAKE DECORATING IDEAS

HALLOWEEN CAKE DECORATING
COMPETITION

ENTRY DEADLINE: OCTOBER 31ST

PHOTO CONTEST CRITERIA:
Bake your cake, decorate in your favorite Halloween design and
share it with us for a chance to be 'TOP CAKE CHAMPION'
All cakes will be judged by students in the Huot Tech Culinary
Arts Program

WIN A FIRST PLACE
PRIZE
\$25 CASH &
BRAGGING RIGHTS

SUBMIT YOUR PHOTO: [JILL@BELKNAPMILL.ORG](mailto:jill@belknapmill.org)

Belknap Mill
ARTS • HISTORY • EDUCATION

The Belknap Mill welcomes back the Club Soda Band for a fall concert in Riverside Rotary Park!

This four piece band is based out of Concord, New Hampshire and has over 30 years experience entertaining audiences of all kinds throughout New England. They play the "Best of Top 40" hits from the 50's to today. NH Safety Guidelines will be followed and socially distanced squares will be painted in the park for our patrons. Come and enjoy an afternoon snack from the Winni Wagon and stroll along the river taking in the creativity of Lakes Region locals and the Community Duck Decorating Exhibit.

The 4th Annual Riverside Duck Derby kicks off when the ducks are dropped from the Avery Dam Bridge and will race down the Winnepesaukee River. Purchase your ducks at Northway Bank in Laconia, Happy Cow Ice Cream in Laconia or online through the Belknap Mill's [Facebook](#) page or [website](#). The first 10 ducks to cross the finish line will win prizes donated by Laconia and Lakes Region businesses. The 1st place winner will take home the \$250 CASH prize! Nine other winners will be drawn.

Special thanks to our 2020 Media Sponsors 104.9 the Hawk and Lakes FM 101.5, and Laconia Kiwanis for being our first place sponsor. For more information please contact us at: 524-8813 or email us at Operations@belknapmill.org.

Colonial Theatre Updates...



*Our thanks to City Councilor
Robert Hamel for providing
these photos!*





Extension
Nutrition Connections



Slow Cooker Meals Made Easy

Parents and their children ages 5 and up
prepare a slow cooker meal virtually.

Family Cooking and Nutrition Topics
Brenda Carey, Nutrition Connections

"A Taste of 4-H" 4-H activities for kids 5 and over
Karen Deighan, 4-H Program Manager

Topics:

- Use a Slow Cooker Safely.
- What's in a Whole Grain?
- Be Active as a Family.
- What's on the Food Label?
- Test Your Soft Drink Knowledge.
- Choose Your Fruits and Vegetables.



- Free slow cooker for each family (if needed).
- Groceries will be provided prior to each class.
- A separate online nutrition lesson will need to be watched by the adults prior to each of the group classes.
- No charge to attend.

Language assistance is
available at no cost.

**For persons with disabilities
requiring special
accommodations, please contact
Brenda or Karen at
527-5475 within 7 days so proper
consideration may be
given to the request.**

**If you qualify for SNAP, WIC,
Medicaid, Housing Assistance, or
other types of financial assistance
Please let us know for priority.**

Date: Mondays, October 12, 19 - November 2, 16, 30

Time: 6:00 – 7:00 PM

Place: Lessons via Zoom

To sign up: Email Brenda Carey: brenda.carey@unh.edu or
Karen Deighan: karen.deighan@unh.edu or call 527-5475.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating. USDA is an equal opportunity provider and employer. The preparation of this document was financed under a contract with the state of New Hampshire, Department of Health and Human Services. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. 11/15

Family Names: _____ Allergies? _____

of Adults _____ # of Children & ages _____ Phone number _____

Do you need a slow cooker? Yes ___ No ___ Can we text you with reminders? Yes ___ Cell _____



NEW IMPROVEMENT ALERT!

Starting this week we will begin a landscaping project that will include cleaning up all the gardens on the property, and planting new bushes, trees and flowers! We will start with the Tavern Inn Apartments at 7 Church St. and plan to do the same to Sunrise Towers at 25 Union Ave. and Sunrise Houses at 423 South Main St. by the end of October.

In the near future we will also be adding sitting areas for tenants to be able to enjoy the beautiful outdoors!

SUNRISE

RESIDENTIAL LIVING
SUNRISE TOWERS | THE TAVERN INN APTS. | SUNRISE HOUSE



See below for some examples of our recent work!



The City of Laconia recognizes the importance of providing excellent customer service to each and every resident or visitor we serve.

The goal of all departments in the City is to provide friendly, efficient, courteous and knowledgeable assistance to the public. To that end, we have developed a [Customer Service Survey](#).

We would appreciate your help in filling out the survey if you have had contact with one of our City departments or employees to let us know what we are doing right, or what may need improvement.

The survey is provided on our website [here](#) or printed versions can be obtained in most of our City departments and facilities. Your feedback is appreciated to help us better serve you!

If you have questions, please contact the City Manager's Office at 527-1270, or email NBrown@laconianh.gov.

*Thank you for your
assistance!*



4-H GROWS HERE

HELP your child
start saving for
college. . .
Join 4-H!



Would you like to
earn a \$500
scholarship
to the University
of New Hampshire?
Join 4-H!

Call for more
information.
(603) 527-5475

4-H SnapTrek

VIRTUAL KICK-OFF EVENT:
Thursday, October 22, 2020 7:00pm.

Zoom Meetings:
Nov. 4, Dec. 2, 16, & Jan. 13

Take cool photos, hike on your own time and
earn **COOL PRIZES** like backpacks and hoodies!

4-H SnapTrek is a nature-hiking- photography program for
teens 12+ in Belknap, Carroll and Strafford counties. This
program is free and open to any youth 12+ who would like
to participate.



For more information contact:

Karen Deighan, Karen.deighan@unh.edu
527-5475, Belknap

Register:
<http://bit.ly/4HSnapTrek>

No cost to attend!

Reminder!



Curbside recycling
will be picked up the
week of
October 26th



WHEN IN DOUBT, THROW IT OUT
(IN THE GARBAGE).

Remember: "Glass is Trash"



Please Donate Items for Our Auction!

Due to Covid we are collecting all items early this year so we can be socially distanced and still raise as much money as possible for kids in need. Please help us by donating new Items such as sporting goods, household Items, gift certificates, tools, toys, and any other non-perishable Items!

Friday, Oct 9th from 11am-3pm

Saturday, Oct 10th from 9am-1 pm

Sunday, Oct 11th from 10am-2 pm

at the MI-BOX located at MVSB

1383 Lake Shore Rd, Gilford

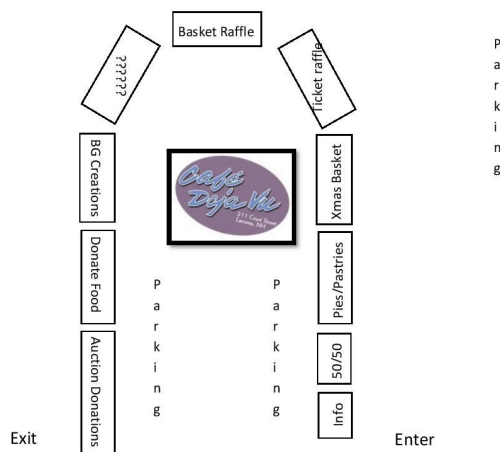
Questions? Call 603-527-0999 or visit
www.ChildrensAuction.com

Walk / Drive Thru Fundraiser

It's For the Kids
COMMUNITY CHALLENGE
GREATER LAKES REGION
CHILDREN'S AUCTION

Sponsored by the Café Déjà Vu Team

Saturday, October 17th 12-3pm



For more info call (603) 998-1418

It's for the Kids Community Challenge

Café Déjà Vu team is having a Drive / Walk Thru Fundraiser on Saturday, October 17th from 12:00 to 3:00 pm. This is a walk or drive thru fundraiser with several tables that will loop around Café Déjà Vu on Court St. to benefit the Greater Lakes Region Children's Auction.

There will be an info table, 50/50 table, Christmas Basket, Stoli Basket, Lemon Drop Martini Basket, Lakes Region Party & Gift Snack Basket & more baskets and raffle table(s). A large raffle table will include gift cards from Café Déjà Vu, NH Liquor, Common Man, Prescott's Florist, Fratello's/Homestead, Patrick's Pub & Eatery, Hector's Fine Food & Spirits, Lakes Region Party & Gift, Genevieve's Massage Therapy, Myrna's Classic Cuisine, The Cozy Nest Gift Shop, Belknap Tire and a Lakes Region Arms package. There will also be Cathy's Baked Goods table with apple pies, meat pies, whoopie pies & more, a BG Costumes & more sale table and VJ 603 will be there playing music for everyone to enjoy.

And please bring items to donate for the Food Pantry and the Greater Lakes Region Children's Auction Item drop off tables.

This is a socially distant event with all tables 6 feet apart and people at the tables wearing masks. For more information you can contact Tony Felch at 603-998-1418.

LACONIA WATER WORKS COVID-19 OFFICE ADMISSION RESTRICTIONS

Effective 10/13/2020 the following limitations will be in place for entrance to the Laconia Water Works office (located at 988 Union Avenue)

- * Only one customer can be in the building at a time
- * All others must remain outside or in their vehicle until the lobby is cleared
- * Face masks must be worn at all times while in the building

Thank you for your cooperation
Laconia Water Works



HARVEST SUPPER

First United Methodist Church
18 Wesley Way (Rt. 11A) Gilford NH

OCTOBER 24

5 TO 6:30

TAKE-OUT ONLY--Drive Up

Menu: Corned Beef, Cabbage, Potatoes,
Carrots, Homemade Apple pie, Homemade Roll

\$12.



Call for Reservations: 524-3289 (Church Office)

**Sign Up For
Alerts and
Notifications**



**Sign up
today!**

It's quick and easy! Click on the image (above) to choose specific notifications you would be interested in receiving...everything from important alerts and government jobs to bid postings and meeting agendas and minutes. Questions? Please call the City Manager's office at 527-1270, or email Nbrown@laconianh.gov

If you are interested in any of the programs offered at the Weight Institute please contact our office at 603-527-2946

WINNING INFORMATION

October, November and December, 2020

Upcoming events: Please note that due to the coronavirus these groups are subject to time and day changes. Please call 527-2946 for the most up-to-date information.

Bariatric Support Group: 4:00-7:00pm, by Zoom meeting, Oct 15th topic: Sabotage by Others and Yourself, Nov 19th topic: S.O.S. How to Survive the Holiday Food Spread, and Dec 17th Topic: Holiday Party! Potluck & Yankee Swap

Non-Surgical Weight Loss Information Sessions: Oct 20th; Nov 17th and Dec 15th at 8:30-9:30am or Oct 6th; Nov 3rd; and Dec 2nd at 3:45-4:45pm. Call to register.

Surgical Weight Loss Information Sessions: Oct 14th and Dec 9th at 3:00pm or Nov 11th at 5:00pm.

BRAELYNNE'S BALANCED BITES

10 Ways to Enjoy Winter Squash
Winter squash (i.e. pumpkin, butternut, acorn, delicata, spaghetti, etc.) is in season and packed with wonderful nutrients and flavor! It is a good source of vitamin A, vitamin C, vitamin B6, and fiber, which are great for our skin, immune systems, brains, and digestive tracts. All those deep yellow and orange colors are also loaded with antioxidants! Here are some healthy ways to enjoy it:

- Roast it and use it on salads.
- Use canned or sautéed squash in pumpkin or gingerbread-spiced smoothies.
- Bake it with a drizzle of maple syrup and sprinkle of cinnamon for a healthier dessert.
- Add it to soups, or even make it the base.
- Roast it with other in-season vegetables like broccoli and Brussels sprouts.
- Use it in whole grain baked goods or breakfast items like pumpkin oat waffles.
- Use spaghetti squash "noodles" in place of pasta.
- Roast it and use as a whole grain pizza topping.
- Use it alongside sautéed kale or spinach in a quiche or omelet.
- Incorporate it into a dip, hummus, or sauce.

HOMEMADE HOT CHOCOLATE— PERFECT FOR THE 1ST DAY OF WINTER ON DEC 21ST

Ingredients:
1 TABLESPOON UNWEETENED COCOA POWDER
2-3 PACKETS OF STEVIA (TO TASTE)
1 CUP FAT FREE MILK OR MILK ALTERNATIVE LIKE UNWEETENED ALMOND MILK—WARMED TO STEAMING
OPTIONAL: ADD 1/2 tsp ORANGE ZEST, GROUND CLOVE, GROUND CARDAMOM, VANILLA EXTRACT OR CHILI POWDER AND GROUND CINNAMON


DIRECTIONS:

1. Combine cocoa and sugar sub in a mug
2. Sweeten with stevia.
3. Add one optional add in if desired.

Source: www.eatingwell.com

"I can't control everything in my life, but I can control what I put in my body."

"Don't focus your motivation on doing a behavior. Instead focus on making the behavior easier to do"
~BJ Fogg



Click the image (above) to read the most current edition of the newsletter produced by LRGHealthcare and the Weight Institute of New Hampshire.

It's overflowing with great activities, information and recipes to help keep you and your family healthy during the fall and winter months.



Nothing is Scarier than Spreading COVID-19 this Halloween

- Stay home if you are not feeling well.
- Consider wearing a mask over your nose and mouth when trick-or-treating and handing out treats.
- Avoid large gatherings or parties and find ways to trick-or-treat while staying at least 6 feet away from others, including when handing out and accepting treats
- Practice frequent hand cleaning – bring a bottle of alcohol-based hand sanitizer with you while trick-or-treating, and use it often.

For Motorists

- Drive slowly and stay alert.
- Watch for children walking across the street or at intersections.
- Enter and exit driveways slowly, keep eyes out for children.
- After dark, keep eyes out for trick-or-treaters in dark clothing.
- New or inexperienced drivers should avoid driving after dark on Halloween.

Trick-or-Treating

- Adults should accompany young children while they are out.
- Walk on sidewalks, not the street. Use crosswalks when crossing the street.
- Always travel in familiar, well-lit areas and stay in groups.
- After dark, carry a flashlight or glow stick to increase visibility.
- Phones down, heads up. Be aware of your surroundings.

ReadyNH.gov
TAKE ACTION. BE SAFE.



Pursuant to a recent change in New Hampshire law, absentee ballots received in the Laconia City Hall before Thursday, October 29th, 2020 will be partially processed on October 29th, 2020 at the Laconia Community Center, 306 Union Avenue, Laconia NH 03246. This process will be open to the public as required by law. Wards 1, 2, and 3 will begin partial processing at 9:00 am and Wards 4, 5, and 6 will begin at 1:00 pm.

All observers must be six feet from the absentee ballot envelopes. Partial processing means that the Moderator and election officials will open the outer envelope, remove and examine the inner affidavit envelope, without opening it, determine whether the affidavit envelope has been properly executed (RSA 659:50, I (b)). We will publicly announce the name of the voter and make a notation on the check list. After the partial processing, the ballots will be kept in a secure location until the day of the election. This is the only session that will be held prior to the election on November 3rd, 2020. Also, the partial processing will be completed in accordance with the procedure outlined in law.

Cheryl Hebert, City Clerk

Medicare Open Enrollment Oct. 15 - Dec. 7

Use the Plan Finder at
MEDICARE.GOV



Like Medicare?
'Like' us on Facebook!



This is a friendly reminder to all that Medicare's Annual Enrollment Period (AEP) started October 15, 2020 and ends December 7, 2020. During this time Medicare beneficiaries can review and change their prescription drug and Medicare Advantage plans for the best coverage and cost options. Coverage for any plan changes made during AEP begins on January 1, 2021.

ServiceLink of Belknap County provides FREE and UNBIASED counseling related to Medicare coverage options. Lori Raymond with ServiceLink of Belknap County can assist beneficiaries to review their current plans. This year due to COVID 19 we will be scheduling appointments by phone. Appointments fill up fast so please contact ServiceLink at 603-528-6945. We are located at 67 Water St, Suite 105 in Laconia, NH. Appointments are scheduled on a first come, first serve basis.



Testing of the AccuVote Ballot Counting Devices to be used in all Wards for the November 3, 2020 State General Election will be conducted on Monday, October 26, 2020 at City Hall in the City Clerk's Office beginning at 9:00 a.m. Testing will continue until completed with a break from 12:00 p.m. until 1:00 p.m. This testing is open to the public for observation in accordance with RSA 656:42

Cheryl Hebert, City Clerk



ServiceLink
Resource Center
(1-866-634-9412 or
528-6945) is the first
number to call for
senior services.



**Medicare's Annual Enrollment Period
(AEP) is now underway and ends
December 7, 2020.**

Click on the ServiceLink image above for
"Understanding Medicare" which will help make it
easier for Medicare recipients to compare the
pricing of Medicare health and drug plans.

For additional information, please see the
previous page of this newsletter.

***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
Assistant Assessor - Tara Baker	
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 - Ashley Ruprecht	
Finance	524-3877
Finance Director - Glenn Smith	
Licensing	528-6331
Licensing - Lindsey Allen	
Planning & Comm. Dev.	527-1264
Planning & Zoning Dir. - Dean Trefethen	
Fire Dept. (Central Station)	524-6881
Fire Dept. (Weirs Station)	366-2229
Fire Chief - Kirk Beattie	
Library	524-4775
Library Director - Randy Brough	
Parks & Recreation	524-5046
Parks & Rec. Director - Amy Lovisek	
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	
Tax	527-1269
Tax Collector - Lindsey Allen	
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