



July 12, 2024 - Edition #646

*Enjoying a nice cool swim on Lake Winnisquam!
(Photo compliments of W. Stephen Loughlin)*



**Filing period for the
following offices:**

Board of Education (3 Year Term):

Ward 1

Ward 6

At-Large

Police Commission (1 Year Term)

1 At-Large Position

Will be held from

August 7 – August 16, 2024

At the City Clerk's Office

8:30am-4:30pm

Katie A. Gargano
City Clerk

**Please note: You must be a registered voter to file for office.
The last date for additions and corrections to the Checklist
will be August 6 at 7:00 p.m. at the City Clerk's Office.**

**Welcome to
Laconia Links!**

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



**Curbside recycling
will be picked
up the week of
July 15!**



MON 7/15

Sensory Storytime
(babies-6)
@10am

TUE 7/16

Tech Help @10am
Fantastic Fiction
Book Group @10am
Paddle Boat Craft
(ages 6-11) @2pm
Glow Slime
(ages 9-18) @2pm

WED 7/17

Summer Story
Adventures
(babies-6)
@10am
Tech Help @2pm
Lego Club
(ages 6-11) @3:30pm

THU 7/18

Thursday Special:
Children's Room
Mural (ages 3-12)
@10am

FRI 7/19

SAT 7/20

For descriptions and more, visit our online calendar!

<http://laconialibrary.org>

follow us: @laconialibrary

call: (603) 524-4775

text: (603) 556-4666

email: info@laconialibrary.org

[Sign-up for our monthly email newsletter](#)



Library Hours

Monday - Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 5:00 PM

Saturday 9:00 AM - 4:00 PM

Goss Reading Room Closed

Look what's happening at Prescott Farm!



UPCOMING Community Connection Programs



Saturday, 10 am-12 pm

Foraging and Cooking Wild Herbs

Explore the beauty and magic of wild plants through inspiring stories, fun games, delicious recipes, and amazing first aid remedies.

July
13
2024



Saturday, 10 am-12 pm

Beginner Soap Making

Learn how to safely make your very own soap. We will cover the basics of the soapmaking process and the equipment required to make more at home. Each participant will take home about 10 bars of seasonally scented soap to enjoy.

July
20
2024



Saturday, 10 am-12 pm

Harvest Festival

The Harvest Festival is our most popular community event of the year, drawing over 500 people of all ages to our property for a day of fun on the farm. Admission to the public is free!

Sept
14
2024

Additional programs, series, and registration details
prescottfarm.org

928 White Oaks Road, Laconia, NH (603) 366-5695

info@prescottfarm.org



Prescott Farm Environmental Education Center



UPCOMING Community Connection Programs



Saturday, 10 am-12:30 pm

Family Fun Baking with Chef Allen

July
27
2024

Share your passion for baking and nature with your favorite kitchen helper. In this special class, you and your little baker will create beautiful sugar cookies and mini cupcakes with candied edible flowers! Join Chef Allen for hands-on practice shaping, baking, decorating, and having fun!

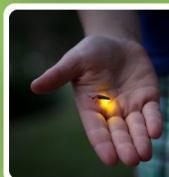


Saturday, 1-3 pm

First Aid Trail Plants

July
27
2024

What plant cures the pain of a bee sting? Prevents an itchy, poison ivy rash? Stops bleeding from a cut? Wander the fields and learn identification and uses of wild first aid plants such as plantain, jewelweed, and yarrow.



Saturday 7-8:30 pm (Must Preregister)

Fireflies Light Up the Sky

July
27
2024

The firework shows may be ending, but nature provides its very own light show. Join us for this special evening program where we will explore the cool qualities of these critters. As dusk approaches and we conclude the program, stay for a few minutes to observe the fireflies as they emerge.

Additional programs, series, and registration details
prescottfarm.org

928 White Oaks Road, Laconia, NH (603) 366-5695

info@prescottfarm.org



PUBLIC HEARING NOTICES



Please see the Public Hearing Notice on this page which has been published in the Laconia Daily Sun.

In future issues of the newsletter we will continue to provide citizens with notices of upcoming Public Hearings that may be of interest to our community.

If you have questions regarding any Public Hearing shown, please call City Hall at 603-527-1270 and we will be happy to direct you to the appropriate department. Thank you for staying informed about what is happening in City government!



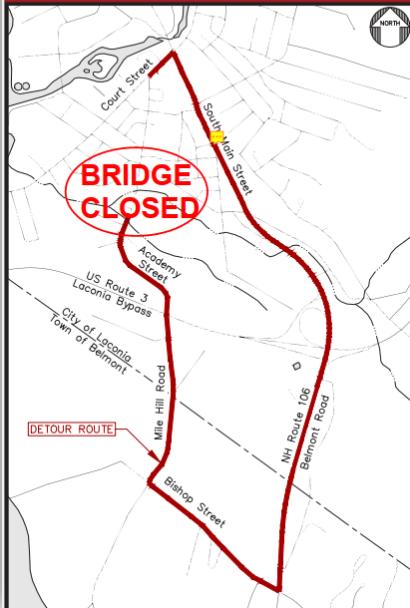
CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **July 22, 2024** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

ORDINANCE 2024-194-5 – PROVIDING ADDITIONAL SOLID WASTE CONTAINERS TO RESIDENTIAL PROPERTIES IN THE CITY OF LACONIA

Katie Gargano, City Clerk

ACADEMY STREET DETOUR ROUTE



ATTENTION – BRIDGE CLOSURE ACADEMY STREET BRIDGE OVER DURKEE BROOK, LACONIA, NH

The City of Laconia is announcing the planned closure of the Academy Street Bridge over Durkee Brook.

The Bridge Replacement Project was originally to be closed from June 24th through August 30th. **The Academy Street bridge will now be closed for vehicular traffic from July 8th through August 30th.** There will, however, be access for pedestrian crossing.

If you have any questions or concerns, please reach out directly to Nate Guerette, Assistant Public Works Director at (603) 528-6379 ext. 406.

Thank you for your cooperation!



Smith Track

Smith Track and Field Closed for Renovations

The Laconia Parks & Recreation Department would like to make the public aware that the Smith Track and Field at Opechee Park is closed through the first week of August. This extended closure is due to the much-anticipated renovations of the track. The contractor will be removing the current red rubber layer on top of the pavement and replacing it with a fresh layer. They will color it the same Sachem Red and it will be lined as it is currently.

We are sorry for the inconvenience of the closure, but the area will be better once reopened. For any questions regarding this closure, please call our office at 603-524-5046.

Save the date!

upcoming mobile food pantry



Friday, July 26th from 12:00-2:00

(while supplies last)

**Lakes Region Community College
379 Belmont Rd. Laconia, NH**

The NH Food Bank will bring truckloads of food to distribute to families and individuals.

No proof of income or residence is needed. This is a drive thru event.
All items will be distributed to you in your vehicles.

Sponsored by
caring neighbors.



VFW SUMMER
MEAT RAFFLE

JULY 12

STARTS AT 6PM

HOSTED BY POST 1670
AUXILIARY

PROCEEDS TO
BENEFIT POST &
AUXILIARY

KITCHEN WILL BE OPEN

143 COURT ST
LACONIA
603-524-9725



Every Crash is One Too Many

This summer, NHDOT has 80 active construction work zones. Sadly, crashes in these zones have doubled compared to previous years. Every crash is preventable, and even one is too many. Remember, those working on our roads are our family, friends, and neighbors. Slow down, be courteous, and keep your eyes on the road. Work zones are temporary; actions behind the wheel can last forever



TALENT SHOW RECRUITMENT

LACONIA YOUTH ALLIANCE'S ANNUAL PARTY IN
THE PARK

PEOPLE 18 & UNDER MAY APPLY

SUNDAY, AUG. 25
12 PM TO 3 PM

TO SIGN UP FOR THE PARTY IN THE PARK TALENT SHOW, EMAIL CHELSEA AT
CBONOLLO@PPHNH.ORG OR SEND US A MESSAGE ON FACEBOOK!



The Weirs Community Park Association is sponsoring this FREE event at the Weirs Community Park's outdoor Amphitheater. The show starts at 6:00pm. The Weirs Park Amphitheater is located at 49 Lucerne Ave., Weirs Beach behind the Weirs Beach Fire Station. In the event of rain, the show will be set up inside the Weirs Community Park Hall right next to the park. So visitors should be sure to come rain or shine!

The Weirs Community Park Amphitheater and Pavilion are available to reserve for special events by emailing events.parks@city.lacoinia.nh.us or call 603-524-5046.



Let's Walk Together.

Sunday, September 22, 2024

8:30 AM Registration | 9 AM Walk | 15 Aiken Ave, Franklin

2-mile walk that begins and ends on the Concord Hospital - Franklin campus

Benefiting mental health and substance use disorder programs and services
at Concord Hospital - Laconia and Concord Hospital - Franklin.



SCAN TO REGISTER
\$30 REGISTRATION FEE
(Includes Pancake breakfast after walk.)

or visit runsignup.com/Race/NH/Franklin/BridgeToRecoveryWalk



A family-friendly event bringing together community, friends, families and local businesses to raise awareness and funds to show support for those struggling with, or recovering from, mental health disorder and/or substance use disorder.

SPONSORS: Anthem Blue Cross and Blue Shield • Concord Imaging Center • Franklin Savings Bank • Stewart's Ambulance Service
Bellmawr Tire & Auto Repair • Concord Hospital Medical Staff • Lakes Region Airport Shuttle • Meredith Village Savings Bank
Bonnette, Page & Stone Corp. • Granite State Glass • Irwin Automotive Group • NH Ball Bearing • Boomer's Barbeque

Concord Hospital Medical Staff • Concord Imaging Center • Concord Orthopaedics
Merrimack County Savings Bank • Stewart's Ambulance Foundation
Daymark Solutions, Inc. • Harvey Construction Corporation • New Hampshire Distributors
Northeast Delta Dental Foundation • Sanel NAPA • Sulloway & Hollis
Davis & Towle Insurance Group • JP Morgan Chase & Co. • Prime Buchholz
Radiation Oncology Associates • Speedy Printing & Copying

ch-trust.org

Doo-Wop Group Set to Lift Spirits at the Weirs Community Park's Outdoor Amphitheater!

The Bel Aires return to the Weirs Community Park for a free concert on Saturday, July 13th at 6:00pm. This is a popular show and draws a great crowd. Be sure to bring lawn chairs to place on the grassy tiered seating area. Find a spot facing the stage and relax listening to your old favorites. Enjoy the comfortable sound system, plenty of parking and state of the art restrooms!

The Bel Aires are an acappella Doo Wop and Oldies vocal group. They usually draw a healthy crowd and it is not uncommon to see many standing up dancing and swaying to the harmonized music and, of course, everyone joins in clapping and doing the hand jive!!! This genre of harmonizing began in the 40s and 50s and hasn't changed much. There is little or no instrumentation and, of course, the "Doo-wop doo-top," are the made up words that replace the instruments.

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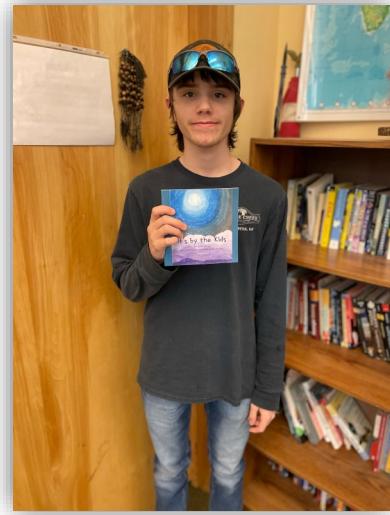
The Beetle Books 2024 Challenge Team Seeks Children's Stories and Artwork for a Published Collection of Work

The Beetle Books Challenge Team is inviting children in the Lakes Region to submit stories or artwork to be published in an anthology that will be sold to raise money for the Greater Lakes Region Children's Auction.

Children from preschool through grade 12 can take part. Here are the details.

What to submit: We are seeking typed short stories, poems, reflections or other pieces of writing, such as an excerpt from a script or play. Also welcome are drawings, illustrations or sketches by children. To view the cover of the 2023 anthology, or order the book, visit janicebeetlebooks.com/shop/

How to submit: Pieces of writing should be sent as a Word document, or in the body of an email, to janice@beetlepress.com. Artwork should be dropped off at 108 Hickory Stick Lane, Laconia, NH03246, so we can scan it; you may pick it up in the fall if you'd like. If you are sure you have a high-resolution file of your artwork, you may email PNG or JPG files to janice@beetlepress.com. When you submit, please indicate the name of your child, age, and city/town of residence, along with the school or organization your child attends. First name only is fine if you prefer.



Entry fee: There is a \$5 submission fee per piece of writing or art and a cap of up to four submissions per child. Fees can be paid directly to the fundraiser on GiveGab at givegab.com/teams/beetle-books. However, we want access for all. If the fee or any of the guidelines present a hardship for a child or family, please email Janice at janice@beetlepress.com and accommodations will be made without question.

Deadline: ALL STORIES AND ARTWORK MUST BE SUBMITTED BY FRIDAY, AUG. 30, 2024.

All stories and art will be compiled in an anthology that will be sold to raise additional funds for the Children's Auction. Books will be available by late fall (and they'd make a great Christmas present!) For more information, email Janice@beetlepress.com.

ALMOST QUEEN
A TRIBUTE TO QUEEN

SEPTEMBER 21

COLONIAL THEATRE
Laconia

SPECTACLE
Live

COLONIALLACONIA.COM



NH SMP SCAM of the MONTH- JULY 2024

Protect Yourself from Scams!

Healthcare fraud is one type of scam occurring in New Hampshire right now that targets people who have Medicare.

Some ways fraudsters try to trick Medicare users:

- **Phone calls**- Scammers might call you and pretend to be from Medicare, offering you free services or medical equipment if you give them your personal information. **Remember, Medicare will never call you asking for personal information, so be suspicious of any unexpected calls.**
- **Internet ads**- Sometimes scammers will create fake websites or online ads offering free services or products in exchange for personal information. Be careful about clicking on ads or entering your information online, especially if the offer seems too good to be true.
- **Text messages and emails**- Fraudsters also use text messages and emails to try to trick people into giving them money or personal information. Be cautious about opening messages from unknown senders and never click on any links or attachments in these messages.

Don't engage with a scam offer! If someone tries to trick you into giving them money or personal information, hang up the phone, don't respond to their messages, or click on any links they send.

If you think you have spotted fraud, report it right away. NH SMP helps Medicare beneficiaries prevent, detect and report Medicare fraud. If you see anything suspicious, contact the NH SMP at 1-866-634-9412.

This project was supported by the Administration for Community Living, Department of Health and Human Services, as part of a financial assistance award totaling \$355,779, with 100% funding by ACL/HHS grant number 90MBPC0057. The contents are those of the author and do not necessarily represent the official views of, or an endorsement by, ACL/HHS or the U.S. Government.



You're Invited!

Storytelling and Free Book Giveaway!

Brought to you by the Children's Literacy Foundation (CLiF), Got Literacy Laconia, and the Laconia Public Library

When: Wednesday, July 17th @ 2:00pm

Where: Laconia Public Library

- Join CLiF for a **FUN** and **INTERACTIVE** storytelling program for both children and parents.
- Every child in attendance will get to choose **TWO NEW BOOKS** to take home and keep!
- There will be **HUNDREDS** of books to choose from with **MANY POPULAR TITLES**.



The Children's Literacy Foundation (CLiF) brings stories and books to Laconia through a Summer Readers' Grant awarded to Got Literacy Laconia and the Laconia Public Library.

Belknap Mill Kids in the Park Family Series returns

On July 1st the Belknap Mill began its 5th year of Kids in the Park. This series offers fun in the Mill and Rotary Park for children and families each Monday, Wednesday, and Friday in July. Events are free and start at 10:00am. The full calendar of events can be found on the Mill's website belknapmill.org.

This year's summer series includes the return of North Country for the Arts' IMPACT Theatre. These 45 minute fairy tale theatre performances will take place Mondays on the 3rd floor of the Mill. Wednesdays and Fridays in Rotary Park will feature kid-focused activities including learning about the radio with Lakes Media, dancing fitness with Dancing Feet Studio, hiking safety with Lakes Region Search and Rescue and NH Fish & Game, karate with Sachem Health, yoga with Cassie's Yoga and Mindfulness and safety vehicle's with Laconia Police and Laconia Fire Departments. "Collaborating with community partners to provide engaging and fun family programs is an important part of our mission at the Belknap Mill." says Associate Director, Jill Desruisseaux.



The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement.



Parent Cafe: Let's Talk Teens!

Brewing
Conversations
about Parenting
Teens

This Parent Cafe will focus on supporting each other through the challenges of parenting in the teen (and tween) years.

Share ideas, make new friends, reflect on what makes your family strong!

Participants can choose to attend in person at our office at 719 N. Main St., Laconia, NH OR attend virtually via Zoom.

Register at:
www.lrcs.org/parentedregistration

For those attending in person, dinner will be served at 6pm and on-site childcare *may be available* if reserved at the time of registration.



Made possible with funding from:



The Linden Foundation

Christmas in July

Presale ALERT

Exclusively for Spectacle Live Members

VIENNA BOYS CHOIR
Tuesday, December 3

On Sale FRIDAY
COLONIALLACONIA.COM
BECOME A SPECTACLE LIVE MEMBER TODAY

LACONIA HOUSING

Laconia Housing will be holding its' next Board Meeting on Thursday, July 18th, 2024 at 12:00 p.m.

The Zoom invite link to join is on our website at:
www.laconiahousing.org/board-info
Questions? Please call us at: 603-524-2112

**July 19, 2024
7:00 PM**

JENNIFER MITCHELL MUSIC PRESENTS:

Jennifer Mitchell Band

Laconia Rod & Gun Club

IN THE HALL
PROCEEDS TO BENEFIT "SANTA JAM" FOR CHILDREN IN SURROUNDING COMMUNITIES

Tickets: \$10.00 Per Person

FOOD AVAILABLE FOR PURCHASE
COME JOIN THE FUN!
WWW.JENNIFERMITCHELLMUSIC.COM

You're Invited...

ART RAFFLE
ENTER THE DRAWING AT THE MILL OR ONLINE

\$25/TICKET

Win a Larry Frates
Lilac Giclee Print
(Value \$1,500.00)
Only 100 tickets sold.
BELKNAPAMILL.ORG

[Art Raffle Entry]

Help us kick off the raffle at our Arts in the Park Concert with the Boston Rovers this Friday, July 12th at 6pm in Rotary Park!

Our yesterdays

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



THEN ...

An early Lakeside Avenue, The Weirs, is captured in this late 1880s photo by Weirs photographer Moulton, which shows the Steamer Lady of the Lake at the wharf, with the Weirs Cafe (built in 1885) at left and the cupola of the 1880 railroad passenger station glimpsed at extreme left. The three railroad tracks served the Boston, Concord & Montreal Railroad. In 1899, the nearer tracks were replaced by those of the Laconia Street Railway, which extended service to the resort in June of that year. (Laconia Historical and Museum Society)



... AND NOW

The Victorian passenger station was replaced, in 1893, and a canopy, 30 by 500 feet erected over the boardwalk to shield passengers from sun and rain. That station, along with the cafe, burned in 1939 and were replaced by an art deco station which served until 1987, when it was razed and a new structure (glimpsed at extreme left, behind the foliage) was erected by the Winnipesaukee Flagship Corp. The Lady of the Lake went out of service in 1893 and, in 1895, was sunk in Smith Cove. The Steamer Mount Washington then served until destroyed by fire in 1939, being succeeded by the Mount Washington II, later lengthened as the M/S Mount Washington, seen here. In distance at center, today's Winnipesaukee Pier was built in 1925 as Irwin's Winnipesaukee Gardens, a dance hall, which continued for the next 50 years before being converted to an arcade. (Daniel Sarch/The Laconia Daily Sun)



2024 SUMMER WEIRS BEACH FIREWORKS SCHEDULE

See you there!

Saturday, July 20, 2024: 9:30 pm
Saturday, August 3, 2024: 9:30 pm
Saturday, August 17, 2024: 9:30 pm

RAINDATES:

*Saturday, July 27, 2024: 9:30 pm
*Saturday, August 10, 2024: 9:30 pm
*Sunday, September 1, 2024: 9:30 pm
These dates are tentative and will only occur if a previous show is cancelled.

Requests for Proposals

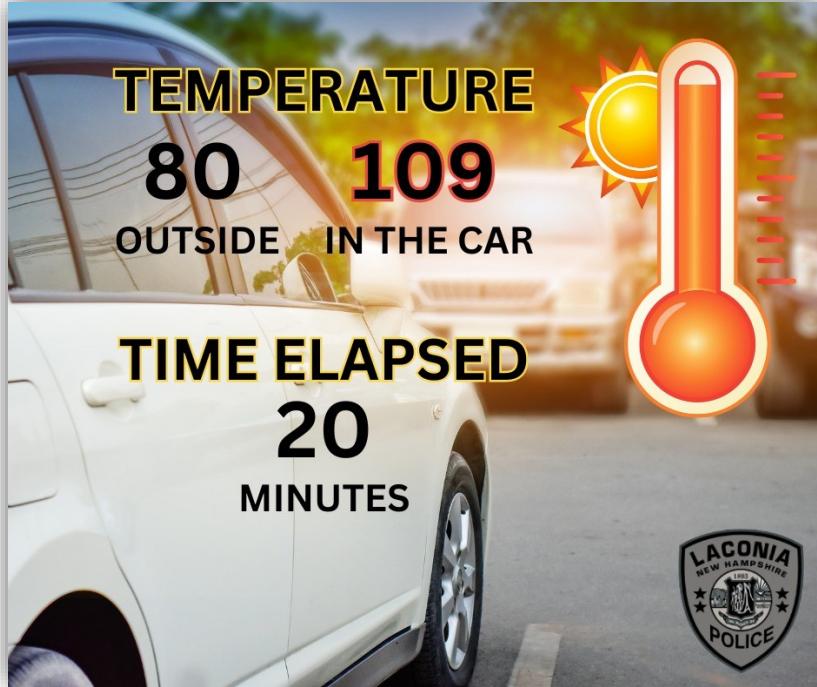
The Laconia Housing and Redevelopment Authority (LHRA) seeks proposals from qualified applicants (owners/developers and/or project sponsors) to receive Project Based Vouchers (PBV). Projects may request up to a twenty (20) year Housing Assistance Payments (HAP) PBV Contract with LHRA. Up to 60 vouchers are available through this RFP process.

The LHRA will accept proposals which preserve the affordable housing needs of very low-income (incomes at or below 50% of the median income as published by HUD) elderly persons, with a preference for sites that provide supportive services to elderly families. **Proposals will only be accepted for existing units. Priority will be given to high-ranking projects in accordance with the review and ranking criteria.**

The RFP can be obtained by going to the website at <https://www.laconiahousing.org/>.

Inquiries and communications regarding the RFP must be submitted to Laconia Housing Authority addressed to Catherine Bowler at cbowler@laconiahousing.org no later than five (5) business days prior to the due date of proposals, which is August 1, 2024.

Completed applications are due no later than 2:00 PM on August 1, 2024. Proposals must be submitted in accordance with the instructions contained in this RFP.



It doesn't matter if it's cloudy ☁, your car window is cracked open 🚗, or you're parked in the shade – none of these things protect a child or pet left inside. 🐶 🐕

Let's all be vigilant and ensure the safety of our little ones and furry friends during the hot weather. Stay cool and safe!

KIDS IN THE PARK JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 EMPEROR'S NEW CLOTHES Impact Theatre	2	3 YOGA Cassie's Yoga & Mindfulness	4	5 RADIO Lakes Media	6 FAMILY CRAFT DAY
7	8 RETURN TO OZ Impact Theatre	9	10 CRAFTS Conservation Commission	11	12 DANCE Dancing Feet Studio	13
14	15 NEVERLAND Impact Theatre	16	17 ICE CREAM Belknap Mill	18	19 KARATE Sachem Health	20 FAMILY CRAFT DAY
21	22 HANSEL & GRETEL Impact Theatre	23	24 HIKING SAFETY Lakes Region Search & Rescue	25	26 TBD Belknap Mill	27
28	29 LOST IN WONDERLAND Impact Theatre	30	31 SAFETY VEHICLES Laconia Police & Fire Depts			



Free and open to families!
10am-11am
at the Belknap Mill



www.belknapmill.org

Laconia Historical & Museum Society Railway Day

A memorable train excursion along the shoreline of Lake Winnipesaukee while celebrating National Chocolate Chip Cookie Day!

August 4th | 10:30 AM-1:30 PM \$40 Adult/ \$35 Child 4-12yrs
Laconia Passenger Station | Downtown Laconia, NH



Information & tickets at laconiahistory.com



BELKNAP MILL 'S ARTS IN THE PARK Summer Concert Series

FRIDAY, JULY 12TH
BOSTON ROVERS
6PM-8PM
ROTARY PARK

Founding Sponsor Laconia Putnam Fund



Staffworks Exhibit at Belknap Mill

“ArtWorks” by Lakes Region Community StaffWorks is the Riverside Gallery exhibit for July. The exhibit will be up through the end of the month. Summer gallery hours are Monday through Saturday, 9am-1pm.

LRCS StaffWorks is dedicated to supporting individuals with developmental disabilities or acquired brain disorders in achieving their personal and career goals. Staffworks helps provide choices and opportunities for employment, job training, recreational activities, hobbies, and volunteer opportunities in the community. Through comprehensive programming, Staffworks fosters independence and promotes a sense of belonging and connectedness within the community for the individuals they serve.

To learn more about upcoming events or programs at the Belknap Mill, visit belknapmill.org.



LRCS
FAMILY RESOURCE CENTER
Engage. Empower. Inspire.

Active Parenting of Teens

For parents of teens and 'tweens

ZOOM COURSE

Purpose: To provide training and support for families experiencing the dynamic changes of teenage development and to help parents and other caregivers prepare teens and preteens to survive and thrive in society.

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth.

You will learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent
- Insight on issues such as teens online,



Thursdays 6:00-8pm
6-week series begins July 18, 2024

To register, go to:
www.lrcs.org/parentedregistration
or email: tricia.tousignant@lrcs.org



The Linden Foundation



FINANCIAL FOUNDATIONS: BUILDING BLOCKS FOR SUCCESS!

Four-part series; Join us for any or all.
Thursdays 10:00-11:30am

Needs, Emotions, Money & How They are Connected
July 18, 2024

Identifying & Changing our Financial Behaviors
July 25, 2024

Turning Dreams into Goals & Plans
August 1, 2024

Budgeting Basics
August 8, 2024

Participants can choose to attend in person at our office at 719 N. Main St., Laconia, NH OR attend virtually via Zoom.

Register at: www.lrcs.org/parentedregistration

LRCS
FAMILY RESOURCE CENTER
Engage. Empower. Inspire.

Made possible with funding from:

United Way
New Hampshire Charitable Foundation Lakes Region
Greater Lakes Region Children's Auction
The Linden Foundation

Opportunities for parents and Care givers to network with others for free, while enjoying their children's safe play. For children birth to age 5.

LRCS is proud to be a smoke-free, substance-free campus. Thank you for helping to keep our building and grounds a safe & healthy environment for all.

SUN	MON	TUE	WED	THU	FRI	SAT
		2 9-11AM Giggles & Grins Fireworks	3 9-9:45AM Happy Sounds Sharing Music & Movement		5 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	6
7	8 9-11AM Giggles & Grins Ants	9 9-11AM Giggles & Grins Butterflies	10 9-9:45AM Happy Sounds Sharing Music & Movement	11 9-11AM Giggles & Grins Bumble Bees	12 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	13
Giggles & Grins and Happy Sounds	14	15	16 9-11AM Giggles & Grins Glitter Paint Lady Bugs	17 9-9:45AM Happy Sounds Sharing Music & Movement	18 9-11AM Giggles & Grins Caterpillars	19 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia
Lakes Region Community Services Family Resource Center 719 North Main Street Laconia, NH 03246 603-524-8811	21	22	23 9-11AM Giggles & Grins Insect Headbands	24 9-9:45AM Happy Sounds Sharing Music & Movement	25 9-11AM Giggles & Grins Dragonflies	26 9-10AM Traveling Playgroup at Tardif Park, Crescent St.
	Giggles + Grins is a Peanut-free area. Thank you.	28	29	30 9-11AM Giggles & Grins Insect Headbands	31 9-9:45AM Happy Sounds Sharing Music & Movement	

POLLINATOR PATHWAYS
New Hampshire

July 2024
Monthly Newsletter

Restoring Habitat One Yard at a Time

Hello Everyone! This is an amazing time of year and every New Englander with gardens is trying to get it ALL DONE as fast as we can. New Englanders work with the handicap that our growing season is short. Well... next to the Arctic it's long, but really, I wish it were at least a month longer. Summer is also the time to relax, slow down enough so that you can enjoy all the outdoors. Is this an oxymoron? Not really—just be a lazy gardener and let Mother Nature help you relax.

In the relaxing department I took a walk in our woods the other day. One type of plant that I love is Sedge grass. In our woods we have Sedge grasses of all different types. I've put some photos in this letter. You'll never see these native plants at a nursery. They are truly beautiful and so intricate when you look at them. They can range from two inches to two feet. So cool!

Native plants are perennials. They come up every year (once established) They're hardy. After all, they evolved here. Winter doesn't scare them. With enough native plants, shrubs & trees in the landscape the weeds can't grow. The weeds get crowded out. And lawns? Cut lawn size down to just what is needed for the family's outdoor activities. Mow the grass as high as possible. Leave an outside edge that you don't mow. In the fall throw wildflower seeds into the areas that you let grow. When you bought your house you never signed a contract saying a golf course type lawn is required. Put pollinators "helping hands" to work in a vegetable garden by planting a few of their favorites in or around edible plants to increase pollination and get more fruits and vegetables. So you have gardens that can be mulched, watered and enjoyed. You have a lawn that takes 20-30 minutes to mow. Enjoy your free time, be a lazy gardener:

- Don't use chemicals
- Mow your grass long, or not at all
- Plant native plants

Enjoy the butterflies and pollinators who will show up now that they have what they need to survive and thrive!

Click on the image (left) to read the July Monthly Newsletter from Pollinator Pathways New Hampshire!

It contains a great deal of helpful information and a list of some upcoming events you may want to include on your calendar!



CYANOBACTERIA

With the recent Cyanobacteria warnings on Lake Winnipesaukee, and alerts on our own Lake Winnisquam, many people are wondering what is causing them, what their impact is, and what can be done to prevent them.

What are cyanobacteria?

Cyanobacteria are microscopic organisms that are naturally present in most freshwater lakes and ponds and are an essential component of the aquatic ecosystem. Under certain conditions though they can grow rapidly and generate visible "blooms". Blooms can look like scum, streaks, mats or spilled paint on the surface of the water and in the water column and are typically green, blue-green, yellow or brown in color. Some can produce toxins that can be harmful to people, pets, and wildlife. Not all cyanobacteria blooms produce toxins but there is no way of knowing just by looking at them, so your best bet is to treat all blooms as harmful and avoid contact.



Source: New Hampshire Department of Environmental Services

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What should you do if you see a potential cyanobacteria bloom?

If you see anything on the lake or shoreline that you suspect might be a cyanobacteria bloom please take photos and report it to the NHDES as soon as possible with the time and location it was observed. It is useful if you let the WWN know too, so that we can coordinate sampling. Most importantly, don't wade or swim in or drink the water. If anyone, including pets or livestock, comes in contact with a bloom or scum they should rinse off with fresh water as soon as possible.

What's the difference between a cyanobacteria warning and an alert?

If NHDES determines that the cyanobacteria cell density in a bloom exceeds the recreational health threshold of 70,000 cells/mL they will issue a lake-wide **warning**, as that is the level at which toxins may be present at a concentration that threatens public health. When a warning is issued NHDES advises lake users to avoid all contact with the water and keep pets and livestock out as well. Lakes are resampled weekly until the bloom subsides and the warning removed. **Alerts** are issued 1) based on a photo submitted before NHDES can analyze a sample and a bloom that may be a health risk is evident; 2) when the cyanobacteria cell density is approaching but does not yet exceed 70,000 cells/mL; or 3) if a bloom is reported, but conditions may have changed. **Alerts** are intended to serve as statements to be on the watch for a potential cyanobacteria bloom and lake users are advised to avoid contact with bloom material and to keep pets and livestock out of the water. An alert may develop into a warning but otherwise remain active for a week. Resampling only occurs if further bloom reports are submitted.

Why are cyanobacteria blooms on the rise, and what can be done about it?

Cyanobacteria blooms are becoming more common in our lakes due to increased nutrient input (primarily phosphorus), warming water temperatures and changing rain patterns. The best method for decreasing the likelihood of a cyanobacteria bloom is to reduce nutrient pollution into the lake. Stormwater and erosion from the land surfaces within the watershed are a primary source of nutrients to Lake Winnisquam. Fertilizers, shoreline and beach erosion, buffer clearing and poorly maintained septic systems can also contribute nutrients.

The Lake Winnisquam Watershed Based Plan that the WWN completed in 2022 identified specific sources of nutrient-laden runoff throughout the watershed and outlines a number of measures that should be undertaken to reduce phosphorus input to our lake. The WWN is currently working to address several of the top priority projects identified in the plan through a \$125k grant to design and construct stormwater treatment practices at three locations around the lake and we aim to implement additional projects in the future.

Here's what you can do to help:

Take a free LakeSmart self assessment and learn what you can do on your own property. You'll get lots of personalized tips on how you can better protect lake health.

Properly maintain your household septic system and pick up after your pets.

Maintain a buffer of natural vegetation on the water edge to filter water before it enters the waterbody.

Be aware of the Shoreland Protection Act and its restrictions on the use of fertilizers along the shoreline. No fertilizer, except limestone, may be used within 25 feet of the reference line (shoreline).

Support the Winnisquam Watershed Network and our work to implement the Winnisquam Watershed Management Plan. Encourage your friends and neighbors to do so as well.

City of Laconia

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



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

SENIOR RESOURCES

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

If My Parent Has Alzheimer's Disease, Will I Have It Too?

A family history of Alzheimer's does not mean for certain that you will have it. But it may mean that you are more likely to develop it.



Genes are passed down from a person's biological parents.



In most cases, Alzheimer's does not have a single genetic cause. You may have certain genes that either positively or negatively affect your risk.



In rare cases, people can have a single genetic variant that causes Alzheimer's.



Lifestyle factors, such as exercise, diet, and smoking, can have positive or negative effects by changing the activity of certain genes.

Learn more about genetics and Alzheimer's at www.nia.nih.gov/alzheimers-genes.

NIH National Institute on Aging

Having a family history of Alzheimer's disease doesn't mean for certain that you will develop it, but it does increase your risk. Curious about how genetics can influence Alzheimer's?

Just click on the image above to learn more about your risk and what it might mean for you!



City Meetings

Week of:
July 15 - July 19

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

Human Relations Committee

July 11, 2024, 3:00 pm

[Agenda](#)

Parks and Rec Commission

July 15, 2024, 6:00 pm

[Agenda](#)

Zoning Board of Adjustment

July 15, 2024, 6:30 pm

[Agenda](#)

Board of Assessors

July 18, 2024, 5:30 pm



CITY OF LACONIA PHONE DIRECTORY



(All phone numbers below must be preceded by 603)

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

City Council Contact Info:

Mayor Andrew Hosmer	496-2078
Bruce Cheney (Ward 1)	491-8946
Robert Soucy (Ward 2)	524-7054
Eric Hoffman (Ward 3)	803-3425
Mark Haynes (Ward 4)	524-3605
Steven Bogert (Ward 5)	528-0613
Tony Felch (Ward 6)	998-1418

General Council E-mail:
citycouncil@laconianh.gov

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