Welcome to the March 2021 issue of The Hub, the town-wide newsletter for Gilford. In these pages, you'll find information from Town Hall, the Library, the Youth Center, Community Church, Public Works, and more community institutions.

We are always looking to feature important news and events, so if your group has something they'd like featured, please email us at gilfordlibrary@gmail.com by the 20th of the month and we will try to fit it in the next month's issue.
Dog Tags
The 2021 Dog Tags are now available. This notice is to remind all dog owners to renew their dogs’ license by April 30, 2021. There is a “grace period” that allows you to come in up to June 1, 2021. After June 1, 2021 a $1.00 a month penalty will be assessed as well as a delinquent list being forwarded to the Police Department for a $30.00 (per dog) civil forfeiture fine. Penalties and fines are charged according to NH State Law. No documents are needed to renew the dog unless the rabies certificate on file has expired. Dog licenses may be renewed online at www.gilfordnh.org, by mail by sending a check with the appropriate fee and a copy of the rabies (if needed). You may also register by coming to the Town Clerk – Tax Collector’s Office Monday – Friday 8:00 am – 4:30 pm or Thursdays 8:00 am until 6:00 pm.

Please see attached document for license fees. If you no longer have the dog, please call the office at 527-4713 to remove your name from the list.
APPLICATION FOR OFFICIAL TOWN & SCHOOL DISTRICT ELECTION ABSENTEE BALLOT

To the Town Clerk of Gilford, hereby apply for an official absentee ballot.
Am a duly qualified voter and entitled to vote in the town of ____________________________

Mail my absentee ballot to:

Signature: ________________________________________________________________

Mailing Address: __________________________________________________________

City/Town, State & Country: _______________________________________________

Mail or fax your signed application to:

Town of Gilford
Danielle LaFond, CNHTC
Town Clerk – Tax Collector
47 Cherry Valley Rd.
Gilford, NH 03249
Fax: (603) 527-4719

Questions:
Telephone: (603) 527-4713
Email: dlafond@gilfordnh.org
As of March 1, the Library Trustees have voted to open our doors a little bit wider for the general public use. We’re glad to announce our building capacity is doubling and we are now again allowing small groups of 10 and under to use our meeting room and other space around the library. Passport applications and notary services will resume March 1st by appointment and the After-School Teen Club will restart Wednesday afternoons as well. We’re happy to see Geri-Fit coming back to the library as well as Story Time with Miss Jill in the Children’s Room. We do ask with those programs that you register in advance so we do not run into an excessive head count issue. Thank you for your continued patience and support of your local library!

Children’s Corner
Join Miss Maria for a fun virtual party in your pajamas on Wednesday, 3/31 at 7PM! Dance party, scavenger hunt, conversations, and a bedtime book to wind it down. Prizes awarded for best pjs, scavenger hunt, and dancing! Register here. *Preschool-2nd grade.

Need something to keep you busy while you watch the snow fall? The Gilford Library and the Friends of the Gilford Library have sponsored a new adult reading challenge for 2021! Adults can pick up a “Gilford Public Library Reading Challenge” leaflet at the front desk or download it and start working on it immediately. 21 categories need to be completed in 2021 to finish the challenge! When the challenge is finished, bring in your completed checklist and we will be awarding prizes for our finishers. We’re here to help push you along in your reading resolutions!

WWW.GILFORDLIBRARY.ORG
The Fierce Feminine: Activating the Power Within - March 8th, 2pm

March 8th is International Women’s Day! What better way to honor the social, economic, cultural, and political achievements of women than to activate the POWER that lives within YOU. Join Lani Voivod Monday, March 8th for a fiercely feminine talk. On Facebook Live.

Snowshoe Hike - March 18th, 1pm

Join Molly and Sue from Parks and Rec in the final days of winter for one last snowshoe hike & track identification of the season! We’ll take a snowshoe hike through Ramblin Vewe Farm to soak up those last few snowy sights. Meet at the Boyd Hill Entrance for Ramblin' Vewe Farm.

Sign up required/byo snowshoes if possible. Limited snowshoes available to reserve courtesy of Gilford Parks & Rec.

*Pending adequate trail conditions*

Acrylic Paint Night w/Kayleigh & Arielle - March 30th, 5PM

Paint your own masterpiece with Kayleigh and Arielle. This month, we will be painting an ocean scene. Sign up to join us in person to paint a masterpiece. All supplies provided, limited to 10 in-person, but we will have 5 extra kits to follow along at home on Zoom.

Children’s Events

Bilingual Storytime - Tuesday @ 10:30AM, 3/9, 3/16, 3/23, 3/30

Mother Goose on The Loose - Thursday @ 10:30 AM, 3/11, 3/18, 3/25

Science @ Home - Wednesday, 3/10 & 3/24

Flamenco Fridays - @ 1pm 3/5, 3/12, 3/19, 3/26

St Patrick’s Day Take and Make

Celebrate with a craft sure to be loved for months to come. Pick up available on 3/17 for ages 2-10 while supplies last.
The Gilford Youth Center is excited to announce its new program designed to provide delicious meals to Seniors. Each week a tasty new meal is on the menu and available to pre-registered recipients for delivery. Lunches will be delivered on Wednesdays between 11-12 pm.

Lunches will be prepared and ready to heat! You must register to receive the meals. The deadline for registration for Mobile Meals is the Monday before Meal delivery.

How to Register/Order:
Register by calling the Gilford Community Church Office at 524-6057. Please leave your name, address & phone number. Orders must be placed by the preceding Monday.

Cost: $3.00 per meal. (payment is due upon delivery)

Navigating Recovery offers crisis navigation and one-on-one support to anyone affected by or afflicted with Substance Use Disorder (family members included).
Starting Monday, February 22nd we will be open to the public. Masks, a COVID questionnaire, temperature checks, and social distancing are required. If you do not have a mask we will provide one for you. Group meetings will still be held via Zoom for the time being. Looking forward to seeing you in person again!

Community Action Program
Belknap-Merrimack Counties, Inc.

Community Dining Takeout Option
We are offering grab and go meal options at your Senior Center on Monday and Thursday. Reservations requested.
You can receive a combination of frozen and shelf stable meals.
Come and get 1 or 5, it is up to you.
A $2 donation is suggested for each meal

Please contact your local senior center for more details.

Alton-875-7102
Franklin(TRIP)-934-4151
Tilton-527-8291
Suncook-485-4254

Bradford-938-2104
Laconia-524-7689
Pittsfield-435-8482
Horseshoe Pond Place-228-6956

We are also in great need of substitute Meals on Wheels drivers.
For more information, call the Senior Center near you.
PUBLIC HEARING
March 1, 2021 @ 6:00 p.m.
Gilford High School Library
The purpose of the public hearing is to discuss the acceptance of the Elementary and Secondary School Emergency Relief Fund II to reimburse COVID-19 related expenses.

SCHOOL BOARD MEETING
Immediately following the Public Hearing
March 1, 2021 @ 6:00 p.m.
Gilford High School Library

GILFORD CANDIDATE’S NIGHT
March 2, 2021 @ 6:00 p.m.
Gilford High School Auditorium
Gilford High School Student Council is cordially inviting community members to hear candidate platforms and ask questions at the Gilford “Meet the Candidates Night”
Masks will be required and social distancing will be observed.
The event will be livestreamed for viewing only. If you would like to submit a question, email candidates@sau73.org
Please click the link below to view the livestream:
https://zoom.us/j/97791358049
To access by phone, please dial 1-312 626 6799 Webinar ID: 977 9135 8049
The Board of Thompson-Ames Historical Society has unanimously agreed to take our shoes off and jump feet first into the process of organizing the 2021 Gilford Farmer's Market! Our hiatus has been long and dreary and we are looking forward to opportunities for socializing with friends and neighbors in ways that comply with Covid related guidelines.

Farmer's Market - Opening Day is scheduled for Saturday, June 26 on the grounds of the Benjamin Rowe House. If you are interested in joining the Market team as a volunteer at a Market or by getting involved in the organizational process, there are many ways for you to do so. We welcome suggestions and creativity, so please share yours!

Programs and Events - Do you have a piece of history in your back yard? Perhaps the remains of an old stone mill or other structure, a grave site, barn or vintage garden? We are brainstorming an informal "History in your Backyard" series and would love to have your ideas and input. Additionally, we will be organizing a few programs of historical interest over the course of the summer including our yearly collaboration with the Gilford Public Library.

The Thompson-Ames Board is comprised of a diverse group of individuals who have come together in an effort to preserve the Town's farming and cultural heritage as well as three historical museum buildings in the Village -- We invite you to join our team. You can contact us by email or telephone, or bring along a mask and join our next Board meeting, scheduled for March 12 at 10 a.m. at the Mt. Belknap Grange building, 8 Belknap Mountain Rd. in Gilford.
Each winter, we remind our followers of "Jessica's Law," which, since 2002, has legally required drivers to clean snow and ice off their vehicles before driving. Jessica Smith was tragically killed when ice from a tractor trailer flew off and struck a box truck, which then struck Jessica's car. The motor vehicle statute that Jessica's Law refers to is Negligent Driving (RSA 265:79b). Fines range from $250-$500 for a first offense and from $500-$1,000 for subsequent offenses. GPD officers are out and enforcing this law. PLEASE take the extra time following winter storms to clean vehicles COMPLETELY of snow and ice. As always, please also exercise safe driving while on the roadways.

This photo is from a recent incident where a vehicle was struck by flying ice in Gilford.
DOWN AND DIRTY WITH DPW

It’s that time of year when New Hampshire Winter Olympics begin. You know, the infamous Pothole Slalom and Frost Heave Long Jump? It’s a sure sign that spring is coming, which many of us are excited about but, it’s also a sign that our roads are in a vulnerable state. As temperatures warm and the frost melts out of the ground, the subsoils under the pavement become saturated, soft and unstable causing the pavement and especially the shoulders to be susceptible to damage from heavy loads. Typically, in early to mid March Towns in New Hampshire will start posting weight limits on roads. We understand this is frustrating to contractors and companies who need to haul construction loads, equipment, trash, oil, propane, but there is solid reasoning behind it. By posting the weight restrictions on roads we can protect the pavement from unnecessary damage during a “fragile” time.

Posting of town and state roads is allowed by NH State Law RSA 231:190-191. Road Posting GILFORD LOAD LIMIT OF 10 TONS (OR 300 LBS/IN TIRE WIDTH) WILL BE IN EFFECT STARTING MONDAY MARCH 8TH DPW WILL MONITOR CONDITIONS AND LIFT THE WEIGHT LIMITS AS SOON AS ROADS DRY OUT AND IS PRACTICAL.
POTHOLE SAFETY TIPS

1 - PROPERLY INFLATE YOUR TIRES
They'll hold up better to potholes than tires with too little or too much air.

2 - YIELD DON'T SLAM ON BRAKES
If you cannot avoid a pothole, slow down BEFORE you hit it. Don't brake directly over a pothole as that can cause more damage.

3 - HOLD STEERING WHEEL FIRM
When driving over the pothole hold the steering wheel firmly to avoid losing control.

4 - BEWARE OF PUDDLES
Use caution when driving over a puddle of water because it might be a pothole in hiding.
The Board of WinnAero, the STEM educational non-profit based at the Laconia Airport, recently met to plan for the return of their popular summer ACE Academy day camps. This summer’s schedule will take place at the Airport in July, COVID restrictions permitting. Among the wide range of aviation/aerospace topics to be covered in various sessions are: rocketry, drones, flying procedures, flight safety, manufacturing, engineering, airborne search & rescue techniques, air traffic control, astronomy, spacecraft and space station design. The tentative schedule of the individual sessions are July 5-9, 12-16 and 19-23. Age breakouts, times, registration information, tuition and main theme subject matter for each session are available on the WinnAero website; www.winnaero.org.

Families with more questions are encouraged to reach out to the WinnAero Educational Director, Dan Caron at dan.caron@winnaero.org.
Do you live in Belknap County? Are you parenting children? If so, please sign up for a FREE online education series via Zoom. Eight topics to choose from to help you with healthy eating in your home.

Contact Brenda Carey to schedule (weekdays or weekends)
brenda.carey@unh.edu
Call or Text: 630-8303

Receive a $10 Hannaford gift card for every class you attend.
(Income restrictions apply)

Cooking Matters at Home has eight sessions that are 60 minutes in length.
Cooking Matters at the Store is also available online as a 60-minute session. All sessions can be offered on their own or as part of a series.

- Kids Say Yes to Fruits & Veggies
- Making Recipes Work for You
- No More Mealtime Madness
- Hack Your Snack
- The Family Kitchen
- Money-Saver Alert
- Drink to Your Health
- Feeding in the First Year
- Cooking Matters at the Store

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 603-630-8303 within 7 days so proper consideration may be given to the request.

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Cooking Matters at Home has eight sessions that are 60 minutes in length. Cooking Matters at the Store is also available online as a 60-minute session. All sessions can be offered on their own or as part of a series.

Kids Say Yes to Fruits & Veggies
This session will discuss pros and cons of using different forms of fruits and vegetables, how to prepare meals and snacks that help kids eat more fruits and vegetables, and share ideas for helping kids enjoy more fruits and vegetables.

Making Recipes Work For You
This session will discuss how to substitute ingredients in recipes, practice using recipe frameworks, and share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.

No More Mealtime Madness
This session will introduce fundamentals of maintaining a basic pantry and discuss ways to involve kids in the meal planning to create more buy-in at mealtime.

Hack Your Snack
This session will share tips for saving time when buying and preparing healthy snacks, practice making healthy, homemade snacks, reading food labels, and identifying healthier choices when choosing prepackaged snacks, and practice comparing unit prices to save money.

The Family Kitchen
This session will prepare caregivers to work together with kids in their care to discuss safe, age-appropriate tasks for kids in the kitchen, practice preparing meals or snacks with child-friendly steps, and make healthy meals and snacks that everyone will enjoy.

Money-Saver Alert
This session will discuss how to use everything that you have (or have access to), practice using ‘hard to utilize’ ingredients in a variety of recipes, and discuss how to save foods that you can't use right away and how to limit food waste with children while still introducing new foods.

Drink To Your Health
This session will discuss how sugary drinks impact health and describe how to make and taste a variety of healthy beverages at home.

Feeding in the First Year
This session will discuss infant feeding options including the safe introduction of solid foods, different food preparation methods that can be adapted for infants at different developmental stages, and practice preparing age-appropriate infant foods alongside recipes for the whole family.

Cooking Matters at the Store: Shopping on a Budget
This session will discuss how to buy fruits and vegetables on a budget, and practice comparing unit prices, reading food labels, and reading ingredient labels to find whole grains.
When can I get a COVID-19 VACCINE in NH?

**PHASE 1B**
- People 65 and older
- Medically vulnerable people under 65 who are at significantly higher risk with 2 or more conditions
- Family caregivers of medically vulnerable persons under 16 years old
- Residents and staff of residential facilities for persons with intellectual and developmental disabilities
- Corrections officers and staff working in correctional facilities
- First responders and health workers not already vaccinated

**PHASE 2**
- PHASE 2A: K-12 school and childcare staff
- PHASE 2B: People 50-64 years old

**PHASE 3**
- PHASE 3A: Medically vulnerable people under 50 years old at moderately higher risk with 1 or more conditions
- PHASE 3B: Everyone else not already vaccinated

Visit vaccines.nh.gov or call 2-1-1 for more information.

*Estimated time frame depends on vaccine doses allocated to NH from the federal government and vaccine uptake.

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**EVICITION:**

- **HOW IT WORKS**
- **KNOW YOUR RIGHTS**
- **ASK FOR HELP**

**THE EVICTION NOTICE MUST BE IN WRITING.**

YOU DON'T HAVE TO LEAVE WHEN YOU GET THE EVICTION NOTICE.

After the eviction expires, your landlord still must ask a judge's permission to evict you. This request is called a "landlord & tenant writ." The sheriff will bring the writ to your home. You do not have to move out when you get this.

DO YOU WANT TO FIGHT THE EVICTION? TELL THE COURT.

To do this you must "file an appearance" with the court. This is a simple one-page form the court should send you, or you can get it at the court. You MUST return the form to the court by the RETURN DAY on the first page of the landlord & tenant writ. You can hand deliver or mail the form to the court. Allow at least two days for delivery if you mail it.

COURT DATE

Once the court gets your "appearance form," it will send you a "notice of hearing." This will have the date and time of your hearing.

TALK TO THE JUDGE

At your hearing, tell the judge why you should not be evicted. If you need help with what to say, call legal aid at 1-800-639-5390 or apply online at nhlegalaids.org. Even if there is no legal defense against the eviction, you can ask the judge for up to 90 days to move.

WHAT IF YOU LOSE?

If the landlord wins, the judge will sign a "writ of possession." You do not have to leave until the sheriff brings this writ to your home.
Three Ways to Avoid COVID-19 Vaccine Scams

If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the COVID-19 vaccine, STOP. That’s a scam.

For help, contact your #seniormedicarepatrol.
In New Hampshire - that's ServiceLink! 1-866-634-9412

Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here’s what you can be sure of:

- You can’t pay to put your name on a list to get the vaccine. That’s a scam.
- You can’t pay to get early access to the vaccine. That’s a scam.
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. That’s a scam.

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

[ftc.gov/coronavirus/scams](http://ftc.gov/coronavirus/scams)
[consumerresources.org/beware-coronavirus-scams](http://consumerresources.org/beware-coronavirus-scams)
New Hampshire COVID-19 Vaccination Allocation Plan Summary
January 16, 2021

List of Underlying Medical Conditions (adapted from CDC):

**Phase 1b**: Two or more conditions
**Phase 3a**: One or more conditions

- Cancer
- Chronic Kidney Disease
- COPD (Chronic Obstructive Pulmonary Disease) and other high-risk pulmonary disease
- Down Syndrome
- Heart Conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised states
- Obesity (body mass index of 30 kg/m or higher)
- Pregnancy
- Sickle cell disease
- Type 2 Diabetes Mellitus

Note: DPHS allows a health care provider to vaccinate any patient assessed to have significant risk for severe illness due to co-morbidities, even if not listed here. This list does not include every condition that might increase one’s risk for developing severe illness from COVID-19, such as those for which evidence may be limited (e.g., rare conditions or combinations of conditions).