



THE HUB

Gilford Town Newsletter



IN THIS NEWSLETTER

Town Hall
Town Beach Regulations
Library
Friends of the Library
Gilford School District
Parks and Rec
DPW
Welfare Director

WELCOME TO THE JULY ISSUE

Welcome to the July 2023 issue of the Hub, the town-wide newsletter for Gilford.

Summer is finally here! We hope your summer has gotten off to a great start and we look forward to seeing you at some of the events around town.

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.

NEWS FROM TOWN HALL

GILFORD TOWN RESIDENTS

The Gilford Town Hall, Town Offices, Recycling Center and Library will be closed Tuesday, July 4, 2023 in observance of Independence Day.



GILFORD PHONE DIRECTORY

Administrator	527-4700
Assessing Office	527-4704
Board of Selectmen	527-4700
Budget Committee	527-4700
Building Inspector	527-4727
Finance Department	527-4701
Fire Department	527-4758
Gunstock Acres Village Water District	293-8580
Health Officer	707-5860
Historic District	527-4727
Library	524-6042
Parks & Recreation	527-4722
Police -Business	527-4737
Emergency	528-3800/911
Planning & Land Use	527-4727
Public Works	527-4778
Solid Waste Center	527-4778
Town Clerk/ Tax Collector	527-4713
Welfare Office	527-4796

DID YOU KNOW?

The Board of Selectmen have a Facebook Page! You can find the page by clicking [here](#) or by searching for Town of Gilford - Board of Selectmen's Office.

CALENDAR

- Old Home Day Committee
7/5, 6:15PM @ Gilford Town Hall
- Cemetery Trustees
7/6, 4PM @ Gilford Town Hall
- Historic District & Heritage Commission
7/11, 4PM @ Gilford Town Hall
- Gunstock Acres Village Water District
7/11, 5:30PM @ Gilford Public Library
- Library Trustee Meeting
7/12, 10AM @ Gilford Public Library
- Board of Selectmen
7/12, 7/26, 7PM @ Gilford Town Hall
- Planning Board
7/17, 7PM @ Gilford Town Hall
- Board of Fire Engineers
7/18, 8:30AM @ Gilford Town Hall
- Friends of the Library
7/18, 4PM @ Gilford Public Library
- Conservation Commission
7/18, 7PM @ Gilford Town Hall
- Kimball Wildlife Forest Committee
7/20, 4PM @ Gilford Town Hall
- Zoning Board of Adjustment
7/25, 7PM @ Gilford Town Hall

TOWN NEWS ON YOUR TV

You can find recorded meetings, flyers for town events and programs, & information all on Lakes Region Public Access, which can be found locally on Atlantic Broadband Channels 24, 25, & 26 on the schedule.

	Mondays
	5:00am - 4:30pm
	Fridays
	5:00am - 5:45 pm
	Sundays
	6pm-12 Midnight



Lakes Region Public Access
community empowered by media



TOWN OF GILFORD, NEW HAMPSHIRE

TOWN BEACH REGULATIONS

(CHAPTER 3)

KNOW ALL PERSONS BY THESE PRESENTS, the Gilford Board of Selectmen hereby ordains to adopt these amended regulations as the rules by which the Town Beach, (being 17 +/- acres as situated off Varney Point Road and more particularly referenced at Tax Map 223, Lot 417), shall henceforth be governed.

3.1 AUTHORITY

These Regulations are adopted pursuant to the authority granted under RSA 41:11-a.

3.2 PURPOSE

The purpose of these Regulations is to promote the safe and orderly use of the Town Beach for the benefit of Gilford residents, property owners and their guests. In addition, these Regulations are intended to prevent the Town Beach from being over-crowded and over-utilized to the greatest extent possible for the long-term preservation of this unique resource as the only Gilford Town-owned beach property along the shores of Lake Winnepesaukee.

These Regulations are also intended to implement the terms of the deed to the property dated June 30, 1947, as recorded in the Belknap County Registry of Deeds at Book 295, Page 7, especially the covenant provided therein that states as follows: "It is part of the consideration of this deed that said town, its successors and assigns, will maintain said property for at least sixty (60) days during the summer season as a bathing beach and playground, for the use of residents and taxpayers of the Town and members of their households, and exclude all other persons therefrom, except their guests, who may be admitted under such restrictions and regulations as the Town or its Selectmen may from time to time prescribe..." (NOTE: the term "guests" as used in these Regulations shall mean family and friends accompanied by a resident/taxpayer to the Town Beach; and shall not include guests (or paying customers) of lodging establishments and/or short-term rentals.)

3.3 REPEAL OF PREVIOUS REGULATIONS

These Regulations shall supersede and replace all previous Town Beach Regulations, including, but not limited to such admission policies and written rules which may heretofore have been adopted.

3.4 RULES

A. Residency & Entry

1. Access to and from the Gilford Town Beach shall be limited to the Varney Point Access Road only. All visitors must stop at the gatehouse whenever an Attendant is present. Access to this facility by any other means (boat, ATV, fence jumping, etc.) or failure to stop when directed by the Attendant may result in immediate expulsion in addition to any other penalties that may be imposed as a violation.
2. During the period Memorial Day through Labor Day of each year, entry to the Town Beach is limited to the following:
 - (a) Vehicles displaying a valid Town Decal

Town Decals are available in the Town Clerk's Office on an annual (calendar year) basis to residents of the Town of Gilford and individual owners of residential property situated in the Town of Gilford (persons whose names are on a deed) upon proof of identification, residency and/or vehicle registration. Decals must be affixed to the driver's side of the motor vehicle and correspond with that vehicle's registration number. There shall be no charge for the initial Town Decal, but replacement decals shall cost \$25.00.

NOTES:

- (1) Except as otherwise established by the Ordinance Governing the Use and Restrictions of the Glendale Facility, Town Decals shall not be issued to any Gilford taxpayer whose name is not listed on a deed unless they are a resident of the Town, nor to any person who has an unpaid fine for a parking or Town ordinance violation.
- (2) Residential property shall not include any parcels of real estate that are used primarily for commercial or industrial purposes, including, but not limited to such uses as listed in the Gilford Zoning Ordinance, (Sections 4.3 and 4.4), nor shall they include properties marketed as short-term rentals unless the dwelling is occupied by the property owner at least thirty (30) consecutive days per calendar year.

- (b) Pedestrians, bicyclists (and their guests) upon proof of identification and Gilford residency or residential property ownership.
- (c) Visitors who present a Daily Guest Pass

Daily guest passes are available for purchase by residents or property owners from a Town Beach Attendant for \$20.00 per vehicle. Residents and residential property owners shall be limited to one guest vehicle per day per vehicle with a Town Decal. A vehicle with a Town Decal must accompany the guest vehicle into the Beach parking lot.

NOTES: All guests must be accompanied by a resident or residential property owner. Children under the age of 12 must be accompanied by a person 18 years of age or older with identification. Also, the Town reserves the right to stop selling Daily Guest Passes on any given day if the parking lot capacity reaches seventy-five percent (75%).

- (d) Visitors who present a Temporary Pass signed by the Parks & Recreation Director

The Parks & Recreation Director is authorized to grant special permission for visitors to access the Town Beach under extenuating circumstances.

B. Hours of Operation

1. The Town Beach and parking areas are closed between the hours of 9:00 p.m. and 9:00 a.m. These hours may vary, however, due to weather conditions or maintenance needs. Any person found within the beach area after hours may face immediate expulsion in addition to any other penalties that may be imposed as a violation. Also, any unauthorized vehicle left on Town Beach property after hours may be towed at the expense of the owner.
2. It shall be a violation of these Regulations to trespass on Town Beach property whenever signs are posted that indicate the facility is closed or when the gate is not open.
3. The Town of Gilford makes no guarantee as to the availability of lifeguards or the protection of visitors from weather, injury, drowning or personal conduct during any specific hours of operation.

C. Parking

1. Parking at the Town Beach is limited to passenger cars and light trucks and two-wheeled motorized vehicles with a Town Decal or a Daily Guest or Temporary Pass. There is no parking for RV's, buses or trailers allowed in the Town Beach Parking Lot.

2. Daily parking at the overflow parking lot (at the ice rink) is available for passenger cars and trucks and two-wheeled motor vehicles. Parking for RV's, buses or trailers may be allowed in the overflow lot under special circumstances upon prior approval from the Parks & Recreation Department.
3. There is no overnight parking allowed between the hours of 9:00 p.m. and 9:00 a.m. on Town Beach property (including the overflow lot) except by written permission of the Parks & Recreation Director and/or display of a special permit.
4. The parking lot and all access roads into and throughout the Town Beach facilities have a 10 mile per hour speed limit.
5. The Town of Gilford reserves the right to designate parking in the overflow facility (at the ice rink) and/or to limit the number of vehicles that are allowed to park at the Town Beach.
6. Vehicles parked at the Town Beach parking lot without a visible Town Decal or a Daily Guest or Temporary Pass are subject to being towed at the owner's expense, in addition to any other penalties that may be applicable as a violation of these Regulations.

D. Beach Activities

1. The Town of Gilford provides restrooms, changing facilities, picnic facilities, grills, playground equipment and trash receptacles as a convenience to beach users. The use of such items, however, may be restricted at anytime for any reason. All visitors are required to treat Town Beach property with respect and in a manner that is consistent with their intended purpose.
2. It shall be a violation of these Regulations to damage Town Beach property, (including trees and other vegetation) or dispose of trash in an improper manner, (especially on the beach or in the water). It shall also be a violation of these Regulations to emit loud noises, bright lights or disrupt the peaceful enjoyment of the beach area by others.
3. The Lifeguards are authorized to restrict, limit, prohibit or delegate specific areas for any beach activity (such as ball playing, frisbee tossing, horseshoes, metal detectors, kite flying, etc.) to the extent deemed reasonable and in the best interests of the Town Beach visitors. The failure of any person to comply with the directions of a Lifeguard shall be a violation of these Regulations.
4. The Town reserves the right to restrict or limit group outings of more than eight (8) people under such terms and conditions as may be established by the Recreation Commission. Written requests for organized group outing activities must be submitted at least one (1) month in advance to the Parks & Recreation Department.

E. Swimming Activities

1. The Town of Gilford provides designated swim areas and roped swim lines and a floating dock for the convenience of beach visitors. The use of such facilities, however, may be restricted at anytime for any reason, including, but not limited to weather, lack of staff, or unsafe behavior as may be determined by a Lifeguard, (such as running, pushing, diving, horseplay, lack of swimming ability or faking an emergency). Failure to comply with any order or direction of a Lifeguard shall be a violation of these Regulations.
2. It shall be a violation of these Regulations to use floatation devices, life jackets, swim toys, snorkels, fins, masks or scuba gear in the swim area that is designated as the guarded area, unless medically necessary or approved by the Lifeguards.
3. Swim areas may be closed to the public during such times when swimming lessons or other Parks & Recreation Department scheduled activities are taking place.

F. General Safety

1. Children under the age of 12 must be supervised by an adult in their party at all times.
2. Visitors are asked to report all injuries, equipment defects, facility malfunctions, restroom issues, acts of vandalism, observations of rule violations or missing persons to a Lifeguard or Attendant immediately.
3. Do not leave a charcoal fire unattended. All grills shall be left in an orderly fashion with the fire extinguished, and all charcoal refuse shall be placed in designated concrete containers. The use of portable gas grills by visitors who bring their own appliances onto the Town beach property is not encouraged, however persons may do so at their own risk, provided that such use may be restricted by the Town using its sole discretion in the interests of public safety.

G. Prohibitions

1. There shall be no smoking anywhere on Town Beach property (including designated swim areas), except in the privacy of a motor vehicle or in the street. Failure to comply with this rule or properly dispose of cigarette waste shall be a violation of these Regulations.
2. There shall be no solicitation or commercial activity on Town Beach property without the written permission of the Recreation Commission.
3. There shall be no motor vehicles allowed on the beach (except as noted in Section 3.5).

4. There shall be no pets allowed on Town Beach property except for service dogs as otherwise allowed under the U.S. Americans with Disabilities Act. Patrons with service dogs must make arrangements to properly dispose of waste and must maintain control of the animal at all times.
5. There shall be no camping, tents, screen houses or open flames (except for charcoal fires in grills provided or portable grills).
6. There shall be no watercraft (including boats, canoes, kayaks, inflatable rafts, windsurfers, surfboards, jet skis, amphibious planes, etc.) to be stored, launched, driven or moored on the Town Beach or in a designated swim area or within twenty-five feet (25') of a swim line.
7. There shall be no skinny dipping, nude tanning, female topless sun bathing or exposure of genitalia allowed on Town Beach property.
8. Glass bottles are not allowed on Town Beach property.
9. Feeding of ducks, geese, sea gulls or any other birds or wildlife is not allowed.
10. The use of baseballs, metal or wooden bats, water guns, illegal drugs or weapons of any kind are prohibited on Town Beach property.
11. There is no parking anywhere along Varney Point Road for beach goers.
12. Harassment, intimidation or willful disregard of the staff is strictly prohibited.
13. No fireworks are permitted on Town Beach property.

3.5 EXEMPTIONS

The following activities are exempt from these Regulations:

1. Maintenance activities authorized by the Town.
2. Public safety (police and fire-rescue) activities.
3. Recreation activities authorized by the Town.
4. Concession activities authorized by the Town.
5. Winter use of the Town Beach Property for access to Lake Winnepesaukee when frozen.

3.6 VIOLATIONS

A. Failure to comply with any of these Regulations shall be considered a violation subject to the penalties set forth herein.

B. Each continuation of a violation after notice and each rule infraction shall constitute a separate offense.

3.7 ENFORCEMENT

A. These Regulations shall be administered and monitored by any and all employees of the Gilford Parks & Recreation Department who have been duly appointed by the Board of Selectmen with responsibilities for oversight and/or maintenance of the Town Beach, including, but not limited to the Parks & Recreation Director, Recreation Specialist, Program Assistant, Gatekeepers, Attendants and Lifeguards. The authority to administer and monitor shall consist of the following:

1. Documenting and reporting violations to the Police Department;
2. Educating visitors about these Regulations;
3. Seeking voluntary compliance and/or expulsion from the facility;
4. Prohibiting entry to the facility or use of the Town Beach property in the event of non-compliance, (to include denial of entry for up to 30 days for repeated or severe violations, subject to a right of written appeal to the Board of Selectmen);
5. Collecting Fees.

B. These Regulations shall be enforced by any duly certified Gilford Police Officer. Enforcement shall consist of (1) an order to vacate the premises; (2) the issuance of a citation; (3) demand for restitution; (4) the revocation of a Town Decal; (5) the issuance of a summons; (6) arrest; and/or (7) any combination of these actions at the discretion of the enforcement official based upon the severity and egregiousness of the violation(s).

3.8 FINES AND PENALTIES

A. Any person who has committed a violation of these Regulations shall be subject to a fine as follows:

- First Offense: The amount due shall be twenty-five dollars (\$25.00)
- Second Offense: The amount due shall be fifty dollars (\$50.00)
- Third (or more) Offense: The amount due shall be one hundred dollars (\$100.00)

B. No person who has been issued a violation citation shall be allowed to enter the Town Beach property until such time as the fine has been paid or they have been found not guilty by a court of competent jurisdiction or unless otherwise ordered by the Board of Selectmen.

C. Failure to make payment for a fine as indicated on a citation within thirty (30) days of issuance shall result in prosecution in Laconia District Court. Any person found guilty in a court of law for violating these Regulations shall thereafter not be eligible for a Town Decal or entry to the Town Beach for a period of one (1) year from the date of conviction.

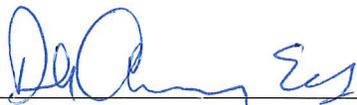
3.9 SEVERANCE

In the event that any word, sentence or section of these Regulations is found to be invalid as a result of judicial or legislative action, the remainder of these Regulations shall remain in full force and effect.

3.10 EFFECTIVE DATE

Adopted on February 11, 2009, to be effective February 12, 2009.
Amended on November 18, 2020, to be effective as of December 1, 2020.
Amended on February 9, 2022, to be effective immediately thereafter.
Amended on February 22, 2023, to be effective immediately thereafter.
Amended on June 14, 2023, to be effective immediately thereafter.

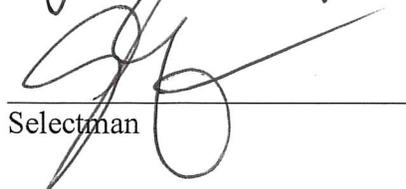
IN WITNESS WHEREOF, these amended Town Beach Regulations are hereby adopted and approved on the 14th day of JUNE, 2023, by the Gilford Board of Selectmen, to be effective immediately hereafter, upon consideration of public input during a duly posted and advertised public hearing held on the 14th day of June, 2023. ATTEST:



Selectman

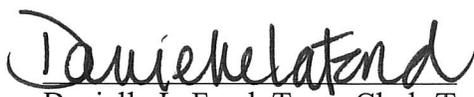


Selectman



Selectman

UNDER SEAL OF THE TOWN, RECEIVED AND RECORDED IN THE OFFICE OF THE TOWN CLERK-TAX COLLECTOR ON THE 19 DAY OF June, 2023.



Danielle LaFond, Town Clerk-Tax Collector



WHAT'S HAPPENING @ THE LIBRARY

WHAT'S GOING ON IN THE CHILDREN'S ROOM

Summer Baby Storytime - Mondays, June 26 - July 31 @ 10:00am

Storytime @ the Beach - Wednesdays, July 5-26 @ 12:00pm

Bright Star Children's Theatre - Thursday, July 6 @ 4:00pm

Storytime with Eugene - Fridays, July 7 @ 10:00am

Flower Pot Painting - Tuesday, July 11 @ 10:30am

Squam Lakes Science Center - Saturday, July 15 @ 10:30am

Create Your Own Board Game - Tuesday, July 18 @ 10:30am

Lindsey & Her Puppets - Thursday, July 20 @ 4:00pm

Design a Picture Book - Tuesday, July 25 @ 10:30am

Andy Opel: Author Reading & Signing - Tuesday, July 25 @ 11:30am

Flying High Dogs - Thursday, July 27 @ 4:00pm

WWW.GILFORDLIBRARY.ORG

**For More
Information
click [here!](#)**

Did you know that the month of July is so named for the Roman emperor Julius Caesar? Although this makes for a lovely excuse to read one of Shakespeare's greatest, it will be the cavalcade of wonderful programs that makes this July something special. We have everything from crafts to talking about mental health to learning about the insects in our gardens. The library is ready to help you beat the heat and stay busy this summer season.

SUBSCRIBE TO OUR WEEKLY NEWSLETTER

Want the latest information and want to know what's going on at the Gilford Public Library? Click [here](#) to sign up for the weekly newsletter. We have the latest books and highlight some library staff favorites as well as fun facts and videos.

Building Hours

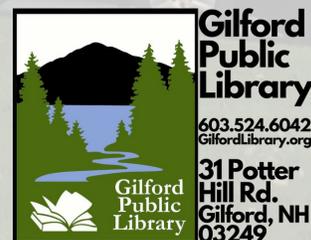
Monday - Wednesday, Friday 9AM-6PM

Thursday 9AM-8PM

Saturday 10AM-2PM

Curbside Service

Monday-Friday 9AM-5PM



WHAT'S HAPPENING @ THE LIBRARY

MYSTERY BOOK GROUP - JULY 3 @ 5PM

This month's book is *The Falls* by Ian Rankin. Led by Betty; copies available at the front desk.

LAKES REGION MENTAL HEALTH CENTER - JULY 6 @ 4:30PM

Hear about their various integrated mental and physical health care programs and other services the center has to offer.

WALKING HISTORICAL TOUR OF GILFORD VILLAGE - JULY 10 @ 10AM

Learn more about our wonderful town on this historical tour of Gilford Village. Co-sponsored with the Thompsen-Ames Historical Society. Sign up at the library! (Rain date July 11)

DRAGONS & DAMSELS OF NH - JULY 11 @ 4:30PM

Discover the fascinating world of the dragonflies and damselflies in New Hampshire and why they are such important insects with Dr. Pamela Hunt of the NH Audubon.

CAPIZ SHELL WIND CHIME - JULY 12 @ 10AM

Create a relaxing wind chime from colorful shell discs. Don't miss out, sign up today!

FIT WHILE YOU SIT - JULY 18 @ 10AM

Learn new tools to help counteract any significant sitting your body does on a daily basis. Presented by Dr. Amanda from Awakening Chiropractic.

ABSTRACT WATERCOLOR BOOKMARKS - JULY 18 @ 1:30PM

Sign up to learn basic watercolor techniques with Molly and paint your own watercolor bookmarks!

HIKING IN NEW HAMPSHIRE - JULY 18 @ 4:30PM

Get inspired by author Keith Gentili to hike our beautiful mountains!

BOOK DISCUSSION: THE PROMISE - JULY 20 @ 5:00PM

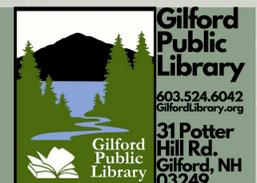
This month's book is *The Promise* by Damon Galgut. Led by Molly; books are available at the front desk.

DISCOVER LIVE: TOKYO - JULY 20 @ 6PM

Explore the vibrancy of Japanese culture in this live, virtual tour of Tokyo.

HEARING SCREENING - JULY 25 @ 10AM

Get a 15 minute hearing screening with Dr. Laura O'Brien Robertson, Au.D. Call the Library to sign up.



GILFORD FRIENDS OF THE LIBRARY!

Friends OF THE GILFORD LIBRARY



The Friends sponsor free (or discounted) passes to area museums, art galleries and other attractions. They are available on a first come/first serve basis, and some require a deposit. Check out the list [here](#).

Did you know that the library has a Senior Yoga Class with Lani Voivid on Wednesdays? The Friends are sponsoring all the classes this summer!

Reserve a pass today!
Questions?
Ask us!

Closed Mondays - Unless it's school vacation/holiday
Opening daily May 13th
Opening daily May 27th
Opening daily May 1st
Open Thursdays - Sundays
Seacoast Science Center - Open Wednesdays - Mondays
Children's Museum of NH - Closed Mondays
Strawberry Banke
New Hampshire State Parks - Available
McAuliffe-Shepard Discovery Center
Wright Museum

SENIOR STRETCH
yoga class
WITH LANI VOIVOD
WEDNESDAYS @ 9AM

Sponsored by
Friends
OF THE GILFORD
LIBRARY

Enjoy this class from a chair or on a yoga mat, while reducing stress, and improving flexibility, balance

If you aren't a member yet, it's never too late to become a Friend of the Gilford Public Library. You can join [here](#).

Our meetings are on the third Tuesday of each month at 4 PM. All welcome!



GILFORD SCHOOL DISTRICT

SAU 73

2 Belknap Mountain Road

Gilford, NH 03249

Phone 603-527-9215

| Fax 603-527-9216

ALL SCHOOLS

*Have a wonderful
summer!*

SCHOOL BOARD MEETING

The Gilford School Board met last week, June 13, 2023, in Gilmanton. Twice a year, October and June, the Gilford and Gilmanton School Boards meet for a Gil-Gil meeting of the two full Boards. The October meeting is in Gilford and the June meeting is in Gilmanton.

After the Gil-Gil meeting the Gilford School Board met at the Gilmanton School. Board member, Audra Kelly, had submitted a letter of resignation in April letting her fellow Board members know that she was moving out of Gilford by August 2023. We advertised and publicized the School Board opening and had three applicants for the open seat.

On June 13, 2023 the Gilford School Board members interviewed the two applicants that attended the meeting. After the interviews and deliberation the Gilford School Board voted to have Lauren Huleatt take Audra Kelly’s seat until March 2024. Audra graciously stepped aside at the end of the June 13, 2023 meeting and Lauren was sworn in as the fifth Gilford School Board member.

The Gilford School Board has scheduled a planning meeting for July 18, 2023 at the SAU office. On July 18 the Board will develop goals for the 2023-2024 school year, provide the leadership team with 2024-2025 budget guidance, and update the Capital Improvement Plan. There are four large projects that the Board will consider for the Capital Improvement Plan. The elementary and high school roof replacements, the high school locker room project, and paving of the middle and high school parking lot are the four large projects that the School Board will consider when updating the Capital Improvement Plan.

If there are any questions please do not hesitate to reach out to the SAU office.

GHS HIGHLIGHTS



Congratulations to our graduates!! We wish them the best in their future endeavors.

Congratulations to the individual performances of the following track and field athletes at the Meet of Champions!

Isaiah Reese- 1st place javelin, 5th place in 100

Patrick Gandini- 1st place 1600 (school record 4:14), 3rd place in 800

Abby Kenyon- 6th place discus

Aidan Malek- 7th place 300H

Congratulations to Patrick, Isaiah, and Abby who moved onto New England's!

Big winners at track and field-New England's!!

Isaiah Reese threw javelin 184' for a new school record.

Patrick Gandini ran 4:09 mile for a new school record.

Both finished 1st in New England!!!



GILFORD PARKS AND RECREATION

"Summer Fun for All!"

2023 SUMMER PROGRAMS
(SOME SPRING & FALL ACTIVITIES, TOO!)



GILFORD PARKS AND RECREATION DEPARTMENT

GILFORD TOWN HALL

47 CHERRY VALLEY ROAD

GILFORD, NH 03249

(603) 527-4722 Parks and Recreation Office

(603) 527-4723 Program Announcement Line

(603) 527-6500 Fax

www.gilfordrec.com

Like us on facebook!



Recreation Specialist

JENNY HANCOCK

SPRING ADULT HIKING PROGRAMS: These hikes are offered to any adult over the age of 18 looking to get outside to enjoy the great outdoors and get some exercise! There may be mud but hopefully no bugs:



- May 2** – Winnisquam Scenic Trail, Belmont
- May 9** – Weeks Wood, Gilford
- May 16** – TBA
- May 23** – TBA



If a hike is cancelled due to weather, all participants will be notified as soon as possible. You must RSVP with the Parks and Recreation office **at least one day prior to each trip**. We will meet in the Gilford Town Hall Lobby at 9:30 AM before departing for each hike.

“Health is the greatest gift, don’t forget to treat yourself!”

GOLF LESSONS AT BOLDUC PARK: Offered to introduce and promote golf to youth and adults.

*Youth Program = Ages 6 and Up

- Series of 3 consecutive Tuesdays – Session #1: **May 9, 16 and 23**
Session #2: **June 6, 13 and 20**
- Class Times: 5:30 PM – 7:00 PM
- Registration Fee: \$100.00 for three 1.5-hour lessons (includes clubs and balls).



*Adult Program = Ages 18 and up

- Series of 3 consecutive Thursdays – Session #1: **May 11, 18 and 25**
Session #2: **June 8, 15 and 22**
- Class Times: 5:30 PM – 7:00 PM
- Registration Fee: **\$100.00** for three 1.5-hour lessons (includes clubs and balls).

GILFORD YOUTH SOCCER LEAGUE FALL PROGRAM:



For all Gilford youth who will be entering grades K through 5 in the fall of 2023.

Registration nights will be held on **Wednesday, June 7th** and **Wednesday, August 2nd** from 5:00 PM – 6:30 PM at the Parks and Recreation Office in the Gilford Town Hall.

Participants can also register in the Rec Office during regular operating hours or by downloading a registration form off the Parks and Rec website and mailing it in. The early registration fee is **\$15.00 per child** - after August 6th, the fee will be \$25.00. Coaches and assistant coaches are always needed and welcome! Call the Parks and Recreation Department Office at 527-4722 for further information.

BOSTON RED SOX BUS TRIP:

Join us as we visit historic Fenway Park to watch the Red Sox play this season. Our trip is scheduled for **Wednesday, July 26th vs. the Atlanta Braves**. Ride to Boston in comfort aboard a motor coach, complete with TV/DVD and lavatory. The cost of the trip is **\$90/person** and includes the cost of your ticket to the game and transportation. All other expenses are your own responsibility. Any child ages 17 or under must be accompanied by an adult guardian. Space is limited, so sign up today! Please call the Parks and Recreation Office at 527-4722 for registration information.



vs



YOUTH TENNIS LESSON PROGRAM:



A free, six-week program sponsored by Advantage Kids for children ages 6-14. An hour long tennis lesson, plus a 30 minute yoga and meditation session. Combining these two increases kids' ability to focus, excel academically and relate to each other!

Tuesdays and Thursdays, **June 27 to August 8 (No Program July 4th)** at the Village Field Tennis Courts.

6-10 year olds 9:00-10:30 AM

11-14 year olds 9:30 – 11:00 AM

Cost: FREE!

Register Online on Advantage Kids website at: www.advantagekids.net

YOUTH TENNIS MATCH PLAY PROGRAM:

This program sponsored by Advantage Kids offers a competitive play opportunity for **children ages 12-17** who can rally, serve and keep score. This program will be held at the Gilford Village Tennis Courts on **Tuesdays & Thursdays from June 27 to August 8 (No Program July 4th)**, from **11:00am – 12:30pm**. Players will participate in this Junior Team Tennis program and progress through the USTA Junior Team Tennis ranks! With the help of AK Coaches, teams will be paired up with others of similar ability, play a doubles match then a singles match each. Sets will be shortened, standings kept, and the top two teams will qualify for the 3rd annual NH State Advantage Kids Championship in the Fall of 2023. Coaches will be on hand to supervise, input scores, and offer light coaching tips or assistance when needed. Players should bring their own rackets!

Cost: \$20.00/participant

Register Online on Advantage Kids website at: www.advantagekids.net

CHALLENGER SOCCER CAMP:

This camp will be held at the Gilford Village Field the week of **July 10 – 14** for youth from ages 3 to 14.

Children ages 3 – 5 Mini Soccer: 8:00 AM - 9:00 AM

Cost: \$106.00 (Current Early Bird Registration Rate)

Children ages 6 – 14 Half Day Camp: 9:00 AM - 12:00 Noon

Cost: \$147.00 (Current Early Bird Registration Rate)



Register online at www.challengersports.com by **June 10th** to receive a **free British soccer jersey**. Must register by July 1st, to avoid the late fee. The camp fee includes 7.5 hours or 15 hours of instruction, a soccer ball and a camp t-shirt. CHALLENGER SOCCER coaches soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. They also introduce players to the geography, traditions and culture of other great soccer-playing countries.

"Kids are like mosquitoes – the minute they stop making noise, you know they are getting into something."

SHOOTER'S GOLD BASKETBALL CAMP: Under the direction of Coach Paul Hogan, the camp will be held at the Gilford Middle School outdoor court from **July 17-20 (Mon-Thurs.;** *Fri., July 21 may be used as a weather make-up).*



- Session #1, for boys and girls entering gr. 1 - 4, will run from 8:00 AM - 10:00 AM.
- Session #2, for boys and girls entering gr. 5 - 8, will run from 10:00 AM - 2:00 PM.

SPACE IS LIMITED!!

The registration fee for session 1 is **\$95.00 prior to June 1st and \$100.00 starting June 1st**. For Session II it is **\$120.00 prior to June 1st; \$130.00 starting June 1st**. Each participant will receive a basketball and a camp t-shirt. To register, visit www.hogancamps.com or call the Parks and Recreation Department Office at 527-4722 for further information.

MINDS IN MOTION: 6 in 1 Space Fleet Robot Workshop!

On **Monday, July 31 and Tuesday, August 1, from 9:00 AM - 4:30 PM**, children ages 7-11 are invited to discover the fun of hands-on world of fun as they conduct a variety of scientific experiments! Participants will build and take home their very own Solar Space Fleet Robot! The Solar Space Fleet Kit is an innovative solar powered kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kit to life! Come and create six different working models including a Space Station, Space Rover, Space Explorer, Astronaut, Space Shuttle and Space Dog. Watch as it moves around and speeds up or slows down depending on the intensity of the light as you learn, experiment and have fun with solar power! Each complete model can also be powered by your own mini rechargeable battery. Come join this super fun solar space adventure!



The **registration fee for the two-day workshop is \$135.00**, and it includes all materials. The location for the workshop will be the Gilford Middle School. Enrollment for the 2-day workshop will be limited. Deadline to register: July 17, 2023. Call the Parks and Recreation Department Office at 527-4722 for a registration form or to get further information.

SEACOAST UNITED SOCCER CAMP: This camp will be held at the Gilford Village Field the week of **July 31-August 4** for youth from ages 3 to 14.

Children ages 3 – 5 Grassroots Soccer Camp: 9:00 AM - 9:45 AM **Cost: \$95.00**

Children ages 6 – 14 Half Day Camp: 9:00 AM - 12:00 Noon **Cost: \$165.00**



Access the online registration link through our website at <http://www.gilfordrec.com>. The camp fee includes instruction, a camp t-shirt and a soccer ball. All participants should plan to bring a bottle of water and a snack to camp each day. This camp is a fantastic way for your children to be introduced to Seacoast United's fun developmental approach to the game of soccer. Their professional, dedicated, full time coaching staff will offer sessions full of fun technical challenges and game play. These Soccer Camps appropriately challenge players in a fun learning environment while developing important individual skills. These classes then incorporate their skill work into fun games and activities for younger players and scrimmage play for older players, allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success!

WICKED COOL FOR KIDS LEGO BricQ Motion Camp:

Lego Engineering: The camp will be held the week of **August 7- August 11** in the Gilford Middle School and is open to youth entering Grades 1 – 5 in the fall of 2023. Participants can register for the Full Day (9:00am – 4:00 pm) or Half Day (9:00am – 12:00 noon) program.



Cost: Full Day - \$385.00 Half Day - \$275.00

LEGO BricQ Motion

Lego BrixQ Motion is an exploration of forces and motion by testing design solutions. Participants modify their designs to get the optimum pull or push needed. Engineer a change in the speed or direction of an object with a push or a pull. Create an obstacle course for a dog, build a spring launcher for a race car derby and make a Minifigure dance party. Full day participants continue the challenges with LEGO Engineering Olympics as we compete in track and field, bobsled and weight lifting fun. Call the Parks and Recreation Department Office at 527-4722 for a registration form or to get further information.

LAKES REGION RIDING ACADEMY HORSEMANSHIP CAMP:

We are offering a week long horsemanship camp, which will be held **Monday, August 14 – Friday, August 18** at the Lakes Region Riding Academy Barn at 26 Young Road in Gilford. The camp is open to children ages 8 – 15.

Camp Times: 9:00 AM – 12:00 PM

Cost: \$125.00 per participant



This camp program will introduce participants to the basic principles of horsemanship. The program will offer basic horse care knowledge, horse safety and the beginning basics of riding. All participants must wear long pants and a shoe or boot with a heel. Helmets will be available at the barn. Snacks and drinks will be provided. Enrollment in this program is limited. Registration forms are available at the Parks and Rec Office.

GILFORD SENIOR MOMENT-UM PROGRAM: Meetings are usually held on Mondays and a variety of activities and day trips are planned. All interested Seniors are welcome to join! The planned schedule for this spring is as follows:

- May 8th Mother's Day Breakfast – Community Church**
- May 16th Discover Live: Venice at the Gilford Public Library**
- May 22nd Baseball Day and Movie – Community Church**
- June 5th Bingo at the Gilford Public Library**
- June 12th Father's Day BBQ**



For more info about this friendly, social group, please call the Parks & Rec Office at 527-4722.

"If your Mother says no, go ask Grandma."

GILFORD BEACH: Gate and restrooms are open daily 9:00 AM - 9:00 PM from **Saturday, June 17 through late August.** Telephone: (603) 293-8022. The dates and times of gate closure are subject to change due to weather or other extenuating circumstances.

SWIM LESSONS - All levels (Red Cross Learn to Swim) - Ages 3 and up. Sessions run 5 days a week, Mon-Fri. Register at the beach beginning June 17th from 9:00 AM - 5:00 PM. **Space is limited and registrations will be accepted on a first come basis!**



Session I: June 26th – July 14th 2023 (No class July 4th)

Session II: July 17th – August 4th 2023

* Registration fee is **\$35.00 for the 1st child** in the family, **\$20.00 for 2nd child** in the same family **and \$15.00 for each additional child** in the same family per session.



ARTS AND CRAFTS PROGRAM - Tuesday and Thursday mornings from 10:00 AM -12:00 PM (weather permitting) from **June 27 to August 3.** No crafts on July 4th. For children of all ages (Crafts are geared toward ages 5 and up, but younger participants are welcome with parental assistnace). Register at the beach beginning June 17th from 9:00 AM - 5:00 PM or register the day of the program. Registration fee is **\$30.00** for the 4-week program (\$3.00 per session if you pay on a daily basis).



“We could learn a lot from crayons: some are sharp, some are pretty, some are dull, while others are bright, some have weird names, but they have all learned to live in the same box.”

STORYTIME AT THE BEACH! – Wednesday afternoons at 12:00noon,

from **July 5 – July 26.** For children of all ages (target audience is pre-school through 4th grade). Join J’Lillian from the Gilford Library and take a quick break from swimming and enjoy a weekly story! In the event of inclement weather, story time will be held at the Gilford Library.



SUMMER BEACH YOGA PROGRAM- Gilford

Parks and Rec is partnering with Renee Cupples, E-RYT500 Certified Yoga Instructor, to run a 6-week Yoga for All Ages Program! This is located at the Gilford Town Beach which is on Varney Point Rd. This will be taking place on Tuesday mornings and Thursday evenings from **July 11- August 17, 2023** (Sessions dates may be extended to accommodate cancellations). Tuesday's will be from 9:30am-10:30am and Thursdays from 6pm-7pm. The registration fees are **\$60.00 for 6 classes** or **\$15.00 for a daily drop-in fee**. Participants should plan to bring their own yoga mat or towel to use each class. Participants can register in advance at the Gilford Town Beach. For more information contact the Parks and Recreation office at (603)527-4722.



GILFORD COMMUNITY BAND CONCERT SERIES: Sponsored by the Parks and Recreation Department, the Gilford Community Band perform a series of summer concerts at the Gilford Village Field Weeks Bandstand (rain location will be Gilford High School Auditorium). The concerts will be held on Wednesday evenings: **July 5, July 19, August 2 and August 16**. Concerts will be held at 7:00 PM and they are free to the public. And as always, the band will perform at the bandstand at 8:00 PM on **Gilford Old Home Day, August 26th**. Grab your lawn chair or blanket and come join us for some great entertainment!



"Dance - even if you have no place to do it but your living room. And sing, too, but don't quit your day job."

GILFORD OLD HOME DAY CELEBRATION!:

Join us this year on **Saturday, August 26th** for our Annual Old Home Day celebration!



This year's theme is "Four Seasons of Fun!" A great annual tradition - featuring a pancake breakfast, parade, food and craft booths, entertainment, games and field events, road race, band concert, dance and**FIREWORKS!!!** Guaranteed to be a fun and memorable day for one and all! Advertisers in our program book are always welcome. Volunteers are still needed to help - call the Parks and Recreation Department Office if you are interested in getting involved and lending a hand.

"Never, ever miss the fireworks."

VOLUNTEERS are always needed, year-round, for many of our programs and special events. If you would like to give of your time and/or talents, or if you have any ideas or suggestions for programs you might like to see, please call the Parks and Recreation Department Office. **Volunteers and ideas are always welcome!**

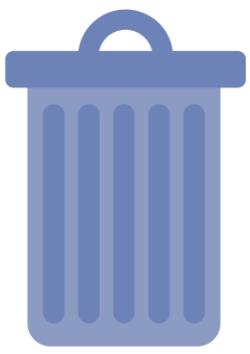
The Parks and Recreation Department constantly strives to provide and maintain high quality, year-round programs, activities, and facilities for people of all ages and abilities. We try to keep all program fees at an affordable level. Discounts and scholarships are available for most programs, in the hopes that no one will be denied participation in a program or activity due to an inability to pay any fee.



GILFORD PARKS AND RECREATION DEPARTMENT FACILITIES:

- 1. GILFORD BEACH** (13 acres) - located on Varney Point Road. 1800 feet of shorefront on Lake Winnepesaukee for use by all Town resident/taxpayers. The facility includes a concession stand, restroom/changing facilities, swim raft, basketball court, volleyball court, playground equipment, picnic area/cookout facilities, and parking.
- 2. GILFORD VILLAGE FIELD** (28 acres) - located on Belknap Mountain Road. Facility includes four lighted tennis courts, a lighted basketball court, a soccer field, two baseball diamonds, dugouts, bleachers, playground equipment, picnic area, bandstand, and storage buildings.
- 3. STONEWALL PARK** (9 acres) - located on Stone Road. Facility includes an enclosed baseball diamond and dugouts, bleachers, storage building, well, and parking.
- 4. LINCOLN PARK** (1 acre) - located on Belknap Point Road. Facility includes scenic waterfront on Lake Winnepesaukee, picnic area, and parking.
- 5. ARTHUR A. TILTON GILFORD ICE RINK** (3 acres) - located on Varney Point Road. Facility includes an outdoor covered ice skating rink with lights (approx. 220' x 110') with a dirt surface, storage building with a locker room, well and parking.

"We don't stop playing because we grow old. We grow old because we stop playing."



2023 Lakes Region Household Hazardous Waste Collections



KEEP OUR LAKES REGION CLEAN AND BEAUTIFUL!

Residents and taxpayers may bring up to **10 gallons or 50 pounds** of household hazardous waste to one of our regional collection sites!

Collection Sites and Dates

Saturday, July 29 (8:30 AM – 12 PM)

- Belmont Fire Station (14 Gilmanton Rd.)
- Franklin DPW Garage (43 W Bow St.)
- Gilford DPW Garage (55 Cherry Valley Rd.)
- Meredith DPW Garage (17 Jenness Hill Rd.)

Saturday, August 5 (8:30 AM – 12 PM)

- Bristol Newfound Regional HS
(150 Newfound Rd. - Enter site from River Road)
- Laconia DPW Garage (27 Bisson Ave.)
- Moultonborough Highway Garage (68 Hwy Garage Rd.)

24 PARTICIPATING COMMUNITIES

- Alexandria • Andover • Belmont • Bridgewater • Bristol • Center Harbor • Effingham • Franklin • Freedom
- Gilford • Gilmanton • Hebron • Hill • Holderness • Laconia • Meredith • Moultonborough • New Hampton
- Ossipee • Sanbornton • Sandwich • Tamworth • Tilton • Tuftonboro

YARD AND GARDEN

- Herbicides/Weed Killer
- Pesticides
- Pool chemicals
- Coal Tar-based Driveway Sealer

Household Items

- Toxic Art Supplies
- Cleaning Fluids
- Roofing Tar



**HAZARDOUS
MATERIALS**

GARAGE

- Car Wax Polish
- Antifreeze
- Carburetor Cleaners
- Gasoline & Diesel Fuel
- New, Used & Mixed Oil

WORKBENCH

- Paint Stripper
- Oil-based Paint
- Stains & Varnishes

On collection day attendees MUST:

- 1) Put HHW in a **cardboard box** in **open car trunk or truck bed!**
- 2) **STAY IN YOUR VEHICLE!**
- 3) Notify site staff if you want your fuel containers back.

Questions?



Call (603) 279-5341

Visit lakesrpc.org/serviceshhw.asp

Find us on: Facebook & Instagram



@lakesrpc

ITEMS NOT ACCEPTED:

- Tires - Rechargeable Batteries - Smoke Detectors - Electronics
- Ammunition/Fireworks
- Radioactive Materials
- Asbestos - Propane Tanks
- Fluorescent Tubes, Ballasts, CFLs
- Thermostats - Thermometer - Any Other Mercury Containing Devices

**NO LATEX
PAINT!**



Annual household hazardous waste collection events are organized by the Lakes Region Planning Commission, with financial support from participating communities and the NH Department of Environmental Services





TOWN OF GILFORD ISLAND CLEAN-UP DAY

ATTENTION!

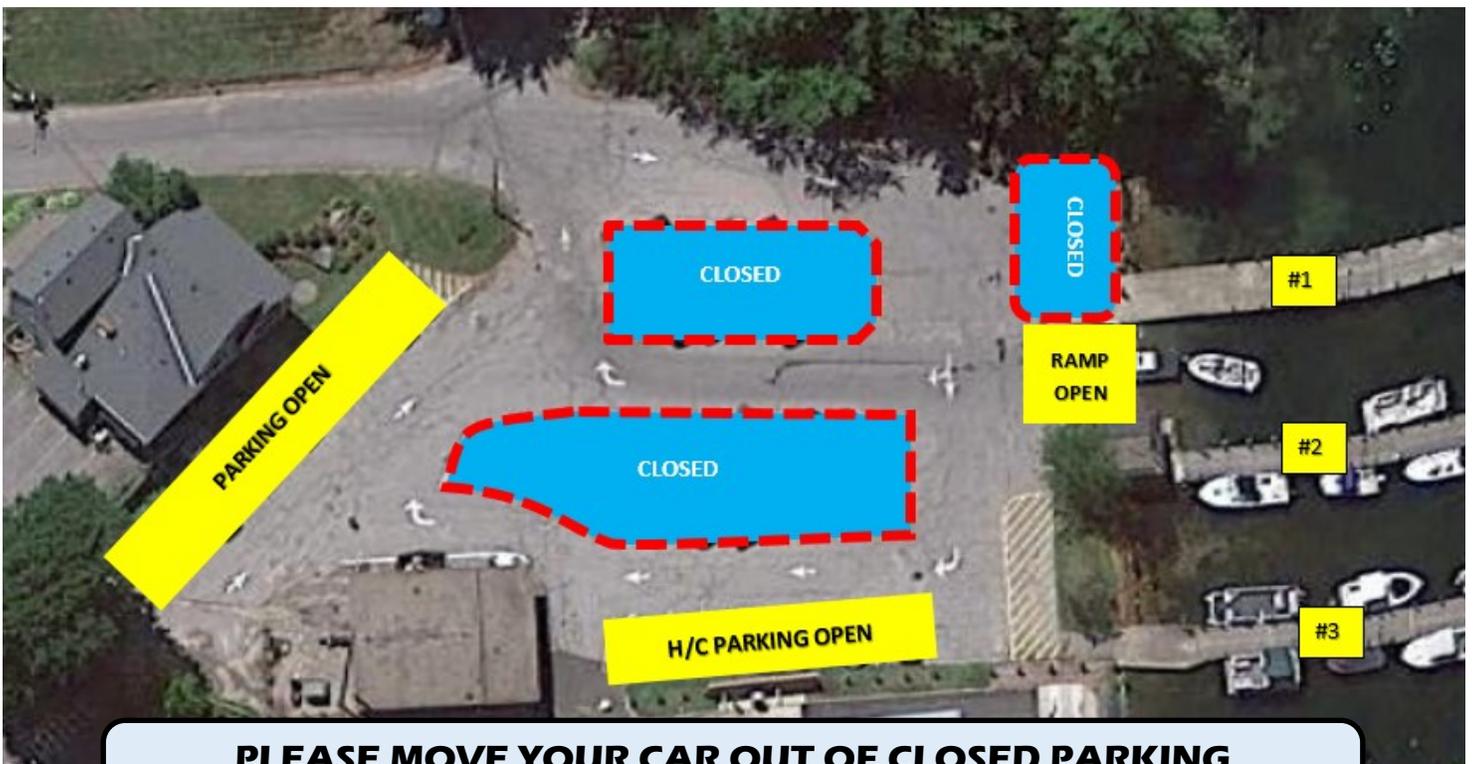
DATE: Sat. July 29, 2022

TIME: 9:00 AM—1:00 PM

WHERE: Glendale Docks

(Use Dock #1 Only for Event)

To improve safety and efficiency of Island Clean-up Day, the internal parking spaces in the Lower Glendale Spaces will be limited throughout the week and fully closed by noon on Friday 7/28/22 for setup. Upper Lots 2,3 & 4 will be open along with lower level handicap spaces and several spaces behind the restaurant.



**PLEASE MOVE YOUR CAR OUT OF CLOSED PARKING
AREAS BY NOON, FRIDAY JULY 28TH**

The Town of Gilford in cooperation with the Department of Public Works is sponsoring its 36th Annual Island Clean-up Day, for ISLAND RESIDENTS OF GILFORD ONLY.

***** Current Gilford Taxpayer Identification or 2023 Island Resident Sticker needed to take advantage of this day. *****

☑ ACCEPTED ITEMS

- Appliances
- Bagged Leaves
- Furniture
- Brush
- Clean Wood (cut to 3 foot lengths)

☒ UNACCEPTED ITEMS

- Contractor Debris
- Tires
- Electronics
- Liquid Waste
- Household Trash

PARTICIPATION RULES

- Please wait for DPW Staff to assist you.
- Items cannot be left on the dock unattended.
- Gilford DPW staff cannot enter personal boats or watercraft.
- Please follow the list of items accepted. When in doubt, please call ahead and ask.
- Please cut all wood to manageable lengths for disposal.

Gilford will be concurrently running the annual Household Hazardous Waste Day Collection Event at the Public Works Facility on Route 11A (55 Cherry Valley Road, Gilford NH) on Saturday, 7/29/22 from 8:30am—12:00pm.

Separate flyers for HHW Day are available at Town Hall, DPW or online.

All questions may be directed to the Department of Public Works at 527-4778 Monday — Friday 7:30am — 4:00pm

FOR INFO HERE: gilfordnh.org/special-events

Save the date!

upcoming mobile food pantry



Friday, July 28th 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.**

**FEEDING
AMERICA**