



THE HUB

Gilford Town Newsletter



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PPHNH
WinnAero

WELCOME TO THE MAY ISSUE

Welcome to the May 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.

NEWS FROM TOWN HALL

TO: GILFORD RESIDENTS

The Town of Gilford has received official notice from Atlantic Broadband Company of its intent to renew their cable television franchise. The current franchise agreement expires on December 31, 2023.

As part of the renewal process, the Gilford Board of Selectmen is soliciting public input to ascertain the cable-related needs and interests of Gilford residents in addition to requesting feedback on the performance of Atlantic Broadband under the existing Franchise Agreement.

Unfortunately, federal law does not allow a community to review or regulate the following subject matters when considering the renewal of a cable television franchise agreement: broadcast and channel programming, fees charged for services, internet services or telephone services. The focus of this renewal process will be on video programming quality, reliability, availability, customer service and local access channels.

Anyone interested may respond in writing to selectmen@gilfordnh.org or you can mail a response to the Gilford Board of Selectmen, 47 Cherry Valley Road, Gilford, NH 03249. The deadline to reply is July 15, 2021.

CALENDAR

Planning Board - Public Hearing
5/3, 7PM @ Town Hall

Budget Committee - Public Hearing
5/6, 6:30PM @ Town Hall

Library Trustee Meeting
5/12, 10AM @ Library

Board of Selectmen
4/12, 7PM - @ Gilford Town Hall

Gunstock Acres Village Water
5/26, GoToMeeting

Board of Selectmen
5/26, 7PM @ Town Hall

Library Closed for Memorial Day
5/29 & 5/31

Town Offices Closed
5/31

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 below.

Mondays

5:00am - 4:30pm

Fridays

5:00am - 5:45 pm

Sundays

6pm-12 Midnight



**Lakes Region
Public Access**
community empowered by media

TECHNOLOGY NEWS FROM TOWN HALL

The Town of Gilford is now using the GoToMeeting platform to allow for remote participation by members of boards and committees, as well as the general public. This is a free service for anyone interested, and you don't even have to use an app. All you need is a personal computer, laptop, tablet, or smart phone for video and audio participation. Otherwise, anyone can connect for just audio by using a cell phone or land-line telephone.

For meetings of the Board of Selectmen, participants can join by going [here](#) or by dialing 571-317-3122 with the access code 605-647-293. These meetings can also be viewed live from the Town's website www.gilfordnh.org.

For meetings of the Budget Committee, participants can join by going [here](#) or by dialing 669-224-3412 with the access code 794-319-557.

For meetings of the Conservation Commission, participants can join by going [here](#) or by dialing 646-749-3122 with the access code 859-301-829.

For meetings of the Planning Board, participants can join by going [here](#) or by dialing 571-317-3112 with the access code 206-981-941.

For meetings of the Zoning Board of Adjustment, participants can join by going to the following website: <https://global.gotomeeting.com/join/432107749> or by dialing 872-240-3212 with the access code 432-107-749.

For meetings of the Gunstock Acres Village Water District, participants can join by going to the following website: <https://global.gotomeeting.com/join/369495245> or by dialing 646-749-3122 with the access code 369-495-245.

Interested persons will also find an agenda for all meetings posted on the Town's website (www.gilfordnh.org) at least 24 hours prior to the meeting. And of course, the Town's website also includes lots of other information about local government happenings, ordinances and regulations, minutes of past meetings, tax maps, property cards, the names of staff and members of boards and committees, online payment options, job vacancies, volunteer opportunities, bid opportunities, personnel policies, union contracts, public hearings, etc.

WHAT'S HAPPENING @ THE LIBRARY

WHAT'S NEW AT THE GILFORD LIBRARY?

We are busy here at the Gilford Library gearing up for our 2021 Summer Reading Program, Tails and Tales. This program has events for all ages (adults included!) and runs between June 23 and August 5th. Hard to believe that it's coming up so quickly. In the meanwhile, we have an exciting spring calendar of events including Mother's Day programming, crafts for the kids, crafternoons on Wednesdays, and community conversations occurring on Fridays. Another big event that we're working on is an Open Mic Night in the lower parking lot. Be sure to read our flyer on that event and sign up if you're an interested performer! Check out our weekly library newsletters for more in depth information or be sure to check out our website and Facebook Page for the most up-to-date information.

WHAT IS GENDER?

TUESDAY, MAY 18

6:30 – 7:00PM

What is gender, and why does it matter? Author Alex Myers will use his own story of coming out as a transgender guy in 1995 to explain aspects of gender theory and transgender identity. The talk will consider the historical and cultural development of gender, touching on Myers's first novel, *Revolutionary*, which tells the story of his ancestor, Deborah Sampson, who fought as a man in the Revolutionary war. The talk will also explore more contemporary understandings of gender. Sign up to join us in person or on Zoom.

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 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

CHILDREN'S CORNER

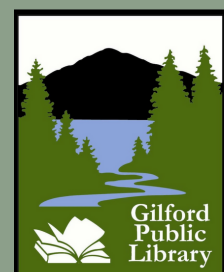
Mother Goose on the Loose - Tuesday @ 10:30AM, 5/4, 5/11, 5/18, 5/25

Preschool Storytime - Friday @ 10:30AM, 5/7, 5/14, 5/21, 5/28

Storytime Shorts - Thursday @ 10:30AM, 5/6, 5/13, 5/20, 5/27

Science @ Home - Wednesday @ 3:30PM, 5/12, 5/26

WWW.GILFORDLIBRARY.ORG



**Gilford
Public
Library**

603.524.6042
GilfordLibrary.org

**31 Potter
Hill Rd.
Gilford, NH
03249**

WHAT'S HAPPENING @ THE LIBRARY

DOCUMENTARY DISCUSSION - MAY 6TH, 6:00PM

Join Kayleigh for a documentary showing and discussion. We'll watch the short documentary On Beauty, a film that follows a fashion photographer and a young woman with albinism in a story that challenges norms and redefines beauty.

COFFEE CLUTCH - FRIDAYS, STARTING MAY 14TH, 10:30

Brought to you in conjunction with Gilford Neighbors, these mornings, will be filled with a chance to socialize with your neighbors, round table discussions, speakers, programs, and celebrations all designed to let you know what is going on, what is available to you and what might interest you, right here in your neck of the woods. This will also be a time for you to ask questions, and find resources to help you maneuver through this new phase of your life. Weekly group sizes will be limited to 20 people, so RSVP by contacting the library.

SUMMER READING MASCOT CONTEST

Send us a photo of your pet, and they could become the 2021 Summer Reading Mascot! Send a picture of your pet to gilfordlibrary@gmail.com with their name & a fun fact by June 1st. Then, everyone will vote and the winner will be our mascot for the summer of 2021! Submissions will be accepted from May 1st to June 4th. Voting begins June 7th and ends June 18th.

CRAFTERNOON - WEDNESDAYS, STARTING MAY 12TH AT 1:00PM

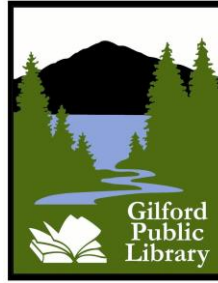
Bring your own project to work on, bring an idea for a community project, and once a month look forward to working with our younger patrons, as they tap into their creativity. We will also be using this as an opportunity to bring in local artisans to demonstrate their crafts and skills. Group sizes limited to 20 people, sign up by calling the library. This will be facilitated by Senior Outreach Coordinator, Stace.

CRAFT

Wednesday, 5/5, 10:30AM - Flowers from the Heart! Come make a special gift for Mother's Day.



31 Potter Hill Road
Gilford, New Hampshire
03249



603-524-6042
603-524-1218 Fax
www.gilfordlibrary.org

HELP WANTED CHILDREN'S LIBRARY ASSISTANT Part-time

The Library is seeking a half-time library assistant to join our Children's Room team. The Children's Library Assistant is an enthusiastic and dedicated individual with genuine interest in engaging and inspiring youth and their caregivers. This position requires an excellent understanding of children's developmental needs and abilities as well as some knowledge of library services, principles, practices and procedures. Hours will be mostly in the mornings but the ability to work one Saturday a month is also required.

RESPONSIBILITIES

- Assisting patrons in readers' advisory and locating materials
- Planning, organizing, and implementing interesting programs and events for children
- Monitoring and evaluating children's collections and assisting with collection development
- Developing promotional materials for children's programs

REQUIREMENTS: Bachelor's degree and recent experience working with children. Excellent communications and customer service skills. Ability to utilize social media platforms for library and programming promotion. Ability to engage, read aloud and sing to children and their caregivers in an entertaining manner. Should be self-motivated and able to work with limited supervision in a busy environment.

SALARY: Starting hourly rate from \$14.25 to \$15.86 depending on qualifications and experience.

APPLICATION DETAILS: The position is open until filled. Please email letter of interest and resume to Katherine Dormody, Library Director, at Katherine@gilfordlibrary.org

If you haven't yet heard, we are sad to be saying goodbye to Kayleigh, our Assistant Librarian in the middle of the month. Kayleigh will be moving back to her home state of Maine and will start working as the Assistant Director at the Blue Hill Public Library in Blue Hill, Maine.

Kayleigh has worked faithfully at our library for six years now and is onward and upward. We will be hosting a small going away party for Kayleigh on Friday, 5/14 from 10:00AM-12:30PM to celebrate her accomplishments and to send her off.

If you would like to stop by and say goodbye and sign a card, feel free to join us. To ease the transition, we are moving some responsibilities around with the staff

and we're happy to announce Maria Suarez will be taking over as our new Assistant Library Director. We're thrilled to have Maria step into this position and know we won't miss a beat with her taking over.



GILFORD PUBLIC LIBRARY HOSTS

OPEN MIC NIGHT

MUSICIANS!
POETS!
STORYTELLERS!
SPOKEN WORD AUTHORS!
COMEDIANS AND MORE!

GOT A TALENT?
COME SHOW IT OFF!

**THURSDAY, JUNE
17TH, 5:30PM**

Email gilfordlibrary@gmail.com before
June 10th to sign up for a time slot.
We can't do it without performers!





603- 524-5939

info@navigatingrecovery.org

www.navigatingrecovery.org

102 Court Street Laconia NH 03246

Mon, Tues, Thurs, Fri 9am-5pm

Wed 9am-4:30pm

Saturday 11am-3pm

* If you need support after-hours, please call 2-1-1

Navigating Recovery offers crisis navigation and one-on-one support to anyone affected by or afflicted with Substance Use Disorder (family members included).

We are 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!

ATTENTION SENIORS

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

Bradford-938-2104

Franklin(TRIP)-934-4151

Laconia-524-7689

Tilton-527-8291

Pittsfield-435-8482

Suncook-485-4254

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.



COMMUNITY ACTION PROGRAM
BELKNAP-MERRIMACK COUNTIES, INC.
EMPOWERING COMMUNITIES SINCE 1965





GILFORD SCHOOL DISTRICT

SAU 73

2 Belknap Mountain Road

Gilford, NH 03249

Phone 603-527-9215

| Fax 603-527-9216

ALL SCHOOLS

Early Release

May 14th

No School

May 31st

PTA MEETING - GES

May 11th, 6PM

SCHOOL BOARD MEETING

Monday, May 3, 2021

Gilford High School Library

6:00PM

Please click this URL to join - <https://zoom.us/j/98418582226>

Join by phone: 1-646-876-9923

Webinar ID: 984 1858 2226

SENIOR CELEBRATION BONFIRE

The Meadows, 293 Intervale Rd, Gilford, NH 03249, USA

May 21st, 7:00PM -10:00PM

GRADUATION

The Class of 2021 will graduate on Friday, June 11th at the Bank of New Hampshire Pavilion at 5:00PM

SPRING BOOK FAIR

Monday, May 17th - Friday May 21st

Elementary School

SPRING CONCERT

Thursday, May 13th at 6:30PM

Gilford High School Auditorium

Thursday, May 20th at 6:30PM

Gilford High School Auditorium

HELP WANTED

Code Enforcement Officer

The Town of Gilford has a job opening for a Code Enforcement Officer. This is a part-time (20 hours per week), seasonal (26 weeks) position with no benefits. The starting pay is \$25.06. Work hours are flexible (M-F).

The CEO will be responsible for enforcement of the Zoning Ordinance and the processing of permits, violation notices, correspondence and record keeping. Previous municipal experience is preferred, but not required. The ideal candidate will have a positive attitude, a fair but firm disposition and the ability to interact effectively with others.

Letters of interest with a statement of qualifications must be submitted to Director of Planning & Land Use. Applications will be accepted until position is filled. It is anticipated interviews will begin the week of May 10 and the successful candidate will take office as of June 1.

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.

EViction:

- 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 nhlegalaid.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.

Gilford Parks and Recreation Summer Employment

The Gilford Parks and Recreation Department is currently accepting applications for summer employment at the Gilford Town Beach for:

Lifeguards (*American Red Cross Waterfront Lifeguard Certification Required, WSI preferred, but not mandatory*) (pay range \$11.75-\$14.00)



Call the Gilford Parks and Recreation Dept. at 527-4722 for more information.

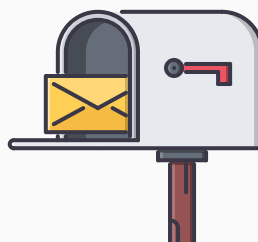


DOWN AND DIRTY WITH DPW

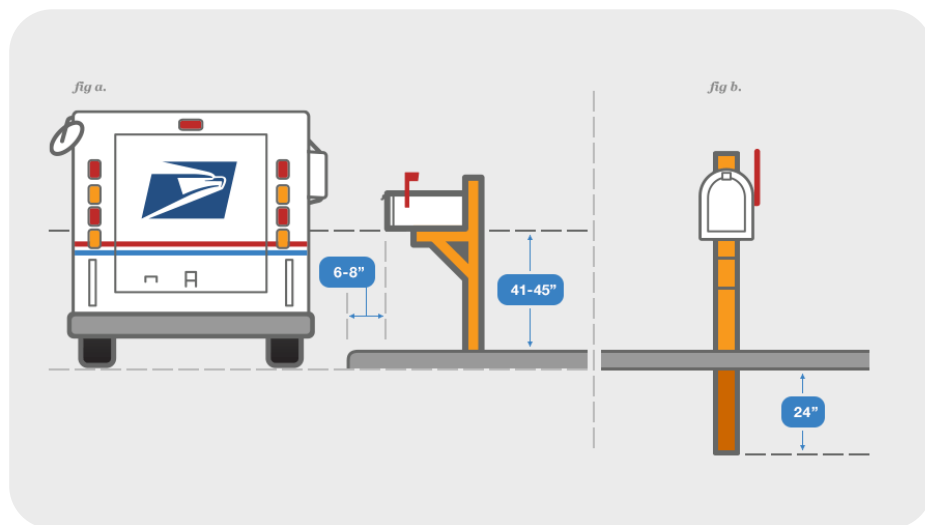
MAILBOX MAINTENANCE IN MAY

Over the years, many of you may have been the victim of mailbox damage during winters in New England. Did you know that damage to your mailbox is often caused by the force of wet, heavy snow coming off the end of the plow and not by direct contact with the snow plows? Another common reason for damage is due to improper installation, such as mailbox being too low, too close to the road, or an improperly installed post.

Now that spring is in the air, this is a GREAT time to check your mailbox and make sure it meets the USPS installation requirements. It is important that your mailbox be in good condition, securely attached to a substantial support at the proper height, and at the proper distance from the roadway. Please read these helpful tips on the next page to avoid unnecessary mailbox damage next winter. Thank you!



DOWN AND DIRTY WITH DPW



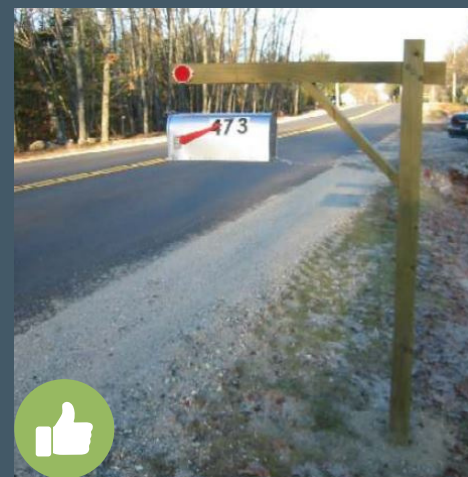
MAILBOX MAINTENANCE IN MAY (CONT.)

Requirements:

- Bottom of mailbox should be 41" – 45" off ground.
- The face of the mailboxes should be set back 2-ft from a paved or gravel shoulder and 6-8" from curbing.

Other Helpful Tips:

- Posts should be 4"x4" wooden post or 1"-2" metal pipe embedded 2 feet in the ground.
- Avoid unyielding and potentially dangerous posts such as granite posts, heavy metal pipes, concrete posts, masonry and stone structures, or heavy steel structures for example.
- Whenever possible, locate your mailbox after your driveway opening which improves visibility, minimizes the amount of snow that comes off of the snow plow, and improves the approach for your mail carrier.



DID YOU KNOW?

One of the best mailbox designs for avoiding winter damage is an extended arm with a free swinging suspended mailbox?



Gilford Old Home Day Town Wide Yard Sale Saturday, June 19th!



The Gilford Old Home Day Committee is sponsoring a Town Wide Yard sale with proceeds from registration fees and map sales going to support Old Home Day.

What: A Town Wide Yard Sale. Participants can reserve a spot on the Gilford Village Field or register to be listed on the Town Wide Map if they'd prefer to hold a Yard Sale at their own house.

Where: The Community Sale will be held at the Gilford Village Field at 27 Belknap Mountain Road.

When: The Town Wide Yard Sale will be held on Saturday, June 19, 2021 from 9:00am - 1:00pm

Cost: \$20.00 to reserve a space at the Gilford Village Field (*space is limited*) or \$10.00 to register to be added to the Town Wide Map if hosting a sale at your own house.

Maps: Maps of Town Wide Yard Sales will be sold for \$2.00 each at the Village Field the day of the Yard Sale.

**For more information, please call the Gilford
Parks and Recreation Dept. at 527-4722**

SUMMER CAMP

The Gilford Youth Center is excited to announce that we will, once again, be offering a 7-week, full day summer camp for Lakes Region students in grades 5-8 (this includes students going into grade 5 and grade 9 in the 20-21 school year).

The program will be held at the Gilford Youth Center. The program will also utilize the Gilford Community Church and the Wixson Community Center, Town fields, the Gilford Library, The Gilford Beach, and other local spots.

Our mission is to offer a safe, structured, and fun atmosphere for every child who comes to camp.

Our daily activities focus on.....

- building self esteem - team building skills - active living -learning new skills
- building new relationships with peers -problem solving
- Motor and Cognitive learning - Having Fun!!!!

THE 2021 GYC MIDDLE SCHOOL SUMMER CAMP

2021 Schedule

The Camp will run for 7 weeks on the dates below. You can register for the entire camp or for certain weeks only. Please know that space is limited this summer.

Camp will run 8:30-4:30.

Week 1: 6/21-6/25	Week 5: 7/19-7/23
Week 2: 6/28-7/2	Week 6: 7/26-7/30
Week 3: 7/6-7/9 (no camp 7/5)	Week 7: 8/2-8/6
Week 4: 7/12-7/16	

TUITION

Pre-Registration Tuition Costs

- 6-7 Weeks: \$105.00/week
- 4-5 Weeks: \$110.00/week
- 2-3 Weeks: \$115.00/week
- 1 Week: \$125/week

FINANCIAL ASSISTANCE IS AVAILABLE. [CLICK HERE TO LEARN MORE ABOUT OUR ASSISTANCE PROGRAM, AND HOW TO APPLY.](#)

TICK/LYME DISEASE AWARENESS

BY JOHN R. CARLSON

REGIONAL PUBLIC HEALTH RESOURCE OFFICER

PARTNERSHIP FOR PUBLIC HEALTH

The warmer weather is upon us and outdoor activities in the Lakes Region are in full swing which means so is tick season. Residents and visitors to our area should take precautions to prevent being bitten by ticks and being potentially exposed to Lyme disease or other tick-borne illnesses. According

to the Centers for Disease Control and Prevention (CDC), there were 1,428 cases in New Hampshire the second highest in New England behind Connecticut. Lyme disease is caused by a bacterium and is transmitted to people by the bite of an infected black-legged t

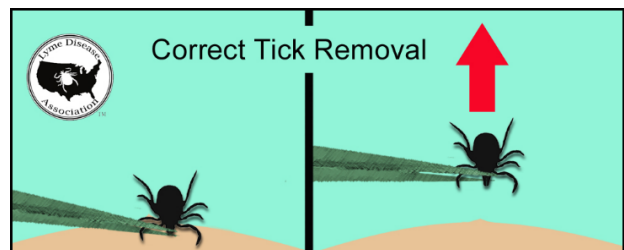
(also known as the deer tick). The greatest risk for Lyme disease in New Hampshire is between the months of May and August when the black-legged tick is in the juvenile stage; it is the size of a poppy seed and very difficult to see, so you do not even realize you have been bitten. Ticks that transmit Lyme can also transmit other diseases, such as anaplasmosis, babesiosis, and Powassan virus. Although not as common as Lyme, these diseases can also cause illness.

Symptoms of Lyme disease include fever, headache, fatigue, and often a skin rash that is round and looks like a bullseye. Lyme disease is treatable with antibiotics, but if left untreated can lead to severe headaches and neck pain caused by meningitis (inflammation of the spinal cord), pain and swelling in the large joints, shooting pains that may interfere with sleep, and heart palpitations and dizziness.

The following precautions should be taken to prevent tick bites:

- Avoid tick-infested areas such as overgrown grass, brush, and leaf litter
- Use insect repellent labeled as effective against ticks. DEET is effective
- Wear protective clothing (long pants and long sleeves to keep ticks off skin)
- Do daily tick checks on yourself and family members, especially after being outdoors
- Reduce ticks around your home by keeping grass short and removing leaf litter
- Speak with your healthcare provider if you are bitten by a tick or if you notice a large round rash anywhere on you.

For more information about Lyme disease and other tick-borne diseases, visit the NH DHHS website at www.dhhs.nh.gov/dphs/cdcs/lyme/index.htm or the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/ticks/index.html.



SUMMER FOOD SAFETY TIPS

BY JOHN R. CARLSON

REGIONAL PUBLIC HEALTH RESOURCE OFFICER

PARTNERSHIP FOR PUBLIC HEALTH

The Summer of 2021 is already shaping up to be what our amazing Summers should be: warm weather, mountains, seacoast, lakes and of course family cook outs! With Memorial Day, the unofficial kick off to summer, along with Covid 19 vaccinations well under way, now is the time to think about Summer food safety and protecting ourselves and loved ones from foodborne illnesses. As food heats up in summer temperatures, bacteria multiply rapidly. To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

Food Borne Illness (FBI) Dangers

In 2017, 841 foodborne disease outbreaks were reported, resulting in 14,481 illnesses, 827 hospitalizations, 20 deaths, and 14 food product recalls., so whether you prefer to be working the grill or packing a picnic, a case of food poisoning can ruin any summer outing.

Bacteria can be found everywhere. They are present throughout the environment in soil, air, water, in and on the bodies of people and animals, and in food. Most foods naturally provide the moisture and nutrients needed for bacteria to flourish. Foodborne bacteria grow fastest at temperatures between 90 to 110 °F and during the summer months, the warmer temperatures and higher humidity are ideal for bacterial growth.

Symptoms of an FBI range from mild to severe and commonly include:

- Abdominal cramps
- Diarrhea (may be bloody)
- Fever and chills
- Headache
- Nausea and vomiting
- Weakness

In most cases, food poisoning can be treated at home with over-the-counter medications and last only a few days. Symptoms of food poisoning can cause dehydration which left untreated can lead to a medical emergency. If symptoms get worse or last more than a few days, you should contact a doctor.

TIPS FOR SAFE SUMMER FOOD PREPARATION

Before you lay out a picnic blanket or fire up the grill, keep in mind these tips for your next cook-out:

- Defrost meat properly. Avoid defrosting meat by leaving it on a counter for hours. Ensure the meat maintains a safe temperature and defrosts in a refrigerator. The same rule applies to marinating meat – place in refrigerator and do not reuse the marinade.
- Clean your produce. Rinse fruits and vegetables with water. Before washing produce, clean your sink with detergent, to avoid cross contamination from any previous preparations done with raw meats. Never use detergents or chemicals to clean produce. If they have a firm skin, rub them with a wet brush. Pat dry so they are ready to eat.
- Limit buffet size. If you are not sure how quickly food will be eaten or if guests will be arriving at different times, put out small platters and fill them throughout the day. Back-up dishes should be stored in the refrigerator or coolers & hot dishes kept in the oven at a low temperature.
- Take food temperatures. Keep a quick read thermometer at hand. Hot foods should be served at 140 °F or warmer. Cold foods should be kept at 40 °F or cooler. Food allowed to set out for a long-time at an unsafe temperature could cause illness.

Get Ready to Grill Safely

Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry

CS206044D

 **www.cdc.gov/foodsafety**

- The two-hour rule. If food is left out at room temperature for more than two hours, it is time to throw it out. If the food needs to be left out more than two hours, keep it at the advised temperatures using cooling plates, ice bathes, or crock pots.
- Separate raw and cooked foods. If you are grilling, make sure you keep raw and cooked foods separate. Do not reuse cutting boards, platters, or utensils without washing them after touching raw meat. Prepare raw and cooked foods in designated spaces to avoid cross-contamination.
- Wash your hands and keep surfaces clean. You can stop the spread of food-borne bacteria by properly washing your hands and keeping your food preparation spaces clean. After you touch raw food, stop, and wash your hands before touching other surfaces. There are many cleaners that are safe for food preparation surfaces, be sure to check the label to avoid any accidental contamination or poisoning.

This year, kickoff your summer with safety in mind. Follow NH State guidelines for social gatherings including social distancing, wearing a mask, and washing your hands to make the most of your time outdoors with family and friends.

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.



Partnership for Public Health
Your Partner for A Safer and Healthier Community

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

consumerresources.org/beware-coronavirus-scams



FEDERAL TRADE
COMMISSION



NATIONAL
ASSOCIATION OF
ATTORNEYS GENERAL

WINGS, WATER & WHEELS RETURNS TO LACONIA AIRPORT

WinnAero, Inc., President of the SETM at the airport with, in partnership with the Laconia Airport Authority, once again, host an Open House event on Saturday, May 15, COVID restrictions permitting.

The popular family-oriented event dubbed “Wings, Water & Wheels”, will operate in the familiar “touch-a-plane, touch-a-truck” format so families are encouraged to bring their cameras. “We have commitments from about 15 aircraft owners to display their airplanes along with Gilford Fire and Gilford Police vehicles, large excavators and snow-plows and a pace car from NH Motor Speedway” Mitchell stated. Rounding out the displays will be individual vehicles & equipment from Hiltz Construction, ArborTech Tree Service, Redimix, Pike Industries and Finn’s Garage of Meredith. “This is an excellent opportunity to speak directly with the pilots, operators, police and fire personnel about their planes, vehicles and careers.”, Mitchell added.

Also available to speak with the attendees will be WinnAero ACE Academy faculty and Civil Air Patrol cadets and senior members.

Helicopter rides for a fee will be offered by CR Helicopters of Nashua. Laconia Airport gates open at 10 AM on May 15 and the event will run until 2 PM that afternoon. A small per-person or per-family donation will be requested upon entry and snacks and water will be available for purchase. Besides Wings, Water & Wheels, WinnAero is also gearing up to operate its ACE Academy week-long day camps in July for elementary, middle and high school students.

For more information, please visit www.winnaero.org.

ROGUE SPACE SYSTEMS SUPPORTS WINNAERO

The New Hampshire based satellite servicing startup, Rogue Space Systems Corp., recently announced its support for STEM education for youth by partnering with the local non-profit STEM-group, WinnAero. The joint venture will offer professional development workshops for teachers in critical aerospace educational components starting in May.

“Not only will Rogue Space Systems host these workshops in their facility in downtown Laconia, they are funding the first workshop tuition for teachers who apply” said WinnAero Education Director, Dan Caron. Caron went on to say that the generous offer from Rogue to sponsor the Rockets Workshop on May 10 will include free registration for teachers as well as a complimentary one year membership in the curriculum provider, the Civil Air Patrol Aerospace Education Program. This membership opens the door for teachers to apply for STEM grants as well as access to a wealth of teaching materials. “We are very pleased to be able to partner with WinnAero and offer this first workshop for area teachers” said Jeromy Grimmett, CEO of Rogue Space Systems. Grimmett added that “Rogue is committed to inspiring the next generation and supporting STEM education for youth is critical to Rogue and the future of space exploration. We look forward to expanding the partnership as we grow. From our equity crowdfunding offering on TruCrowd to our partnership with WinnAero, our company is all about building a community. Rogue’s hope is that this will begin to lay the groundwork for space education in the New Hampshire Lakes Region where we look to develop a feeder program that can support our long-term employment and growth strategies in the coming years.”

Subsequent teacher workshops are The Space Environment (May 18), Space Activities for Grades K-5 (May 26) and Spacecraft (June 3). Registration for any of the workshops after Rockets is the responsibility of the attendee; costs are \$40 per workshop which includes all materials, lunch and snacks. Workshop participants will actually do all the “hands on” activities of the day just as their own students would. All sessions are “stand alone” and teachers can decide how many sessions they wish to attend. The workshops will be held at Rogue Space Systems located at 84 Union Avenue in downtown Laconia. Check-in for each session is 8:30 AM with adjournment at 3:30 PM.

For workshop course descriptions and further details about the non-profit group, WinnAero, visit www.winnaero.org. For more information about Rogue Systems, please visit <http://rogue.space>.

WINNIAERO PLANS 2021 ACE ACADEMIES

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. The camps, one week in duration and divided by age groups of students, were forced to cancel last summer due to COVID. 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.

Board President Karen Mitchell, a STEM educator and pilot said "WinnAero is so happy to be gearing up for the ACE Academies once again. We missed seeing the students last summer but the support and enthusiasm from students, families, ACE faculty and the aviation community have been so encouraging during our down time. We're planning three one- week sessions in July divided by a student's grade level; elementary school, middle school and high school. Our ACE attendees will be inspired to see themselves as problem solvers and creative collaborators as they're challenged to reach new heights....literally". 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.