



# THE HUB

Gilford Town Newsletter



## IN THIS NEWSLETTER

Town Hall  
Tech News  
Library  
Parks and Rec  
Police  
Public Works  
Navigating Recovery  
Gilford School District  
GCC  
PPHNH  
WinnAero

## WELCOME TO THE JUNE ISSUE

Welcome to the June 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](mailto: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 Board of Selectmen will be changing their meeting schedule for the months of July and August, meeting once per month on July 14th and August 18th. The Selectmen will then resume to their regular schedule in September, meeting twice a month, on the second and fourth Wednesday of each month.

## 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

Budget Committee - Public Hearing  
**6/3, 6:30PM @ Town Hall**

Library Trustee Meeting  
**6/9, 10AM @ Library**

Board of Selectmen  
**6/9, 7PM - @ Gilford Town Hall**

Friend of the Library  
**6/15, 4PM @ Library**

Gunstock Acres Village Water  
**6/16, GoToMeeting**

Supervisors of the Checklist  
**6/17, 6PM @ Town Hall**

Board of Selectmen  
**6/23, 7PM @ Town Hall**

Emergency Meeting - Gunstock  
Acres Village Water  
**6/2, 6/7, 6/9, 6/14, 6/21, 6/23,  
6/28, 6/30, @ 5:30PM**

## 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](http://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](http://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?

*After a crazy end of May with new hires and changing roles, we have reached the calm before our summer frenzy. We're kicking the month of June off with a **Trivia Night** on June 3rd at 5:30PM in the lower parking lot. We're planning an **Open Mic Night** on June 17th at 5:30PM. Email [gilfordlibrary@gmail.com](mailto:gilfordlibrary@gmail.com) to register as a performer. We cannot have the event without performers!*

*The summer is chalk-full of activities, so be sure to check out our website and Facebook page for the latest information about upcoming programs. Happy unofficial start of summer!*

Welcome new Children's Librarian Megan! Megan has many years of experience working in libraries and with children. She is a published author, photographer, and a mesmerizing reader. We are excited to welcome her aboard our team.



## 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

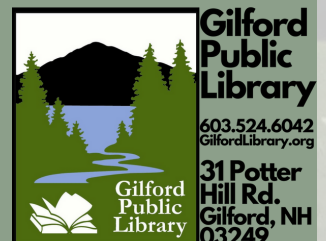
Monday - Friday 9AM-5PM

## CHILDREN'S CORNER

Are you ready for a sizzling Summer Reading Program? Yes you are! Mark your calendars for June 23 @ 3pm for our summer reading kickoff featuring local Flamenco dancer, Gladys Clausen. Sign-up for summer reading, enjoy some ice-cream, and get your face painted. See you there!

Celebrate Dad in the month of June with Personalized Puzzles on June 16th @ 10:30am and Dad & Donuts Drop in Craft on June 19 @ 10:30am-1pm

[WWW.GILFORDLIBRARY.ORG](http://WWW.GILFORDLIBRARY.ORG)





# WHAT'S HAPPENING @ THE LIBRARY

## NATIONAL DONUT DAY - JUNE 4TH, 10:30AM

Grab some coffee and donuts, learn interesting donut trivia, and play a round or two of Hand and Foot!

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## BREEDING SEASON BACKYARD BIRDS - JUNE 8TH, 6:30PM

Steve Hale of Open World Explorers will be here (virtually) on Zoom to share this engaging and interactive presentation featuring common and likely breeding season birds to any backyard in New England. This presentation offers ID tips, including learning a few birds by their song. Tips on feeding birds to attract the most diversity are also provided. Set up as a bird-quiz, audience members love to test their own knowledge.

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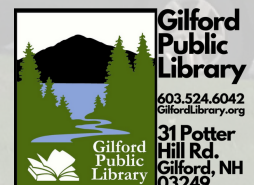
## SUMMER READING ADULT PROGRAM

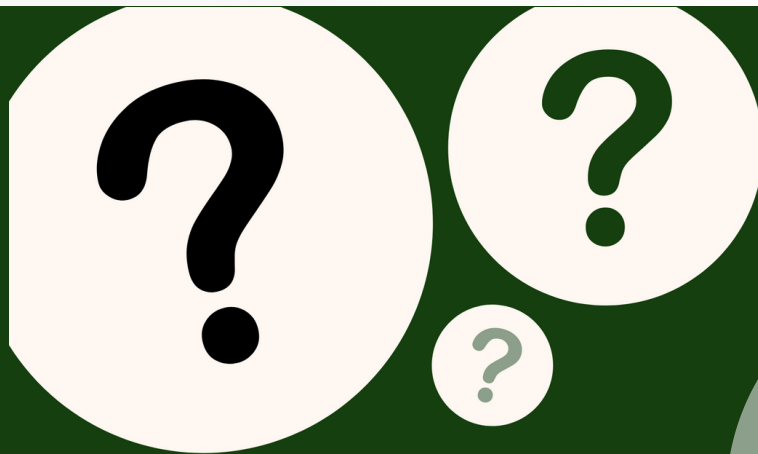
Our Summer Reading program is not just for the kiddos! Beginning on June 23rd, adults can participate in a reading challenge for the chance of winning a fun prize. Find out more at the library!

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## NH DIVISION OF PARKS AND RECREATION - FRIDAY, JUNE 25TH AT 10:30AM

In conjunction with Gilford Neighbors, Gilford Public Library welcomes Brent Wucher, from the NH Division of Parks and Recreation, on June 25th at 10:30am. Learn about the diversity of our state parks, accessibility and cost savings.





## PARKING LOT PUZZLERS

TRIVIA NIGHTS AT THE  
GILFORD PUBLIC LIBRARY



**DON'T MISS OUT!**

JUNE 3RD, JULY 1ST, AND AUGUST 5TH

TEAMS OF 2-8 PLAYERS

GAME STARTS AT 5:30PM

PLAY FOR BRAGGING RIGHTS AND GIFT CARDS

## Conversation Cafe

Join the library and other community organizations for a Community Conversation Panel. This all-generation chat is a way to share with the community the existing resources available from the various organizations in the town, and for the people who live in, work, or just love Gilford to share what they are looking for from the town.



**June 30th  
at 6PM**





# 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 \$13.75-\$16.00)

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





## Gilford Old Home Day Town Wide Yard Sale Saturday, June 19<sup>th</sup>!



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.

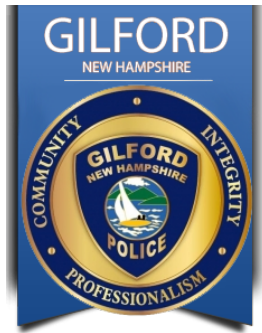
**When:** The Town Wide Yard Sale will be held on Saturday, June 19, 2021 from 9:00am - 1:00pm

**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**

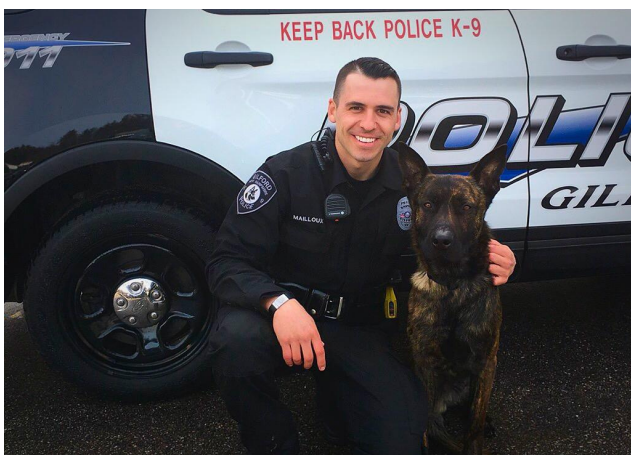




The Gilford Police Department held its annual employee recognition on May 13, 2021. This is an annual event to recognize the hard work and dedication of the members of the Gilford Police Department.

The department recognized the agency as a whole for its continued professionalism, dedication and hard work during a pandemic, that at one point had almost half of the agency out sick with COVID 19. Law Enforcement is one of the few professions that continued to work, responding to those in need, not only subjecting themselves to the inherent dangers of policing, but doing so during a pandemic, exposing themselves and potentially their families, to a sometimes deadly virus.

The department also recognized, K9 Officer Curtis Mailloux as our Employee of the Year who day in and day out exemplified what it means to be a member of the Gilford Police Department and Detective Lance Rouse for the Supervisor Recognition award, for his efforts in the course of duties, noticed by his supervisors.





### **PLEASE HEED THE SPEED!!**

NH law allows for the reduction of speed limits in certain areas that are seasonally congested by pedestrian and bicycle traffic. If approved by the NH Department of Transportation (NHDOT), such reductions can only have a maximum duration of four months.

In Gilford, a stretch of Lakeshore Road from the Gilford/Alton town line to Ellacoya Barn & Grille is particularly congested during the summer months. After having completed paperwork for a possible seasonal speed reduction and sending it to NHDOT with supporting documentation, permission was granted for this to occur. Therefore, from June 1st through September 30th, the typical 40MPH speed limit along that stretch of Lakeshore Road will be reduced to 35MPH. NHDOT utilizes a metric from other NH jurisdictions with similar speed reductions to determine that speeds should only be reduced by 6MPH or less.

New seasonal speed limit signs will be posted and officers will be out educating the public about this new endeavor and enforcing the new seasonal speed limit, which is taking place for the first time this summer in Gilford.





HUB NEWSLETTER - JUNE 2021

# DOWN AND DIRTY WITH DPW

## NATIONAL PUBLIC WORKS WEEK

During National Public Works Week, Gilford DPW set up a Touch-A-Truck event at the Gilford Elementary School where we spent the morning with over 300 students. It was "bucket loaders" of fun letting students climb into our big trucks and equipment, use their muscles to lift a metal drainage grate, check out our street signs up close and even pick out a small prize at the end.

Our staff loves the opportunity to talk to kids about what public works does for the community and what it's like to work in the construction industry. Ask your child if they had a chance to participate in this cool event! #NPWW #StrongerTogether





# DOWN AND DIRTY WITH DPW

## SEWER SUMMER SERIES

While it may seem silly to “toilet talk” with our residents, it's critical if we want to keep Gilford's sewer pump stations and pipes functioning properly.

What you flush down a toilet could be contributing toward clogs in the sewer system, so it's our job to arm you with a plunger full of info. Over the next three months, we will be educating our residents on what's flushable and how you can help prevent unnecessary clogs and maintenance costs. This information is important for both residents on the sewer system or on private septic systems.

When you flush a toilet on the town sewer system, all wastewater must pass through several pump stations to make its way to our regional wastewater treatment plant in Franklin, NH. These pump stations are a perfect spot for clogs to occur from numerous unflushable items. These items can also negatively impact your septic system balance. Please remember to **ONLY** flush human waste and toilet paper to avoid these issues. Check back next month for more info!



## DID YOU KNOW?

A leaking toilet can waste 30-500 gallons of water per day. This could cost you hundreds on your sewer bill.



### Handy Monthly Tip to Conserve Water:

Run dishwasher and washing machine only when fully loaded.





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!

The Lakes Region Veterans Coalition (LRVC) would like to offer anyone who has ever served in the military a chance to connect with a fellow service member by providing each person a free coffee!

Just register yourself and a friend to receive a \$5 gift card for a coffee shop, which will be mailed or e-mailed to each person based on their preference.

Once you have the gift cards, we just ask that you connect with the other person and have a conversation, it is that easy!

Sponsored by:



**WHY NOT REMIND A SERVICE MEMBER THAT YOU ARE HERE FOR THEM**



## **GILFORD SCHOOL DISTRICT**

SAU 73

2 Belknap Mountain Road

Gilford, NH 03249

Phone 603-527-9215

| Fax 603-527-9216

## **ALL SCHOOLS**

*Kindergarten Last Day*

June 11th

*Last Day*

June 21st

## **HIGH SCHOOL MUSICAL 2**

Thursday, June 3, 2021 7:00PM

Friday, June 4, 2021 7:00PM

Saturday, June 5, 2021 2:00PM and 7:00PM

Gilford Middle School

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## **MIDDLE SCHOOL SPRING CHORAL CONCERT**

June 15th, 7:00PM-8:00PM

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## **MIDDLE SCHOOL MONSTER BAND CONCERT**

June 16th, 7:00PM -8:00PM

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## **MIDDLE SCHOOL SPRING CONCERT**

Tuesday, June 15th at 7:00PM

Gilford High School Auditorium

Wednesday, June 16th at 7:00PM

Gilford High School Auditorium

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## **MIDDLE SCHOOL MOVING UP DAY**

Monday, June 21st

## 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.**

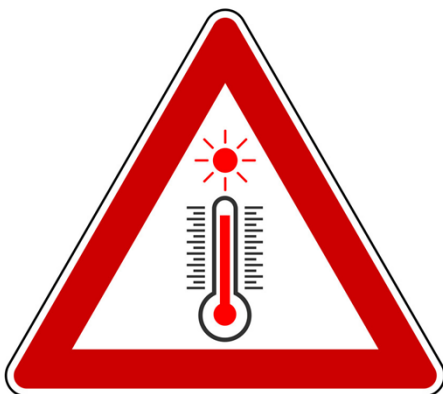
# WARNING SIGNS AND SYMPTOMS OF HEAT-RELATED ILLNESSES

BY JOHN R. CARLSON  
REGIONAL PUBLIC HEALTH RESOURCE OFFICER  
PARTNERSHIP FOR PUBLIC HEALTH

Now that the unofficial start to Summer has arrived and the heat begins to roll in, it is a good time for a quick reminder to stay hydrated and to be aware of and know what to do in the event of a heat related illnesses.

Take the time this season to familiarize yourself with this CDC chart which shows the symptoms of heat-related illnesses and what to do in the event someone you know may be experiencing it.

For further information please contact: John Carlson, Gilford, NH Health Officer @ [jcarlson@ppnhn.org](mailto:jcarlson@ppnhn.org).



HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>



## **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](http://www.winnaero.org). Families with more questions are encouraged to reach out to the WinnAero Educational Director, Dan Caron at [dan.caron@winnaero.org](mailto:dan.caron@winnaero.org).