Town of Belmont

Community Newsletter

November 2026

HOLIDAY INFORMATION

Town Hall will be accepting non-perishable food drive donations during regular business hours. Suggested items include canned vegetables, beans, soup, rice, pasta, cereal, shelf-stable milk, baby formula, diapers, peanut butter, canned proteins such as chicken, tuna or salmon, and cooking oils and spices.

If you are in need of food, please reach out to one of our local food pantries at St. Joseph's Church, the First Baptist Church or the Loudon Food Pantry.

We encourage everyone who can, to seek opportunities to donate in our local community, or to obtain a donation if you are in need.

The Belmont Police Department's Santa's Little Helpers Program opens 11/09/2026 and closes 12/10/2026.

CAR SEAT SAFETY EVENT !

Saturday, November 14th at 10 am

at the Belmont Pavilion, 18 Mill Street

Sponsored by the
Belmont Police Department



Important Upcoming Dates

(Check our CALENDAR at belmontnh.gov)

- 11/03/2026 - Elections 7 am to 7 pm
- 11/03/2026 - Town Hall Closed for Election Day
- 11/04/2026 - Selectmen's Meeting 10 am
- 11/05/2026 - Budget Committee 6 pm
- 11/06/2026 - Cemetery Trustees 4 pm
- 11/11/2026 - Town Hall Closed for Veterans Day
- 11/12/2026 - Budget Committee 6 pm
- 11/14/2026 - Car Seat Safety Checks 10 am
- 11/15/2026 - Winter Parking Ban Starts
- 11/18/2026 - Selectmen's Meeting 6 pm
- 11/18/2026 - ZBA Meeting 6 pm
- 11/18/2026 - Conservation Commission 6 pm
- 11/19/2026 - ARC Meeting 8 am
- 11/19/2026 - Budget Committee 6 pm
- 11/21/2026 - Deck the Village 2 to 4 pm
- 11/23/2026 - Planning Board 6 pm
- 11/26/2026 - Town Hall Closed Thanksgiving
- 11/27/2026 - Town Hall Closed Thanksgiving

Town Hall Closures - November

Weds. 11/11/2026 - Veterans Day

Thurs. 11/26/2026 - Thanksgiving Holiday

Fri. 11/27/2026 - Thanksgiving Holiday





Bulky Waste Disposal



On the 1st Wednesday of each month, Casella Waste will collect your bulky items curbside. note this is for Town of Belmont Residential Customers ONLY; service is not available to commercial property owners. Piles of debris, trash, yard waste or bagged trash to collect WILL NOT BE ACCEPTED. A request for pickup must be made in advance by calling Town Hall at 267-8300, xt 118 or 115 only. You will be asked to list the items you want picked up, advised of the cost, and your payment will need to be made payable to the Town of Belmont by the Friday prior to the collection day. Please visit the Town's website at www.belmontnh.gov for the full details on the program and a price list. **CASH or CHECK only.**



Town Hall will be closed in observance of Election Day Tuesday, November 3rd

Lakes Region Public Access
community empowered by media

Just a reminder that the Town of Belmont is an active member of Lakes Region Public Access Television which can be seen locally on Breezeline Channels 24, 25, and 26. If you are a camera buff and you have an interest in producing a show to be shown on LRPA, please contact the station at 528-3070 to discuss your idea. LRPA has made significant strides to improve programming this past year and its presence in the Lakes Region. We urge you to check out their website at: http://lrpa.org



We continue to stress the importance of the "Not everything is flushable". Please check out the "Do Not Flush!" list to protect your sewer and septic system. A "Flushable" label does not mean it is SAFE for your septic system or the Town's sewer. Please read the brochure we have included on the Town's website at www.belmontnh.gov

We need your help to ensure our sewers keep flowing. Should you have any questions, please do not hesitate to contact the Town Administrator's Office at 267-8300 ext. 124.

2027 Application

John M. Sargent Fund – Town of Belmont, NH

The John M. Sargent Fund: *The income from the John M. Sargent Fund is used for any purpose that the voters of the Town of Belmont decide by major vote at the Town Meeting Second Session (Election/Voting) on Tuesday, March 9, 2027. In order to facilitate the distribution of this money, an appointed committee of local citizens will review all requests and shall make recommendations to the voters.*

Important: ***To be considered for funding, applicants must complete and return this form, along with a one page cover letter and a one page organization information as outlined below.***

Fund Application: Please complete the following information.

Name of group or organization: _____

Mailing address: _____

Town: _____ ST: _____ Zip: _____

Contact: _____

Telephone: _____

Email: _____

How many Belmont residents does your group serve?:_____
Is your group or organization a non-profit/tax exempt, *501(c)(3): Yes* _____ *No*_____

*Amount Requesting: $*_____

Please provide: *(Please note: **This information must be included to be considered for funding.**)*

- **A Cover Letter:** Include a basic **one-page cover letter** that states the amount requested and provides a highly abbreviated description of how the funds would be used. Discuss the need/issue and a description of the targeted population of Belmont residents who would be directly impacted by this request.
- **Organization Information:** Include a basic **one-page outline** including:
  i. Description of the organization or group
  ii. Description of the current programs, activities, and accomplishments.
  iii. Briefly discuss funding history; including both public and private funds.
  iv. If you received money last year from the John M. Sargent Fund, please discuss how it was used.

Deadline: December 3, 2026. *A hard copy of the application must be received at Belmont Town Hall, 143 Main Street, Belmont, NH or postmarked by this date. No email applications will be accepted.*

Submit to: The John M. Sargent Fund, c/o The Town of Belmont
P.O. Box 310, Belmont, NH 03220-0310

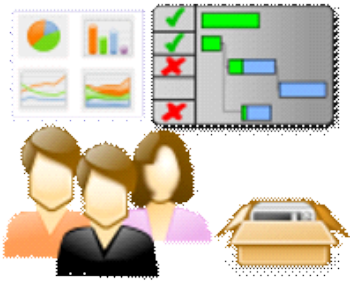
For information, contact:
BJ Eckardt, *John M. Sargent Fund Committee Chair*
e-mail – walnut@metrocast.net

Budget Schedule

The meeting schedule for the 2027 budget process is listed below. Please see our website at belmontnh.gov for agendas and Zoom/Youtube links.

Thursday, November 5, 2026	6:00 p.m.	Town Budget Committee Meeting
Thursday, November 12, 2026	6:00 p.m.	Town Budget Committee Meeting
Thursday, November 19, 2026	6:00 p.m.	Town Budget Committee Meeting
Thursday, December 10, 2026	6:00 p.m.	Town Budget Committee Meeting
Thursday, December 17, 2026	6:00 p.m.	Town Budget Committee Meeting **if necessary**
Thursday, January 7, 2027	6:00 p.m.	Budget Committee 1st Public Hearing
Thursday, January 14, 2027	6:00 p.m.	Town Budget 2nd Public Hearing Date **if necessary**
Tuesday, January 19, 2027	6:00 p.m.	Town Budget 3rd Public Hearing Last & Final Date **if necessary**
Saturday, January 30, 2027	10:00 a.m.	Town Deliberative Session BHS
Thursday, February 4, 2027	6:00 p.m.	School Deliberative Session BHS*
Saturday, February 6, 2027	10:00 a.m.	**Snow Date School Deliberative if needed***
Saturday, February 6, 2027	TBD	**Snow Date Town Deliberative if needed Last & Final**
Tuesday, March 9, 2027	7am-7pm	Town & School Meeting/Elections BHS

** (School Budget Committee meeting information can be found on the sau80.org website.)*



There is a new Apparel Impact Clothing Donation Box located at 154 Main Street in downtown Belmont.

Please leave your donations of clothing and shoes in good or poor condition.

This donation box directly supports our community because it will allow our General Assistance Department and school nurses to directly refer individuals in need for clothing items at no cost. The program also reduces landfill waste by reusing, upcycling and downcycling textiles.

You can find more information at:

apparelimpact.com









Host a Clothing Recovery Bin

If you're a business, school, municip ality or a non-profit, you can host an Apparel Impact clothing recovery bin and benefit. It's easy to do and it benefits you and our local environment in a big way.

Apparel Impact provides a free, full service partnership where you can host a bin and allow Apparel Impact to do the work. Schedule a free site visit to learn more.

Providing Community Support

Since 2014, Apparel Impact has provided clothing, food and other much needed resources to over 14,000 people and families locally. Apparel Impact is known for its focus on supporting local people and causes and being the first for-profit company in New England to institute an entire division focused on helping local people.

Town and Municipality Textile Recovery

Nearly 10% of all trash in local landfills are textiles. Apparel Impact provides towns and municipalities the opportunity to reduce their landfills of textiles and recover them; creating more local jobs, reducing landfill waste and reducing towns overall budgets spent on the disposal of textiles.

COACHING VACANCIES for 2026-2027

The Shaker Regional School District is seeking coaches for the 2026-2027 season for following athletic teams:

Middle School Boys Team 2 Basketball

Middle School Girls Team 1 Basketball

Middle School Girls Team 2 Basketball

Middle School 5/6 Boys Basketball

Middle School 5/6 Girls Basketball

High School Boys Lacrosse

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

There are NO changes to collection in November.

All collection days remain the same.



NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

For any issues please call **Colleen Akerman** at the Belmont Town Hall at **603-267-8300 ext. 118**, or visit **belmontnh.gov** for additional information.

Solid Waste Collection Calendars

Collection calendars are available in hard copy format at Town Hall. Calendars are also available on our website: https://belmontnh.gov/departments/solid-waste-recycling/

As we approach the end of the year, we'd like to remind you that the 2026 Second Issue Tax Bill and 4th Quarter Water/Sewer Bill will be due soon.

We understand that the holiday season can bring extra expenses, so we gladly accept prepayments and partial payments to help ease the financial burden! Whether it's $25 per week, $100 every two weeks, or $50 per month, you can make payments in any amount that works best for your budget.

Small, consistent payments now can make a big difference later and help reduce the stress of larger bills when they come due.

You can pay by stopping by the office, paying online, or setting up automatic payments through your bank.

Please join us in congratulating Jenn, Samantha, and Devon on their 3-year anniversaries in the Town Clerk/Tax Collector's office!

It's been a busy, fulfilling, and grateful year.

A big THANK YOU! to our amazing residents for the kind words, laughs, and relationships we've built along the way. We look forward to another year of serving you!

Election Results will be posted to the Town of Belmont's Elections and Voting web page

belmontnh.gov/elections-and-voting



Bailey

DOG OF THE MONTH

OCTOBER

I am a

10 year old Lab/Pit Mix

This is me



My favourite

Food: CHEESE

Stuff: Playful & Silly
Greeting people at work
Hiking
Snoring

Skills: Professional in dismantling toys & removing the squeaker in 5min

Fun Fact

Hiked (redlined) all the trails in the Belknap Mnt Range

My Parents:

Jen & TJ

Thank you to Osborne's

And Tilton BJ's for your donations!

Roadway Improvements and Maintenance Update

The Department of Public Works (DPW) has continued its efforts to improve roadway conditions, maintain town infrastructure, and enhance the safety and quality of our local roads. Recent work includes the following projects and maintenance activities:

- **Leslie E. Roberts Drive:** The roadway was upgraded to meet Town specifications down to the railroad crossing by the contractor developing Knotty Way.
- **Westview Drive Water Project:** The waterline replacement and upgrade project has been completed. Following the waterline work, the roadway was reclaimed, regraded, and paved to restore and improve the road surface.
- **Roadside Mowing:** Roadside mowing operations continued to maintain visibility, improve roadway safety, and keep town roadsides looking neat and well-maintained.
- **Church Street:** Three small pavement dips were milled out and repaved to improve the driving surface. A small section of sidewalk was also repaired.
- **Dearborn Street:** A maintenance shim was applied to address pavement surface irregularities and improve the roadway condition.

The DPW appreciates the public's patience and cooperation as we continue working to maintain and improve the Town's roads and infrastructure. We remain committed to providing safe, reliable, and well-maintained public facilities for our residents.

Department of Public Works Contact Information
Phone: 603-528-2677 **Email:** publicworks@belmontnh.gov



Westview Drive (L)



Leslie Roberts Drive (R)

A Big Thank You from Belmont DPW!

The Belmont Department of Public Works would like to extend a big thank you to the Belmont Police Department and Belmont Parks & Recreation for inviting us to participate in Trunk or Treat!

We appreciate the opportunity to be part of this fun community event and enjoyed celebrating Halloween with everyone. Thank you for including us and helping make this event such a great success!

Happy Halloween from the Belmont DPW!





WINTER WATER READY



Cold weather can be tough on your water system. A little preparation now can help you avoid problems later!

Know Where Your Main Shut-Off Valve Is

In the event of a leak or burst pipe, you'll want to be able to shut off your water quickly.

Insulate Exposed Pipes

Pipes in unheated areas like basements, garages, and crawl spaces are at higher risk of freezing. Use pipe insulation or heat tape when needed.

Let Faucets Drip

A small, steady drip keeps water moving and helps prevent frozen pipes.

Keep Your Home Warm

Maintain a consistent temperature, especially if you'll be away. Open cabinet doors under sinks to allow warm air to reach pipes.

Check for Leaks

Look for signs of leaks now, before freezing weather arrives. Fixing small issues can prevent big problems.

Stay Prepared. Keep Your Water Flowing!

BELMONT WATER DEPARTMENT
603-528-2677
publicworks@belmontnh.gov

Help Protect Our Sewer System: Keep FOG Out of the Drain

The Town of Belmont is experiencing an increase in sewer related problems caused by **FOG — Fats, Oils, and Grease**. When **FOG** enters the sewer system, it cools, solidifies, and sticks to the interior of pipes. Over time, this buildup can cause sewer backups, costly repairs, and environmental hazards.

To keep Belmont's sewer system functioning properly and to prevent avoidable service interruptions we need the help of all residents, businesses, and restaurants.

What Counts as FOG?

- Cooking oil
- Grease from meat, poultry, and fish
- Butter, margarine, lard, shortening
- Dairy fats
- Gravy and sauces
- Food scraps containing grease

Why It Matters?

When **FOG** builds up in the sewer system, it can cause:

- Sewage backups into homes and businesses
- Overflows into local waterways
- Increased maintenance costs for the community
- Odor issues and health hazards

How You Can Help?

Please follow these simple steps at home and in your business:

Dispose of **FOG** in the trash

- Let grease cool and then scrape it into a sealed container before throwing it away.

Wipe before washing

- Wipe greasy pans, dishes, and utensils with a paper towel before rinsing.

Collect cooking oil

- Pour cooled oil into a container with a lid for trash disposal or take it to a local recycling center if available.

Use strainers

- Place a sink strainer to catch food scraps and throw them into the garbage.

For Food Service Establishments

- Maintain grease traps regularly
- Keep records of cleanings
- Train staff on proper grease disposal
- Never discharge grease or oily wastewater into sinks or floor drains

Thank You for protecting our sewers. By preventing **FOG** from entering the sewer system, you're helping reduce costly repairs, protect local waterways, and keep our community safe and clean.

If you have questions or comments, please contact:
The Belmont Sewer Department @ 603-528-2677 or Publicworks@belmontnh.gov



Unknown Water Service Line Material

Because of new federal requirements for lead in drinking water, water systems must notify water users that we do not have a record of the piping materials for individual water service lines. Letters have been mailed to all water system customers. The good news is that you can help your water system assess, and where necessary, make improvements to your water service lines.

If your property is serviced by a private well, this notice does not apply to you.

It is very important that the Town meet the federal requirements to determine if any properties in Belmont have lead service lines. We strongly encourage all water system users to reach out to us for assistance. Please call us at (603) 267-8300 xt 115 or email us at water@belmontnh.gov

We appreciate everyone's assistance with this important project!

https://belmontnh.gov/departments/water-department

Why are you receiving this letter?

Because of new federal requirements for lead in drinking water, water systems must notify you that we do not have a record of the piping materials of your water service line. You and other water system customers are receiving this or a similar letter. The good news is that you can help your water system assess, and where necessary, make improvements to your water service lines. Please contact us via the phone or email below for assistance to report your service line materials. Until then, please follow the simple steps below recommended for everyone to prevent potential exposure to lead in drinking water.

What are the Health Effects of Lead?

The Environmental Protection Agency requires we inform you the following: *Exposure to lead in drinking water can cause serious health effects in all age groups. Infants and children can have decreases in IQ and attention span. Lead exposure can lead to new learning and behavior problems or worsen existing learning and behavior problems. The children of women who are exposed to lead before or during pregnancy can have increased risk of these negative health effects. Adults can have increased risks of heart disease, high blood pressure, and kidney, or nervous system problems.*

What Can I Do to Reduce Exposure to lead in Drinking Water?

In addition to your service line (see figure on back), other plumbing in your home may contain lead and could increase the levels of lead in your drinking water. These may include faucets, valves, and soldered joints. Please contact us via the phone / email below to request a free water test and to confirm your service line materials. if you're concerned about lead, the following measures can help you prevent potential lead exposure from any drinking water plumbing:

- **Identify your service line materials.** Contact your water system email / phone listed below for assistance to identify your service line materials.
- **Run your water to flush out lead**. If the water hasn't been used for several hours (such as in the morning), run the water for 1 minute or more to flush potential lead from interior plumbing before using it for drinking or cooking.
- Use **cold** water for cooking and preparing baby formula.
- Do **NOT** boil water to attempt to remove lead.
- For pregnant persons, infants, and young children, look for alternative sources or treatment of water such as bottled water or use water filters certified for lead removal.
- Identify and replace home plumbing fixtures containing lead.



WINTER PARKING BAN

November 15th to April 30th

Overnight on street parking will not be allowed during this time.

Objects in the Right of Way such as basketball hoops should also be removed.



E-BIKES IN NEW HAMPSHIRE

KNOW YOUR CLASS. KNOW THE RULES. RIDE SAFELY.

CLASS 1	CLASS 2	CLASS 3
20 MPH	**20 MPH**	**28 MPH**
Pedal assist only	Throttle assistance	Pedal assist only

These are maximum motor-assist speeds, not speed limits. Under NH law, an e-bike must have pedals and an electric motor rated at LESS than 750 watts.

AGE & HELMET REQUIREMENTS

CLASSES 1 & 2 Helmet required under age 16	**CLASS 3** Operator must be 16 or older
ALL RIDERS Helmets strongly recommended at every age	**CLASS 3 HELMETS** Required for riders & passengers under 18

WHERE CAN YOU RIDE?

- Roads: E-bikes generally follow the same rules as traditional bicycles.
- Bike and multi-use paths: Class 1 and 2 generally permitted where bicycles are allowed, unless restricted by the managing authority.
- Class 3 on paths: Only where the path is within or next to a road, or where the managing authority specifically allows it.
- Natural-surface trails: Check the rules of the agency or landowner managing the trail. Sidewalk restrictions may also apply.

RULES OF THE ROAD

- Obey stop signs, traffic signals and right-of-way laws. Ride WITH traffic.
- Yield to pedestrians; signal turns and ride predictably.
- Use lights and visibility gear. NH requires at least one item of reflective apparel from 30 minutes after sunset to 30 minutes before sunrise.
- No driver's license, motor vehicle registration or motor vehicle insurance is required for a qualifying e-bike.

PARENTS: CHECK THE BIKE BEFORE YOUR CHILD RIDES.

A powerful electric dirt bike or throttle-only device without operable pedals may NOT qualify as an e-bike. Different motor vehicle or off-highway vehicle laws may apply.

LEGAL REFERENCES • NH RSA 259:27-a • RSA 265:143 • RSA 265:144 • RSA 265:144-a

Read the current laws: gc.nh.gov/rsa | General public education; posted local rules and applicable law control.

Belmont's Trunk or Treat Brings Community Together for a Spooktacular Evening!

The Belmont Police Department would like to extend a sincere thank you to everyone who helped make this year's Trunk or Treat event such a tremendous success!



On Friday, October 23rd, Mill Street was filled with costumes, candy, laughter, and plenty of Halloween spirit as families gathered for an evening of fun. It was wonderful to see so many children and families enjoying the festivities and taking advantage of another opportunity to come together as a community.

Events like Trunk or Treat are about much more than candy and costumes. They provide an opportunity for our officers to interact with children and families in a positive, relaxed environment, building relationships and strengthening the connections that make Belmont such a special place to live and work.

We would especially like to recognize the individuals, businesses, organizations, and volunteers who







dedicated their time, resources, and creativity to making the evening possible. From decorating trunks to handing out candy, your generosity and enthusiasm helped create a memorable experience for the children of our community.

Most importantly, thank you to all the families who joined us! Seeing the excitement on the children's faces is a great reminder of why community events like this are so important.

Community policing isn't just about responding to calls for service. It's about building relationships, earning trust, and being part of the community we are proud to serve.

From all of us at the Belmont Police Department, thank you for another fantastic Trunk or Treat. We are already looking forward to next year!

Believe It or Not, Santa's Little Helpers Is Right Around the Corner! 🎅 🎄

It may seem hard to believe, but the holiday season is quickly approaching, and the Belmont Police Department is already gearing up for one of our favorite annual traditions, **Santa's Little Helpers!**

Each year, this special program provides an opportunity for our department to spread a little holiday cheer and help make Christmas brighter for local families. It's a wonderful reminder of the generosity, compassion, and community spirit that make Belmont such a special place to live and work.



Applications for Santa's Little Helpers will be available beginning November 9, 2026, and the application period will close on December 10, 2026.

We encourage families interested in participating to keep these dates in mind and watch for additional information about the application process. Details on how to apply will be shared through the Belmont Police Department's Facebook page as the program gets underway.

Santa's Little Helpers has become a meaningful tradition for our department, allowing us to connect with families and help ensure that the magic of Christmas reaches those who may need a little extra support during the holiday season.

We look forward to another wonderful year of bringing smiles to children's faces and spreading holiday cheer throughout our community.

Mark your calendars for November 9 through December 10, and stay tuned for more information!

After all, Santa can't do it alone — sometimes he needs a few helpers in uniform! 🎅 🚔

BELMONT NEW HAMPSHIRE
Town of Belmont New Hampshire
POLICE

Car Seat SAFETY CHECKUPS & FITTING

Hosted by the
Belmont Police Department
with Certified Child Passenger Safety Technicians (CPSTs).



- Check for proper installation
- Make sure your child is in the right seat for their age, height & weight
- Get answers to your car seat questions



REAR-FACING
(for infants)



FORWARD-FACING
(for toddlers & young children)



BOOSTER SEAT
(for older children)



SEAT BELT
(for teens)

SATURDAY, NOVEMBER 14, 2026 • 10:00 AM
MILL STREET • BELMONT

Come and make sure your child is safe for the ride.

♥ SAFE KIDS ♥ SAFE RIDES ♥ STRONGER COMMUNITY

BELMONT PARKS & RECREATION



FREE BLOOD PRESSURE SCREENING - NOVEMBER 16TH 10A-11A

In partnership with Franklin VNA we are offering screenings on a walk-in basis. BELMONT MILL - 2ND FLOOR

MONTHLY PRESENTATION FROM FRANKLIN VNA - NOVEMBER 16TH 11A-12P

Join us as we present different topics that affect every day life for seniors in NH. Ideas for topics are always welcome!
BELMONT MILL - 2ND FLOOR

MONTHLY SENIOR SOCIAL - NOVEMBER 16TH 12P-2P

Enjoy playing cards or a board game with some friends! This month we will be making holiday centerpieces! BELMONT MILL - 2ND FLOOR

FOR MORE INFORMATION PLEASE REACH OUT TO: BELMONT PARKS & RECREATION

EMAIL:
RECREATION@BELMONTNH.GOV

OR CALL:
603-267-1865


PRESENTS
DECK
the
VILLAGE
NOVEMBER 21ST, 2026
2PM - 4PM
FREE Arts & Crafts ❄ Endless Skies Band performing holiday music ❄ Hot Cocoa & S'mores by the Fire ❄ Holiday Crafts
Help decorate downtown for the holiday season!
Do you like caroling? We are looking for a group of community members to spread some holiday cheer around the village and downtown area starting at 4pm!

REGISTRATION OPEN





CHAPERONES NEEDED

It's that time of year we are getting ready to kick off our Gunstock Outreach program and need your help! Gunstock will provide 1 free chaperone ticket valid on each of our lesson dates/time. Lessons will be held Wednesday evenings beginning . Priority will be given to those who can commit to all 4 lesson dates.

OUTREACH PROGRAM DAYS

1/6 1/13 1/20 1/27

CHAPERONES MUST BE AVAILABLE

5:30PM-7:45PM

FOR MORE INFORMATION PLEASE CONTACT:

Danielle St.Onge
Belmont Parks & Recreation
603-267-1865 or Recreation@belmontnh.gov

Cooking Oil and Grease Clog Your Pipes

Prevent The Clog. Trash The FOG*.

*(Fats, Oils, Grease)

Food/Meat Scraps
Salad Dressing
Mayonnaise
Shortening
Sauces
Grease
Butter
Gravy
Lard



Harms the Environment
Water Contamination
Clogs Waste Water
Property Damage
Health Hazards
Slows Drains
Blockages
Flooding

What is FOG? Why Care?

Fats, Oils, and Grease create blockages in sewer systems that lead to health hazards that damage property, threaten the environment, and slow down local drains. When FOG is dumped down the drain, septic tanks become inefficient because they form large, thick grease balls, clogging pipes.

Scrape It.



Let Oil Cool, Wipe. Scrape.
–
Do Not Rinse Oil

Can It.



Pour Oils in Covered Containers
–
Do Not Pour into Drain

Trash It.



Trash all Covered Containers
–
Do Not use Garbage Disposal/Food Grinder

Prevent The Clog. Trash The FOG.

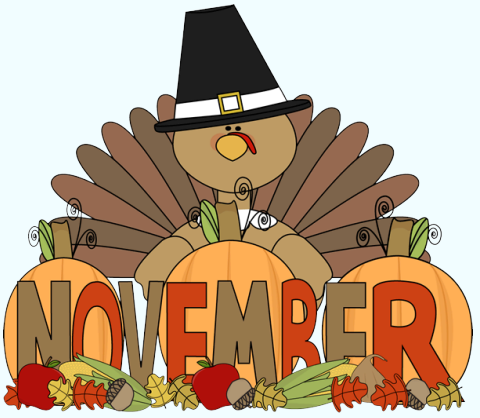
Visit http://www.mansfieldma.com for more information

November 2026

In this issue >>>

Upcoming Meetings:

ARC – 11/19/2026 (if needed)
Planning Board – 11/23/2026
Zoning Board – 11/18/2026



A Monthly Insight into the happenings in Belmont Land Use

Land Use

- ARC
- Planning
- Zoning



October Meetings >>>

Your Land Use Staff

Karen Stuyniski
Town Planner

Rod Cameron
Land Use Technician

Susan Austin
Administrative Assistant

John Crowley
Land Use Clerk

For additional Information:
Visit www.belmontnh.gov
Contact
luoffice@belmontnh.gov
Call 603-267-8300 x 3



Application Review Committee (October 15, 2026)

No Applications:

Planning Board (October 26, 2026)

1. **Plan Submission and Public Hearing – Belmont Landing, LLC:** (Continued from September) Applicant is seeking Site Plan Approval to construct 36 residential units on the upper floors of an existing mixed use commercial building. Property is located at 171 Daniel Webster Highway, Tax Lot 101-022-000-000, in the Commercial Zone. Planning Board Case # 20-26P

2. **Plan Submission and Public Hearing – Francis and Sarah Patno:** Applicant is seeking Site Plan Approval to establish an outdoor boat storage business. Property is located on Province Road, Tax Lot 211-057-000-000, in the Rural Zone. Planning Board Case 24-26P

Zoning (October 28, 2026)

1. **Abutter's Hearing - D&M Homes, LLC**: Applicant is proposing to construct a single-family home and is requesting :
   - A variance from Article 11.C (Non-conforming structures)
   - A variance from 674:41 (Road Frontage)

   Property is located on Durrell Mountain Road, Tax Lot 212-043-000-000, in the Rural Zone. ZBA Case # 24-26Z

continued...





Zoning cont. (October 28, 2026)

2. **Abutter's Hearing - D&M Homes, LLC:** Applicant is proposing to construct a single-family home and is requesting the following relief:
   - A variance from Article 11.C (Non-conforming structures) .
   - A variance from 674:41 (Road Frontage)

   Property is located on Durrell Mountain Road, Tax Lot 212-043-000-000,

Looking For Board members!

Visit the Town's website: **www.belmontnh.gov**

Planning Board
- 7 regular members, 3 alternates
- **1 alternate vacancies**

Conservation Commission
- 7 regular members, 3 alternates, 2 student members
- **3 alternate vacancies**

Zoning Board
- 5 regular members, 5 alternates
- **5 alternate vacancies**

The New Hampshire Department of Business and Economic Affairs (BEA) Office of Planning and Development (OPD) and the **U.S. Bureau of Economic Analysis (BEA)** have several important scheduled dates and legislative updates taking effect in November 2026.

NH BEA Office of Planning and Development (OPD)

• Legislative Overhaul Effective Date: Senate Bill 502 (SB 502), which changes committee structures and formalizes official terminology updates for the BEA and OPD, officially goes into full effect on November 1, 2026.

• PLAN Monthly Webinar Series: The next Planning Lunches at Noon (PLAN) webinar will take place on November 19, 2026 (the third Thursday of the month). Specific topics and registration links are distributed in advance via the OPD Monthly Webinar Portal.

Planning and Zoning Handbooks by NH OPD

- The Planning Board in New Hampshire: A Handbook for Local Officials (updated 2025)
- The Board of Adjustment in New Hampshire: A Handbook for Local Officials (updated 2025)
- Federal and State Planning and Zoning Case Law for New Hampshire Local Officials (Updated 2025)

Belmont Public Library

November 2026

146 Main St
belmontpubliclibrary.org
(603) 267-8331

Mon 10-5
Tue 10-6
Wed 10-6
Thu 10-6
Fri 10-5
Sat 9-1

Deck the Village - Saturday, November 21, 2-4 PM
Join the town of Belmont in kicking off the holiday season. The library will be open 9-4.



Stuffie Sleepover - Thursday, November 24, 6 PM
Your stuffies are invited to spend the night at the library! Drop off your stuffie by 6 PM on 11/24 for a special night filled with activities specially designed for them. Check our Facebook and Instagram throughout the night to see what they are up to.

Closed for holidays Tue 11/3, Wed 11/11, Thu 11/26, and Fri 11/27

Creative Conversations

Fiber Arts - self-guided gathering where adults can work on various fiber crafts and chat.
Mondays 10 AM

Watercolor Workshop - self-guided craft time where adults can work with watercolor techniques. Supplies provided.
Mondays 2 PM

Mah Jongg - beginners and experts welcome! **Wednesdays 2 PM**

Diamond Art for All - A relaxing and easy -to-learn craft. Supplies provided. BYO kits allowed.
Fridays 2-4:30 PM

Adult Book Groups

After Hours - 1st Thu 4:30 PM
The Paradise Problem by Christina Lauren.

Fact or Fiction - 1st Fri 10:30 AM
The Nature of Fraglie Things by Susan Meissner.

Afternoon - 2nd Thu 4:30 PM *The Frozen River* by Ariel Lawhon.

Mystery - 3rd Thu 10 AM The Other Mrs. by Mary Kubica.

Friday Fiction - 3rd Fri 10:30 AM
The *Kamogawa Food Detectives by* Hisashi Kashiwai.

Youth Activities

Story Time - Weds 10:30 AM
Story time and activites for all under school age.

Grab and Go Paper Pumpkins Kits- pick up a kit to make a Paper Pumpkin while supplies last.
11/13-16

Homeschool Spotlight - Public speaking opportunity. Sign up in library
Thursday, November 15, 2 PM

MGGN BG - 4th Mon 3:30 PM
(Middle Grade Graphic Novel book group) - *I Survived The Japanese Tsunami, 2011* by Lauren Tarshis. 11/23



Library Passes Available this Month

McAuliffe-Shepard Discovery Center
NH State Parks*
Mt Kearsarge Indian Museum*
*sponsored by the Friends of the Library

Heritage Commission and the Board of Selectmen Announce

2026 Community Heritage Awards



The Belmont Heritage Commission and Belmont Board of Selectmen have been presenting Community Heritage Awards for 15 years. Since its inception individuals, groups, businesses and organizations have been recognized for their contributions to Belmont's heritage, history and well-being for the town of Belmont. These awards have become a favorite and notable event as it highlights deeds and events that might not otherwise have been recognized. The awards are a small token of appreciation to honor those who have given their time and efforts for the betterment of Belmont. During the October 21st Board of Selectmen's meeting Heritage Commission members, Jack and Vicki Donovan presented the 2026 Community Heritage Awards to the following recipients: *Joe and Jenn Thomas selected for the Preservation of Traditions Award, Katie Van Cura and Kelly Lewis earning the Exceptional Commitment to Community Award and Riley DeGange honored with a Youth leadership Award.*

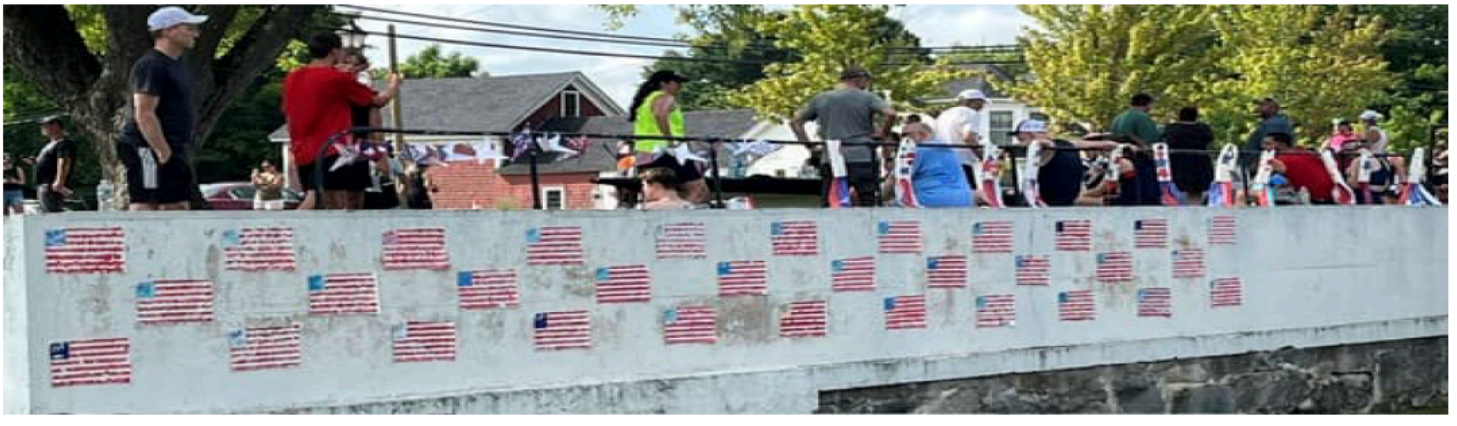
The Preservation of Traditions Award recognized Joe and Jenn Thomas for the restoration of their 1890's home. Their restoration work gives Main Street in Belmont another added feature to admire. Jenn stated that original features such as the front door and wide pine floors reflect its history and character. She also noted the post and beam barn, which was probably built before the house and more than likely may even predate the age of the house itself. The Thomas's advice to anyone restoring an older home is to preserve as much of the original features because the specific house details tell of its charm, character and history. The Thomas's were very honored to receive the award and stated that it was especially meaningful because it recognizes the importance of preserving older homes and the history they represent for future generations.

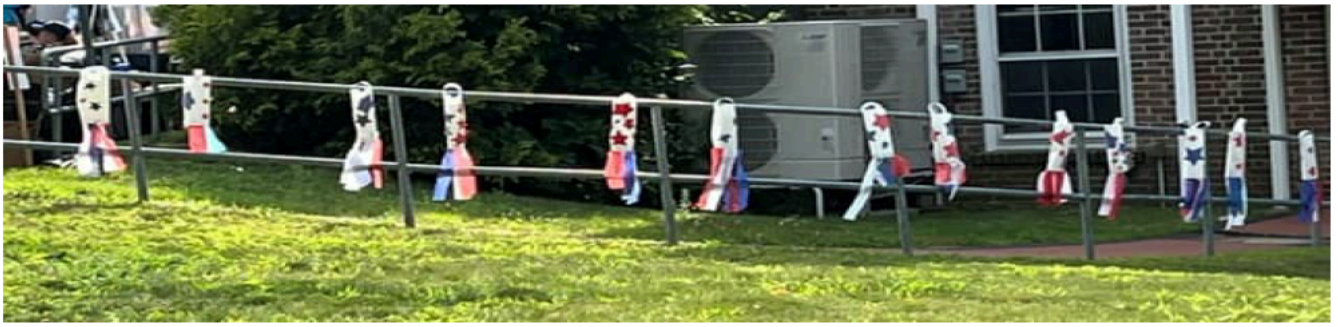
Two art teachers received the Exceptional Commitment to Community Award. Katie VanCura at Belmont Elementary and Kelly Lewis at Belmont Middle School. After finding out Belmont's Old Home Day theme, "Stars and Stripes and Summer Nights" heritage chair, Vicki Donovan took a chance in April to ask both of them to contribute to a community project. Luckily, both Katie and Kelly said YES, without hesitation. The two teachers separately, but uniquely, involved most of their prospective school's student population in creating patriotic decorations for Belmont's Old Home Day and for the Heritage Commission's 250th America Celebration event. The time crunch in May and June was tough for both teachers, but they

did not disappoint. During the last week of school, red, white and blue windsocks, United States laminated paper flags, strings of 3-D stars and very large Happy Birthday America posters were ready for a commission member to pick-up. During Old Home Day the students' work was proudly displayed throughout Belmont Village. Patriotic art work from grades 1-8 decorated the town's benches, the railings along the Belmont Library walkway, the retaining wall, and around the Bandstand. Later in the summer, the student's decorations were hung and strung up again, but this time inside the Tioga Pavilion. Even though the rain moved the concert from the Bandstand to the Pavilion it was a great backdrop for the Newmont Military Band. The band and the decorations were a huge success in helping Belmont celebrate America's 250th Anniversary. After the concert the band's conductor commented that Belmont has a wonderful historical area to perform at and the band members made several comments about the students' decorations that surrounded them.











First Row: Award Recipients: Katie Van Cura, Kelly Lewis, Jenn and Joe Thomas. Heritage Members: Vicki and Jack Donovan. Second Row: Selectmen: Mark Lewandoski, Travis O'Hara, Ruth Mooney, Sharon Ciampi and Jon Pike.





Lastly, a Youth Leadership Award is being presented to Riley DeGange for her role as the Belmont High School Student Representative for the Heritage Commission. A highlight of Riley's tenure with us was the connection she made between our commission and the schools. She was a

huge asset connecting the Heritage Commission with the Belmont High School Honor Society. This connection made it possible for needed assistance with the commission's annual Senior Citizens Food Drive. Our Food Drive Project had many helping hands including the Sargent Fund, Belmont Elementary Student Council, and then the Belmont High Honor Society. It was a very productive project and we were thankful for Riley's input as well as many others to have made it such a successful event for the Senior Citizens of Belmont. Riley will receive her award during her Thanksgiving break from college.



from the Heritage Commission

Thanking our families, friends, and neighbors and for the heritage of Thanksgiving that we celebrate.

Belmont Heritage Commission

Vicki Donovan (Chairman), Claire Bickford (Vice-Chairman), Ben Rolfe (Secretary), Jack Donovan, Jillian Rolfe, Priscilla Annis, Susan Roache (Alternate) Sharon Ciampi (Selectman Representative), Ally Rolfe (Belmont High School Student Representative).



★ December 19, 2026 @ 12pm ★

NationalWreathsAcrossAmerica Day



Help Belmont Cemetery Trustees and American Legion Post 58 honor our local heroes!

IF YOU WOULD LIKE TO SPONSOR A WREATH PLEASE SCAN THE QR CODE TO DONATE ONLINE OR VISIT OUR DIRECT LINK!

www.wreathsacrossamerica.org/NH0030

REMEMBER HONOR TEACH
WREATHS across AMERICA
KEEP MOVING FORWARD

#KeepMovingForward

Loudon Food Pantry

Our Numbers

In September 2026, Loudon Food Pantry gave out enough food to 345 individuals for them to prepare 9,652 meals. Of these people, 175 were age 60 and older (51%), 74 were age 18 or under (21%), and 96 were between those ages (28%).

Upcoming Happenings

50-50 Holiday Raffle Fundraiser (Our only raffle) - November 1st – December 15th

The lucky winner will receive half the ticket sales - so the more tickets we sell, the more the winner takes home. These tickets are priced low enough so that our guests can also participate. If one of them wins, it gives them extra funds to pay for heating, put gas in their car or purchase one or two extra presents.

Starting November 1st tickets can be purchased using our online order form at LoudonFoodPantry.org or drop by the pantry at 30 Chichester Rd., Unit D, Loudon NH 03307. Ticket Prices: buy 1 Ticket for $1 or buy 3 Tickets for $2 or buy 7 Tickets for $5. Go to LoudonFoodPantry.org to see more discounted ticket prices.

Thanksgiving Baskets will be given out – November 17th, 18th, and 19th.

There is still time to sign up for your Thanksgiving Basket. The deadline was October 31st. If you sign up after that date, there is no guarantee of receiving the full basket, but we'll get you what we can. Just call (603) 724-9731 and speak with April.

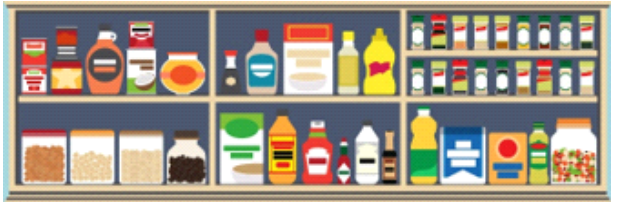
Closed and Unavailable for Thanksgiving Week – Week of November 26th

Loudon Food Pantry will be closed and unavailable the week of November 26th so our volunteers can be with their families for the holiday. We will reopen on Tuesday December 1st.

December Holiday Basket / Voucher Deadline – November 30th

You only have until November 30th to sign up for a December Holiday Basket / Voucher. Contact the pantry at (603) 724-9731 and speak with April to sign up.

Do you need food? Go to LoudonFoodPantry.org and click on Need Help? to see if you qualify or call April at (603) 724-9731. The process is simple and if you have all your paperwork, you'll receive food the same day as your appointment!



Food Pantry Information

The NH Food Bank's mobile food pantry travels to many different areas of need across New Hampshire.

What to know before you go:

- Our mobile food pantries are a **drive-thru format**.
- Food distributions take place on a **first-come, first-served basis** and are **while supplies last.**
- Each household receives an **assortment of produce and shelf-stable foods**.
- We welcome **anyone** in need of food assistance to join us – no identification or requirements needed.

Below is a list of upcoming mobile food pantries:

For more information see: ***https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/***

Wednesday, December 16 - Concord NH

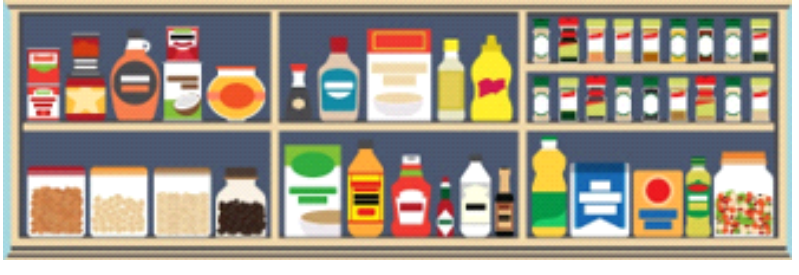
12 pm to 2 pm while supplies last

NHTA (Lots A/B), 31 College Drive, Concord, NH 03301

Belmont Food Pantries

St. Joseph's Food Pantry
6 High Street
Belmont, NH 03220
(603) 267-8171

First Baptist Church Food Pantry & Soup Kitchen
45 Church Street
Belmont, NH 03220
(603) 267-8185





Blood Drive
Belmont Community
St. Joseph Church

Church Basement
96 Main Street
Belmont, NH 03220

Monday, November 23rd, 2026
12:30 pm to 5:00 pm

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: BELMONT to schedule an appointment.

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

[253] • Order ID: 1990933 • Item ID: 10338746 • Qty: 1 of 1 • 423326 • 2026-APL-0326 • AR34 • 256387

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

Family Promise of the Lakes Region is a new organization supporting families with children in Belknap County who are facing housing challenges. They have made the following resource list available:

NH Resources

Family Promise of the Lakes Region

SHELTER/HOUSING

- **211:** Information and referral services related to Health, Human, and Social Services
- **Community Action Program:** 522 Main St, Laconia, NH Walk in hours-Fridays from 10-3
- **Meredith Town General Assistance:** 41 Main St, Meredith, NH 03253 In case of eviction, call and say need to fill out application, fill it out completely, town will provide a written notice of decision within 5 days. Phone: (603) 279-4538
- **Open Arms Outreach:** 756 Union Ave, Laconia, NH - 03246 Temporary emergency shelter for families (603) 524-4580
- **The Carey House:** 6 Spring St., Laconia, NH - 03246 603-527-8026 Has Male / female wings, and a family wing for married couples with and without children, and singles with children
- **Salvation Army Laconia:** 177 Union Avenue, Laconia, NH (603) 524-1834
- **Belknap House:** 200 Court St, Laconia, NH 603-527-8097 Families only
- **Bridge House:** 260 Highland St, Plymouth, NH 603-536-7631

NUTRITION RESOURCES

- **Summer Meal Site Finder:** https://www.fna.usda.gov/sfsp/sitefinder
- **GOT Lunch!:** Tom Witham 603-707-2872 or tom.witham5@gmail.com
- **Meredith Food Pantry:** 147 Main St, Meredith, NH 03253 (603) 279-1115 Tues, Wed, Thursday 10-12:45pm Bring in proof of income for 1 mos.
- **Lakes Region Food Pantry:** http://www.lakesregionfoodpantry.org/get-food/ 603-476-5400 The food pantry is open every Thursday 11:00 – 4:00. Please arrive at least 15 minutes prior to closing.
  - **How to Qualify for our Services:**
    - We require an initial in-person visit to show ID, show provide proof of income, and fill out an application for our food pantry. You are responsible for updating your application and income verification on an annual basis. You may come in and fill out our application or print it out at home and come in with your prepared application. Click the link below to print out the application.
  - **Accepted proof of income :**
    - Current Food Stamp (SNAP) letter / food stamp card
    - Current proof of Social Security / Disability
    - Current proof of low income housing
    - Current proof of fuel assistance
    - Current proof of Assistance qualified by federal poverty guidelines
    - Most recent Tax Return
- **Hands Across the Table - Laconia, NH Facebook Page**: Offers a free hot meal every Wednesday evening for those seeking food and/or friendship and support. HATT's mission is to feed all that are hungry in body and spirit.
- **Restoration Acres Farm - 91 Corliss Hill Rd, Meredith NH 03253:** Open sunrise to sunset, 7 days a week, we offer a free dry goods pantry, ready to heat & eat meals, as well as frozen & refrigerated items ready to cook. Clothing and household items are also sometimes available, dependent upon current donations.

Community Resources for Families in the Lakes Region

Family Promise of the Lakes Region

Food Pantries, Vouchers & Meals Served

- Alton Community Food Pantry: 875-2273
- Bristol Community Services: 744-2222
- Calvary Bible Church: 279-6025
- Campton Area Resource Center: 236-6232
- Center Harbor Food Pantry: 253-8008
- First Fruits Food Pantry: 524-5996
- Food Stamp Program: 524-4485
- Gilmanton Community Church: 267-6150
- Good Shepherd Lutheran: 528-1078
- LR Vineyard Church Soup Kitchen: 524-5895
- Meals on Wheels: 524-7689
- Salvation Army-Friendly Kitchen: 524-1834
- St. Joseph Catholic Church: 267-8174
- St. Vincent de Paul: 524-5470
- United Baptist Church: 524-8775
- WIC: 1-800-578-2050
- Whole Village Family Resource Center: 536-3720

Recreation & Early Learning

- Alton Parks & Recreation: 875-0109
- Boys & Girls Club: 528-0197
- Child Care Resource & Referral: 1-855-393-1731
- Family Resource Center of Central NH: 524-8811
- Family Resource Connection: 1-800-298-4321
- Gilford Parks and Recreation: 527-4722
- Laconia Community Center: 524-5046
- Laconia Head Start/Early Head Start: 528-5334
- Meredith Community Center: 279-8197
- Parents & Children Together (PACT): 528-4048
- Pemi Youth Center: 536-7264
- Pines Community Center: 286-8653
- Prescott Farm Audubon Center: 366-5695
- Tapply-Thompson Community Center: 744-2713 OR contact your local Parks & Rec.

Employment, Financial Assistance & Legal Advocacy

- CCCS: Credit Counseling Services: 224-6593
- Greater Lakes Child Advocacy Center—Child Abuse/Crisis Intervention: 524-5497
- NH Employment Security: 524-3960 / 536-3720
- NH Legal Services: 1-800-639-5290
- Youth Services Bureau—Alcohol & Drugs Education/Support/Treatment, Counseling, Juvenile Justice Services, Youth Leadership & Development: 524-9457

Playgroups

- Little Pesaukee's Alton Parks & Recreation: 875-0109
- Giggles and Grins: 524-8811
- Gilford Parks and Recreation: 527-4722
- Pemi Youth Center: 536-7264

Libraries & Story Time

- Belmont Public Library: 267-8331
- Gilman Library, Alton: 875-2550
- Gilford Public Library: 524-6042
- Gilmanton Library: 364-2400
- Gordon-Nash Library, New Hampton: 744-8061
- Hall Memorial Library, Northfield: 286-8971
- Laconia Public Library: 524-4775
- Meredith Public Library: 279-4303
- Minot Sleeper Library, Bristol: 744-3352
- Pease Public Library, Plymouth: 536-2616 OR contact your local library

Mental Health, Counseling, Family Education & Support

- Care Net Pregnancy Center of the Lakes Region: 528-3121
- Child & Family Services of New Hampshire: 524-5835
- Family Resource Center of Central NH: 524-8811
- Genesis Behavioral Health: 524-1100
- Horizons Counseling Center: 524-8005
- New Hampshire Catholic Charities-Laconia: 528-3035
- Partners in Health: 524-8444 or 1-800-656-3333

Crisis Information

- 911
- NH Homeless Hotline: 211
- New Beginnings, Women's Crisis Center: 528-6511
- Poison Information Center: 1-800-222-1222
- Reporting Adult Abuse or Neglect: 1-800-949-0470
- Reporting Child Abuse or Neglect: 1-800-894-5533
- Substance Abuse: 524-8005
- Voices Against Violence: 536-5999

Fuel, Transportation & Housing

- Carey House: 528-8086
- Community Action Program: 524-5512 /536-8222
- Driver Volunteer Program: 225-1989
- Laconia Area Community Land Trust: 524-0747
- Laconia Housing Authority: 524-2112 / 1-800-439-7247
- Homeless Outreach: 524-0381 / 443-6150
- NH Homeless Hotline: 1-800-852-3388
- Open Arms: 524-4580 / 1-888-759-0939
- St. Vincent de Paul (Gas Vouchers): 524-5470
- The Bridge House: 536-7631
- Transport Central: 855-654-3200
- Winnipesaukee Transit: 528-2496

Clothing & Material Assistance

- Bristol Community Services: 744-2222
- Goodwill Store: 527-1362
- Salvation Army: 524-1834
- St. Vincent de Paul: 524-5470

Community Resources for Families in the Lakes Region

Family Promise of the Lakes Region

STATE RESOURCES & INFORMATION AND REFERRALS

- 211 NH—Connects callers at no cost to information about critical health and human services available in area: Dial 211 or visit www.211nh.org
- Family Resource Center of Central NH—Community- based center for families seeking information, support, and resources: 524-8811
- NH Division of Health and Human Services: 524-4485
- HealthLink—Provides information about local physicians and medical providers: 527-7171
- ServiceLink Resource Center—Community-based connections for elders, adults with disabilities and their families: 528-6945
- UNH Cooperative Extension—Research-based education and information: 527-5475 / 536-3720

MEDICAL, DENTAL & VISION

- Community Health and Hospice: 524-8444
- Donated Dental Services: 1-800-292-1241
- Health First Family Care Center: 366-1070
- Children's Medicaid Unit: 1-877-464-2447
- New Hampshire Dental Society: www.nhds.org
- New Hampshire Medicaid: 1-800-852-3345 x 4344
- NH Medication Bridge Program: 225-0900
- Vision USA: 1-800-766-4466

OTHER RESOURCES

- CADY, Inc.—Communities for Alcohol & Drug Free Youth: 536-9793
- Craigslist NH—Local classifieds and forums for jobs, housing, items for sale, services, and events: http://nh.craigslist.org
- Freecycle—Post your wants and needs: www.freecycle.org
- Partners in Prevention—Lakes Region-Mt. Washington Valley Substance Abuse Prevention Network: 528-2145
- SafeLink—Free cell phone & air time for income eligible: www.safelinkwireless.com

WELFARE CONTACTS: BELKNAP COUNTY

- **Alton:** (603) 875-2113 Town of Alton Social Services
- **Barnstead:** (603) 235-1895 (Overseer of Public Welfare)
- **Belmont:** (603) 267-8313 or appointment line (603) 267-8300 ext. 140 Town of Belmont Welfare
- **Center Harbor:** (603) 253-4561
- **Gilford:** (603) 494-3991
- **Gilmanton:** (603) 267-6700 ext. 110 (Human Service Officer)
- **Laconia:** (603) 527-1267 City of Laconia Welfare
- **Meredith:** (603) 677-4206
- **New Hampton:** (603) 744-3559
- **Sanbornton:** (603) 286-8303
- **Tilton:** (603) 608-6627

REGIONAL AND STATE RESOURCES

- **State Assistance (DHHS):** For food stamps, Medicaid, or cash assistance, contact the New Hampshire Department of Health and Human Services or call 2-1-1.
- **Community Action Program Belknap-Merrimack Counties:** (603) 225-3295 for fuel, electric, and weatherization assistance.
- **Emergency Info/Referrals:** Dial 2-1-1 (or 1-866-444-4211) for 24/7 statewide community resource navigation.
- **Lakes Region Community Resources:** https://www.lrcs.org/
  - **Family Resource Center:** Laconia location website: https://www.lrcs.org/family-resource-center/
- **Love INC. Lakes Region:** https://loveinclr.org/
- **Catholic Charities NH:** https://www.cc-nh.org/

LOW-COST VACCINE CLINIC

NEW HAMPSHIRE HUMANE SOCIETY
EST. 1900

NOVEMBER 18TH

4PM-6PM

NEW HAMPSHIRE HUMANE SOCIETY

FREE RABIES

FREE DISTEMPER

MICROCHIP FREE



10 DANGERS OF Retractable Leashes

They may seem convenient, but retractable leashes can put your dog at risk. Here are 10 major dangers to know:

1



THEY ALLOW TOO MUCH LENGTH.

The long length allows dogs to get far enough away from their humans that a situation can quickly turn dangerous.

2



THEY GIVE DOGS MORE FREEDOM TO PULL.

Dogs have more freedom to pull at their end, which can look like aggression to other dogs, people or pets.

3



THE HANDLES ARE BULKY.

The handles are bulky and can be easily pulled out of human hands, especially if your dog spots something exciting.

4



THE THIN CORD CAN BREAK.

The thin cord can snap or break, which can result in burns, cuts and even amputation in serious cases.

5



IF A PERSON GETS TANGLED UP IN THE CORD, IT CAN RESULT IN BURNS, CUTS AND EVEN AMPUTATION.

6



MANY DOGS ARE TERRORIZED BY THE SOUND OF A DROPPED RETRACTABLE LEASH HANDLE.

The sudden noise can be startling and frightening for your dog.

7



THEY TEND TO MALFUNCTION OVER TIME.

The mechanism can wear out, lock or stop working properly, leaving you with little control.

8



AN ESPECIALLY BAD IDEA FOR DOGS WHO HAVEN'T BEEN TRAINED TO WALK POLITELY ON A REGULAR LEASH.

It can encourage pulling and make leash training harder, not easier.

9



THEY INCREASE THE RISK OF ACCIDENTS.

More distance and less control can lead to unexpected run-ins with traffic, other animals or hazards.

10

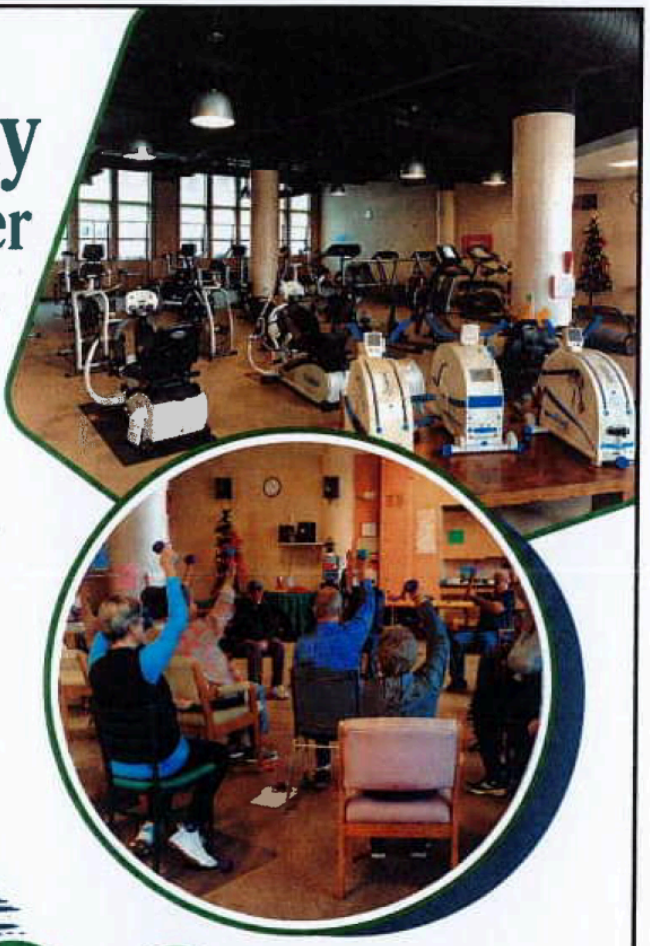
THE BOTTOM LINE?

For your dog's safety, choose a standard leash. It's safer, simpler and gives you both a better experience!




JOIN US JANUARY 30, 2027 FOR
SECOND CHANCES
A CASINO THEMED EVENT FOR
NEW HAMPSHIRE HUMANE SOCIETY
AT CHURCH LANDING AT MILL FALLS
GENEROUSLY SPONSORED BY KING FOUNDATION SEALING
NHHUMANE.ORG/EVENTS

Community Wellness Center



22 Strafford St., Laconia, NH

603-527-9355

Open Monday • Wednesday • Friday

Stronger Today. *Better Every Day.*

OVER 55 EXERCISE & WELLNESS

MOVE WELL. FEEL WELL. LIVE WELL.

A welcoming community dedicated to helping adults 55+ stay active, healthy and independent.

- No Enrollment Fees
- No Annual Membership Obligation
- $55 per month • $90 per couple
- Scholarships Available
- Free transportation available by Mid-State Transit for adults 60+ and adults with disabilities.

STRENGTH
Build muscle and improve balance

HEART HEALTH
Support your heart and boost energy

FLEXIBILITY
Improve mobility and reduce stiffness

COMMUNITY
Make friends, stay motivated, have fun!

WELLNESS
Body, mind and spirit—all in one place

MID-STATE TRANSIT

603-225-1989
for transportation information

Your Health. Your Community. Your Best Life.

Franklin VNA is one of our community Health Agency partners.




CASA
Court Appointed Special Advocates
FOR CHILDREN
NEW HAMPSHIRE
Make a life-changing difference for a child.
Become a CASA.
Learn more at casanh.org

In-Person Caregiver Connection



A Caregiver Support Group

Tilly Market Cafe at the Belknap Marketplace

96 Daniel Webster Highway, Belmont

Third Wednesday of each month

9:30 - 11 a.m.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.
(May 21, June 18, July 16, no group in August, September 17)

No registration required. For more information, please call **(603) 224-4093, ext. 85664**

Granite VNA

Offices in Concord, Laconia & Wolfeboro • (603) 224-4093 | (800) 924-8620 • www.granitevna.org

Granite VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, sex (pregnancy, sexual orientation, or gender identity), national origin, religion, disability, age, genetic information, marital status, source of payment, or the absence of advance directives.



Do you know someone new to Town, or someone in Town who would love to see our Newsletter and receive important notices by email from the Town of Belmont?

Please email assessing@belmontnh.gov