



"The Three Rivers City"

# Franklin Newsletter

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## CATCH CUTS RIBBON AT FRANKLIN LIGHT & POWER MILL HOUSING PROJECT

**Laconia Daily Sun did a piece** (<http://www.laconiadailysun.com/newsx/local-news/109530-catch-cuts-ribbon-at-franklin-light-power-mill-318>)  
**on the ribbon cutting for Catch Housing**

A Concord-based nonprofit housing development company held a ribbon-cutting ceremony on Nov. 17 for the Franklin Light & Power Mill, a project creating 45 affordable workforce housing units in an old factory building on Memorial Street.

The structure, originally built in 1895 as an industrial machine shop that produced circular knitting machines and latch needles for woolen and cotton hosiery, has seen many uses through the years, including a foodstuffs warehouse and offices for the local community newspapers, the Journal-Transcript and The Telegram. Former property

owner Ed Forster was working on a condominium development project when the 2008 recession hit, and the building fell further into disrepair. CATCH Neighborhood Housing purchased the 50,000-square-foot property and broke ground on Sept. 13, 2016.

The ribbon-cutting marked the opening of the leasing office which is taking applications for the 19 one-bedroom and 26 two-bedroom units that range in size from 527 to 1,150 square feet. Each unit offers 13-foot ceilings and abundant light from the multitude of windows, and nine units are designated for income-qualified veterans. Heat and hot water are included in the rental price.

There is on-site parking and laundry facilities in the building. partners in the renovation include Warren Street Architects, contractor Bonnette, Page & Stone, and historical consultant Christopher W. Closs and Company, with legal assistance from Kenneth A. Viscarello of Sheehan Phinney Bass & Green.



## Business Spotlight



Nestled in the lakes region of New Hampshire and at the heart of the wreath making industry in Northern New England, Three Rivers Wreath & Plant Company hand-crafts the freshest, florist-quality balsam wreaths and fir products. Three Rivers Wreath & Plant Company is a family-owned company rooted in New England tradition, the outdoors and the agricultural and horticultural industry. The company name is inspired by its location on the bank of the confluence of the Pemigewasset and Winnepesaukee Rivers into the

Merrimack River. The company's origins and roots have always been New England, intimately connected to nature and the land. Three Rivers follows the American traditions of hard work, skilled craftsmanship, and entrepreneurship, we believe in the joy and memories the holidays bring to our community. Three Rivers takes pride in satisfying new & repeat customers who have bought over 1.5 million wreaths over the years. Three Rivers brings profitability and opportunity to retailers,

fundraising groups, and non-profits that sell Three Rivers products. Customers include online retail shoppers, non-profit organizations, corporations, and top tier garden centers and retailers.

[www.threeriverswreathcompany.com](http://www.threeriverswreathcompany.com)



## Thank You from the City of Franklin

The city would like to thank Kirk Wyant of the Three Rivers Wreath Company for their donation of 2 wreaths that hang on the Trestle View Wheel and all the kissing balls that hang on the light posts on Central Street.

The city would like to thank Tim Morrill of Morrill Landscaping for his work in helping to hang the wreaths on the Trestle View Wheel.

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## CHOOSE FRANKLIN

You are invited to learn more about your community at the next **Choose Franklin Meeting**.

The first Thursday of each month at 8:00 AM — Meetings are held upstairs at the Franklin Public Library.

### *UPCOMING MEETINGS:*

February 1—Monthly Meeting community calendar creation and use.

## Municipal Services Department

*Director Brian Sullivan*

Since December 9, 2017 through January 6, 2018 the Municipal Services Department CREW has conducted twenty one Snow and Ice Control Operations. During the **entire winter** of 2015/2016 the Municipal Services Department CREW conducted a total of nineteen Snow and Ice Control Operations. We have at least two months to go here. At the time of this writing it is minus nine degrees and we are under a "Wind Chill Warning" issued by the National Weather Service with wind chill temperature's of minus twenty seven degrees.

The Municipal Services Department CREW always rally's to the challenge. ALL SEVEN DIVISIONS have been around a long time through many winter storms and must say that I have never worked with a finer and more dedicated group, not only during the winter, but year round. This Department has talent. They are committed to keeping other City Department's and the Public safe and mobile. During a winter weather event or to repair a water main break, this group of Public Works Employees are first responders just like your Police and Fire Department's!

Some tips that will help City Departments - Shovel out hydrants and drains in proximity to your home or business; refrain from placing snow on streets and sidewalks; close trash can lids to avoid freezing of material. Also remove snow from trash can lids before placing them out for pickup. Place curbside trash and recycling containers out before 7 a.m. on your designated pickup day and remove them promptly once they are emptied. Obey the overnight winter parking ban. Parking on City Streets during a snow storm is prohibited. Most of all heed warnings to limit your travel during a winter weather event.

Winter sand is available for residents and business for those that "do it yourself." This sand is located to the right rear of the Franklin Fire Station on West Bow Street. It is available for Franklin Residents only and **is not for Commercial Contractors**.

My Snow and Ice Control Winter Log is available on the City website [www.franklinnh.org](http://www.franklinnh.org) listed under the Municipal Services Department. Click to "Highway Division." It is updated weekly.

Some thing to look forward to is Spring. With warmer weather comes potholes and mud. Typically if you see standing water on a road, a pothole will develop as a result of the "Freeze Thaw Cycle". Unpaved dirt roads can also create challenges during mud season. For those unfamiliar with mud and potholes I will give you the scoop. When the ground freezes and frost begins, **it freezes from the surface down** to the final depth of frozen ground. When the ground surface begins to thaw in the spring, it likewise **thaws from the surface down** to the depth of the frost line. The result is no where for water to percolate into the ground so it lays on top of the frost line thus creating standing water and mud.

Of major concern is sleep deprivation which our crew experiences when working extended hours performing Snow and Ice Control. As our City hires **no private contractors** there are a

## Municipal Services Department—cont'd

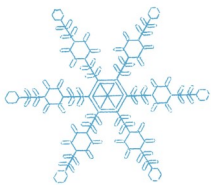
couple things to remember. A typical plow route takes about four hours to cycle through, one time. The more it snows the greater the number of trips around each route. Snow rate per hour also comes into play. These factors can become mentally challenging and physically exhausting for the crew. When this happens operations may be suspended for a period of time. Of course every storm is different and there are times when there is the need to plow extended hours around the clock without sleep.

**Curbside Pickup during a Winter Storm:** Based on road conditions trash pickup routes are subject to time changes. The order in which the route is picked up and the ability for the trucks to travel safely are impacted by snow storms. In a snow storm or ice event the stopping and starting involved with can pickup may become unsafe. Have your cans out by 6:45 AM and if for some reason they are not picked up this means we have postponed service until the following day. If you have questions please call the Municipal Services Office 603-934-4103 extension 12, which is our solid waste hotline. The best location for your cans are 3 feet from any stationary object, just inside curb line on either side of your driveway apron.

**Christmas Trees are not to be placed out for curbside pickup.** They can be disposed of in the brush pile at the Transfer Station where they are recycled.

Thanking you in advance for your cooperation and please drive slow and safe!

Respectfully Submitted, Brian Sullivan, Director of Municipal Services, Franklin, NH







## FRANKLIN FIRE DEPARTMENT

### 2017 Franklin Fire Department Report

<u>Call Type</u>	<u>Qty</u>	<u>%</u>
EMS/RESCUE	1385	70.2%
Good Intent	159	8.1%
False Alarm	126	6.4%
Service Calls	119	6.0%
Haz Conditions	112	5.7%
Fire	65	3.3%
Severe Weather	7	0.4%
Total	1973	
Average per day	5.4	

<u>Call Location</u>	<u>Total</u>	<u>%</u>
District 1	582	29.5%
District 2	606	30.7%
District 3	635	32.2%
Outside Franklin	150	7.6%
Total	1973	100.0%

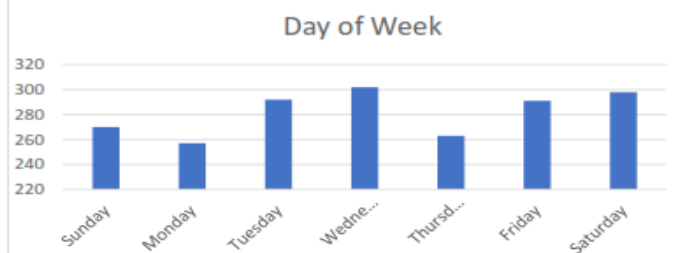
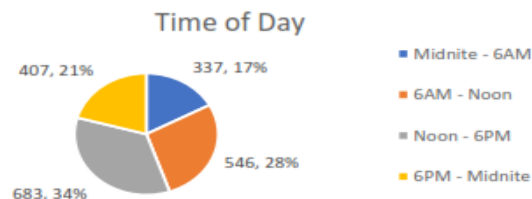
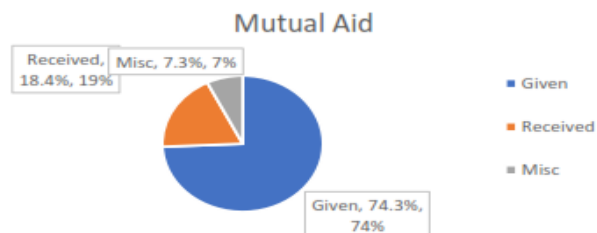
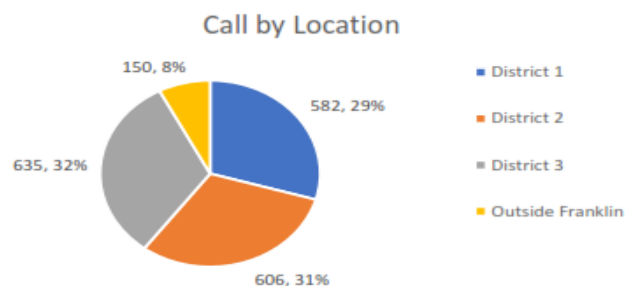
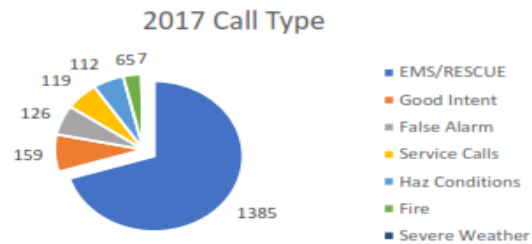
<u>Mutual Aid</u>	<u>Total</u>	<u>%</u>
Given	133	74.3%
Received	33	18.4%
Misc	13	7.3%
Total	179	133

**Concurrent Calls** 279

<u>Time of Day</u>	<u>Qty</u>
Midnite - 6AM	337
6AM - Noon	546
Noon - 6PM	683
6PM - Midnite	407

<u>Day of Week</u>	<u>Qty</u>
Sunday	270
Monday	257
Tuesday	292
Wednesday	302
Thursday	263
Friday	291
Saturday	298

<u>Fire Loss by Location</u>	<u>Qty</u>
Andover	\$60,000
Franklin	\$149,300
Northfield	\$10,000
Total	\$219,300





\*\*\* **NEW** \*\*\*



## **ONLINE FIRE PERMITS**

**The City of Franklin and the State of New Hampshire  
Require Fire Permits for open burning**

### **Fire Pits/Campfires:**

Category I/Category II (No Inspection Needed)

#### **Go Online:**

[www.franklinnh.org/fire-department](http://www.franklinnh.org/fire-department)

[www.nhdfi.org/fire-control-and-law-enforcement/permits](http://www.nhdfi.org/fire-control-and-law-enforcement/permits)

\$3 Processing Fee

### **Brush Pile:**

Category III at the Franklin Fire Station  
59 West Bow Street

\*\*\*No Permit required with good snow cover\*\*\*

All inquiries; Call 603.934.2205

City of Franklin Forest Fire Warden and Fire Chief;  
Kevin LaChapelle

## Parks and Recreation

### Open Gym and Game Room



**FREE**

Foosball

Basketball

Pool

Air Hockey

Ping Pong

5th Grade—12th Grade

Monday—Friday

2:30pm-3:30pm

(Game room will stay open until 3:45)

**FREE Snack and Supervised**

At the Bessie Rowell Community Center  
12 Rowell Drive, Franklin

## FRANKLIN JUNIOR YOUTH GROUP

6th, 7th & 8th Grade (ages 11-14)

Most **FRIDAYS 7:00-9:00pm**

And, it's Free!

**Rowell Community Center**

12 Rowell Drive, Franklin



Help your community!  
**DO SERVICE!**



Make the **WORLD**  
a better place!



Express yourself thru  
**ART and MUSIC!**



- \* Make friends
- Develop powers of expression
- Form a strong moral identity
- Discover your own potential to become an agent of positive change!

**QUESTIONS? And for Exact Dates**

**Call Karen Darling at 770-1851**

**"Like" us on Facebook! "Jr. Youth Group Franklin NH"**



**Play SPORTS & GAMES**  
and make great friends!



# FRANKLIN PARKS AND RECREATION BEFORE & AFTER SCHOOL PROGRAM

Monday – Friday ~ GRADES: K - 8

Before School ~ 6:30am-8:30am ~ \$0-\$20 week / \$0-6 day

After School ~ 2:30pm-6:00pm ~ \$0-\$25 week / \$0-8 day

(Discounted rates apply to students who receive Free or Reduced Lunch)

**OPEN SNOW DAYS AND DELAYS, TEACHER WORKSHOP DAYS,  
AND EARLY RELEASE DAYS!**

**\*\*\* FULLY LICENSED FACILITY \*\*\***



Join the Franklin Parks and Recreation Before & After School Program for some:

- **FUN ACTIVITIES!**
- **HOME WORK HELP!**
- **SPECIAL FRIDAY ACTIVITIES!**
- **MATURE, EXPERIENCED STAFF!**
- **HEALTHY BREAKFAST & AFTER SCHOOL SNACK!**
- **LATE BUS—Transportation Home After School**
- **FAMILY DINNERS & ACTIVITIES**



Air Hockey & Foosball

Science & Creativity

Arts & Crafts

Dance & Fitness

Playground

Board Games

Special Guests

Outdoor Play Space

Sports & Recreation

For more information please call 934-2118 or visit our website at  
[www.franklinnh.org](http://www.franklinnh.org)

# ADDITIONAL INFORMATION

## Birthday Parties

Schedule your next birthday party at the Bessie Rowell Community Center. We have a lot of great equipment and activities that will make your party memorable. Please call for pricing and to reserve your date today! Must reserve date 2 weeks prior to event.

## Rent the Community Center

Having a baby shower, bridal shower, or a holiday event and do not know where to hold it? Rent the Bessie Rowell Community Center to hold your next event. Please call the Franklin Parks and Recreation Department for more information.

## Instructors Wanted

Have a talent or skill that you would like to share with your community? Please call the Franklin Parks and Recreation Department and we can discuss a program for you.

## Volunteers

*The Franklin Parks and Recreation Department needs adult volunteers to help with various aspects of our programs, including coaching our youth sport teams. If you are interested in coaching any sport or activity, or volunteering your services in any other capacity, please contact the Franklin Parks and Recreation Department.*

## Bessie Rowell Community Center - Open Gym / Game Room Schedule

The Bessie Rowell Community Center will be open to the public to come and shoot some hoops, play pool, ping pong, foosball or air hockey. Please call the Franklin Parks and Recreation center for the weekly schedule! Weekend hours as well!

## Give the Gift of Recreation

To someone less fortunate by giving to our scholarship fund. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Franklin Parks and Recreation, with a note that it is for a scholarship.

Please join the Franklin Outing Club the 1st Wednesday of the month at Veteran's Memorial Ski Area on Flaghole Road for their monthly Club meeting.

## Registration Information

Franklin Parks & Recreation programs are open to the community on a first come first serve basis. The program fee and registration must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Bessie Rowell Community Center and on the web at [www.franklinnh.org](http://www.franklinnh.org). Please make checks payable to: **City of Franklin** and mail to 12 Rowell Drive, Franklin, NH 03235. For further information contact Krystal Alpers, Parks and Recreation Director at 934-2118 or [kalpers@franklinnh.org](mailto:kalpers@franklinnh.org). Office hours are Monday - Friday 6:30am - 6:00pm.





## WINH INFORMATION

January 2018

### Upcoming events:

**Taste Test Thursday:** January 4th (in Laconia) & January 11th (in Franklin) outside the cafeteria during the lunch and dinner hour. Come and try a new recipe.

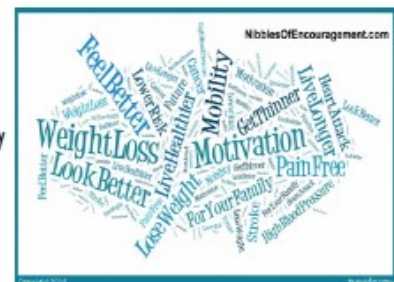
**Bariatric Support Group:** January 18th at WINH 6:00-7:00pm. Hitting a Plateau; How to Re-motivate!

**Non-Surgical Info Sessions:** January 3rd at 8:30-9:30 & January 16th at 3:45-4:45. Call to register.

**Bariatric Informational Session:** January 9th at 5:00. Call to register.

**Easy Cooking classes at Laconia High School—** A 3 week beginners cooking course that focuses on healthy eating. January 31, Feb 7 & Feb 14th (Wednesdays). Call for more information.

If you are interested in any of the programs offered at the Weight Institute please contact our office at  
**603-527-2946**



## KATHLEEN'S CORNER

### FOUR WAYS TO TALK TO YOURSELF MORE POSITIVE

1. BECOME AWARE OF THE NEGATIVE TALK. TO START, YOU HAVE TO BE MORE AWARE OF THE THOUGHTS THAT YOU KEEP HAVING. WHEN YOU ARE MORE CONSCIOUS OF YOUR NEGATIVE THINKING, YOU START TO REALIZE JUST HOW OFTEN THOSE THOUGHTS CAN POP UP.
2. REPLACE NEGATIVE THOUGHTS WITH POSITIVE AFFIRMATIONS. POSITIVE AFFIRMATIONS ARE POSITIVE STATEMENTS THAT ARE SAID WITH CONFIDENCE AND A PERCEIVED TRUTH. BY SAYING THEM, WE ARE ADDRESSING SOMETHING NEGATIVE IN OUR LIVES IN A HEALTHY WAY BY PUTTING A POSITIVE SPIN ON IT.
3. GET RID OF OUTSIDE INFLUENCES. IT'S HARD TO GET RID OF THE NEGATIVE VOICES INSIDE YOUR HEAD WHEN YOU ARE SURROUNDED BY PEOPLE WHO ARE PESSIMISTIC. ONCE YOU START TO HEAR THOSE PHRASES ALL THE TIME, IT'S HARD TO NOT AGREE WITH THEM.
4. FOCUS ON THE PRESENT. WHEN YOU FOCUS ON THE HERE AND NOW, YOU WILL HAVE A BETTER CHANCE OF NOT BEING NEGATIVE ABOUT YOURSELF BECAUSE YOU ARE NOT THINKING ABOUT PAST MISTAKES.

*"A goal without a plan is just a wish."  
-Larry Elder*

## CHICKEN AND ZOODLE SOUP IN A JAR

### Ingredients:

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 tbsp olive oil              | 1 tsp thyme                        |
| 3 chicken breasts, diced      | 1 tsp parsley                      |
| 4 cloves garlic minced        | 1 tsp oregano                      |
| 2 small yellow onions, diced  | 1 tsp salt                         |
| 3 stalks celery, chopped      | 1/2 tsp pepper                     |
| 2 carrots, peeled and chopped | 4 chicken bouillon cubes           |
| 1 red pepper, diced           | 4 cups spiralized zucchini noodles |

### INSTRUCTIONS

Heat olive oil over med-high heat. Add chicken and cook for 1-2 minutes. Add garlic, onions, celery and carrots, sauteeing for 6-7 minutes until veggies are tender. Add red pepper, thyme, parsley and oregano and cook another 2 minutes, then remove from heat.

Divide chicken and veggie mixture among 4 large mason jars. Add bouillon cube to each and top with zucchini noodles. Store in the fridge up to four days.

When ready to serve, pour boiling water overtop just before completely covering zucchini noodles. Microwave for 1-2 minutes on high and remove, mixing well. Pour into a large, deep bowl, then serve and enjoy!

Source: [thegirlonbloor.com](http://thegirlonbloor.com)



## WINNING INFORMATION

## EXERCISE EXPLAINED

## There's An App For That



Not everyone likes to go to the gym. Some people like to use videos/dvds or gaming consoles in the comfort of their home. Technology can be very helpful in reaching your exercise goal. There are many apps on phones, tablets and smart TVs that can help. Some popular apps include:

Hot5

Couch to 5K

7 Minute Workout

Start Stretching

Zombies, Run!

Sworkit

Daily Yoga

Fit the Fat

There are also a lot of free pedometers apps on phones too that will track how many steps you've taken and even map your route. Fitness trackers are another great way to use technology to help you meet your goals. There are so many options to help you be more active and it does not matter how you get out there. Just be more active doing something you enjoy doing!



Are your goals S.M.A.R.T. goals?  
 Are they Specific enough?  
 Are they Measurable?  
 Are they Achievable?  
 Are they Relevant?  
 Are they Tied to a deadline?

## ELIZABETH'S 2 CENTS



Setting the right goals for weight loss is very important! Goals that are too vague or unachievable are demoralizing (at the very least). When you set a goal give it the SMART test. If you have to question if it is achievable ask yourself: "could my best friend do this?" This year start with small, easy to achieve goals. Don't worry, those bigger and harder goals will come soon enough.

## CROCKPOT CHEESE STEAK &amp; PEPPERS— BARIATRIC RECIPE

This is a bariatric recipe but anyone can enjoy this high protein meal.

## Ingredients:

- 1 & 1/2 to 2 lbs lean chuck roast
- 2 green bell peppers, sliced
- 2 yellow onions, sliced
- 1/4 cup soy sauce
- 2 garlic cloves, pressed
- 1/2 cup low fat cheddar cheese or provolone cheese

## Directions:

1. Place beef, broth, soy sauce, garlic, half the peppers and half the onions in the bottom of a slow cooker.
2. Cook on low for 7 hours
3. Add the remaining onions and peppers and cook another 30 minutes.
4. Shred the beef with 2 forks
5. Serve into bowls and top with shredded cheese

Source: [www.foodcoach.me](http://www.foodcoach.me)





## City Employment Opportunities

### **Parks & Recreation Positions**

The Franklin Parks and Recreation Department seeks qualified individuals for seasonal and school year positions. Applications will be accepted until position is filled. A complete job description and job application form may be picked up at the Bessie Rowell Community Center, 12 Rowell Drive, Franklin, NH, 03235 or by calling (603)934-2118. Continue reading the employment opportunities on the Parks & Recreation Employment page <https://www.franklinnh.org/parks-recreation/pages/employment-volunteer>

### **OPEN BOARD/COMMISSION POSITIONS—See website for more details**

**Franklin Falls TIF Advisory Board Members**

**Franklin Supervisor of the Checklist for Ward 2 and Ward 3**

**Conservation Commission Members**

For a detailed description of the job opening and application information visit the Franklin City website <https://www.franklinnh.org/city-manager/pages/employment-opportunities>. Departments post jobs when they become available. Check this site frequently for updates. The City of Franklin is an Equal Opportunity Employer.

### **Franklin Fire Department**

**Firefighter AEMT/I or Paramedic**

**Call Fire Department Openings (firefighters and support personnel)**

The Franklin Fire Department is seeking motivated and energetic individuals to join our team of community service responders. Successful candidates will fill positions on our Call Company. On Call members are needed for response to larger incidents to assist with mitigation and support. These positions demand commitment and dedication.

For a detailed description of the job opening and application information visit <https://www.franklinnh.org/fire-department/pages/employment>

### **Franklin Police Department**

**PT Patrol Secretary**

**Patrol Officers and Communications Specialists**

The City of Franklin offers law enforcement patrol officers and exciting, dynamic, and challenging career opportunity. Members of the patrol division strive to preserve the peace and protect life and property within the City through proactive and directed patrol initiatives. Members serve as the City's first line of defense against criminal enterprise and law violators. As the most visible and most accessible members of the Department, Patrol Officers have ample opportunity to interact with the public and promote public safety. Continue reading the job description for this position on the Police Department Employment page

<https://www.franklinnh.org/police-department/pages/employment>

## LOCAL GOVERNMENT

### City Council Members

#### Mayor

Tony Giunta

#### Ward 1 Councilors

George Dzujna

603-934-7163

Heather Moquin

603-455-2551

OPEN

#### Ward 2 Councilors

Bob Desrochers Sr.

603-934-4604

Vincent Ribas

603-934-5330

Olivia Zink

603-934-4297

#### Ward 3 Councilors

Steve Barton

603-934-7109

Scott Clarenbach

603-934-2158

Paul Trudel

603-934-9213

#### Acting City Manager

Judie Milner

603-934-3900 ext. 5

#### Executive Secretary

Lauraine Paquin

#### City Clerk/Tax Collectors

603-934-3109

#### City Clerk

Katie Gargano

#### Deputy Clerk

Marie Morang

#### Account Clerk

Amy Davis

## City Volunteer Opportunities

*As part of the Franklin for a Lifetime Project many volunteer action groups were formed to assist with community development and are now active. See the listing below for the action groups and group leader contact information.*

### Housing

*Dick Lewis – [dlewis@franklinnh.org](mailto:dlewis@franklinnh.org)*

### Volunteerism and Civic Life

*Christine Dzujna – [dzujna@metrocast.net](mailto:dzujna@metrocast.net)*

### Arts and Culture

*Annette Andreozzi – [aaucanh@gmail.com](mailto:aaucanh@gmail.com)*

### Community Events and Recreational Activities

*Krystal Alpers – [kalpers@franklinnh.org](mailto:kalpers@franklinnh.org)*

## City Holiday

Monday, January 15 all City Offices are closed.



## E-Alerts Sign-up Today

Sign-up for *E-Alerts* to receive the Franklin Newsletter in your email every month. Other news and announcement's are available with *E-Alert*. Subscribe at <http://www.franklinnh.org/Subscriber>

## Related Links

[Choose Franklin](#)

[Footlight Theatre](#)

[Franklin Parks & Recreation Department](#)

[Lakes Region Chamber of Commerce](#)

[Three Rivers News](#)