

Welcome to the 3rd Edition of the LRMHV Happenings Newsletter. Welcome Back Snowbirds! We hope you bring the warm and sunny weather with you.

Have you checked out the website (lrmhv.org) lately? Dave Rogers, our technology expert has made many modifications to our website and has added minutes of the board meetings, Co-op rules and Bylaws, past editions of the Newsletter, etc. A classified section has also been added. If you want to have an item listed for sale send Dave your name and unit number. Want to add a picture of a vacation or other fun activity be sure to send it to tech.support@lrmhv.org

A special Thank You to the Gilford Police for their presence in our community this winter. It shows that filling out the forms to have your house checked works.

**WINTER DOLDRUMS ARE OVER!!!**

With the snow behind us and the birds chirping and our friendly groundhogs (UGH!!) and chipmunks showing their faces we know that spring is finally here. In case you forgot what lies ahead:



**THINK SPRING AND HAPPY PLANTING !!!**



**Tasty Bits**

As mentioned in the last newsletter we will have a new recipe column. If you have a recipe you would like to share send it to [baells@yahoo.com](mailto:baells@yahoo.com)

This month I will share the Corn Casserole we had at last year's cookout:

- 1 can whole kernel corn, drained
- 1 can cream style corn
- 1 8oz pkg jiffy corn muffin mix
- 1 cup sour cream
- 1 stick melted butter (1/2 cup)
- 1 to 1 1/2 cups shredded cheddar cheese

Stir together all except the cheese. Bake at 375 degrees in a 9x13 inch pan for 45 minutes. Remove from oven, top with cheese and return to oven for 5-10 minutes or until cheese is melted. Let stand 5 minutes and serve warm.

**NEW MEMBER**

Welcome to new member Deborah Spaulding, D-4.

**BIRTHDAYS**

**MAY**

- Tony Miele B-9
- Pat Savage D-11

**JUNE**

- Kathy Atwood G-9
- Jane Sharp G-5
- Leon Ells Lot 1

Let's all wish the above members a Happy Birthday.

Contact Barbara Ells - [baells@yahoo.com](mailto:baells@yahoo.com) to have your birthday listed.

**DIRECTORY**

The deadline to be included in the LRMHV Co-op directory is 5/15. Check the website for the form or contact Barbara Ells at 293-2058.

**FACEBOOK USERS**

ROC-NH has a Facebook page. Search ROC-NH, click the button at the top of the page that says "Request to Join". Share ideas with other Co-op members. Check it out.

**NEWSLETTER**

The newsletter will be available on the website. If you would like to receive a paper copy contact Barbara Ells at 293-2058 as we know not all members have computer access.

**SOCIAL COMMITTEE NEWS**

In spite of all the snow the Social Committee kept members busy with the monthly Lug-A-Mug, Sal's Pizza Party and the delicious brunch at Kitchen Cravings. You can't say we aren't helping the local businesses.

=====

Welcome to Sue King, the newest member of the Social Committee. Sue has lived in our community for over 20 years. She worked for many years for the Gilford Parks and Recreation. Sue is currently working on creating a handbook for new members of our community.

=====

**UPCOMING EVENTS**

**May 14** - Yard Sale (Rain Date May 15)  
Contact Jane Sharp at 293-4233 to sign up

**May 28** - Planting of flowers at Co-op sign - anyone willing to donate plants or flowers?

**August 6** - Co-op Wide Cookout (Rain Date Aug 7)

Be sure to check the postings at the mailboxes as well as the website for more information.

Remember this is your community and if you have an idea for an activity let a member of the Social Committee know. Activities could include card playing, golfing, day trips, eating out, gambling, etc. You decide.

**WACKY WEDNESDAYS ARE BACK!**

Bowling at Funspot resumed on Wednesday, April 13<sup>th</sup> and will continue until the last Wednesday in May. Come join us at 7PM. This is just a fun group getting together as truth be told we are not very good bowlers. Just some members who want to have a fun night out.

=====

**GILFORD NEWS**

Gilford Parks and Recreation is once again sponsoring bus trips to the Red Sox in Boston. The dates are Saturday, May 7<sup>th</sup>, Sunday, July 24<sup>th</sup>, Sunday, September 18<sup>th</sup>. Contact the Recreation office at 527-4722 for more information.

=====

Gilford will hold its 29<sup>th</sup> annual residential cleanup days from Saturday, April 30 through Sunday, May 8 between 8a.m and 4 pm at the Gilford recycling center at 150 Kimball Road.

=====

**LACONIA NEWS**

Laconia Muskrats baseball team start their season on June 10 through July 31<sup>st</sup>. The ticket prices are very reasonable, \$5.00 for adults, \$3.00 for students and seniors (64) and children under 10 are free. Their website is [www.laconiamuskrats.com](http://www.laconiamuskrats.com) or check the local newspapers for more information. Several members of our community attended these games last year and had a great time.

**DO YOU KNOW???**

Charlie Kellogg has tomato plants available that were grown inside. Call Charlie at 293-8520. A small donation to the Social Committee is requested.

=====

=

Laconia Putnam Fund presents a free concert on Friday, May 6<sup>th</sup> @ 7:00PM at Sacred Heart Church, Laconia. Alice Tan Ridley is a beautiful singer and was a finalist on America's Got Talent.

=====

**TAKE SHAPE FOR LIFE**

In this issue Betsy Lindlau will discuss how she managed to lose 82 pounds under the Take Shape for Life Program.

This program utilizes the Medifast Diet Plan. Medifast meals are individually proportioned, calorie and carbohydrate controlled and low-fat. They provide adequate protein and are fortified with vitamins and minerals which is why you feel so good while you are on it. You eat 6 meals a day. You lose weight fast, you can take the meals with you anywhere and best of all, you have a coach along with you every step of the way.

Since she has had so much success with this program, Betsy is taking on a new endeavor as a coach. She can be contacted at 293-0451 for more information.