



The Town of Newington E-Newsletter includes information about Town-sponsored events, projects, and special announcements. Visit www.newington.nh.us to join the distribution list, or to be removed.

Board of Selectmen

Timothy "Ted" Connors, Chair
Bob Blonigen, Vice-Chair
Brandon Arsenault

Town Offices will be
closed in celebration
of Martin Luther King
Jr. Civil Rights Day
on Monday, January
16th.

INDEX:

Page TOPIC

1	Meetings Schedule
2-5	Recreation Department
6	Trash Pick up and Highway Garage Dumpster
7-8	Police Department
9-10	Fire Department
11-15	Langdon Library
16	Winter Activity Ideas

Upcoming Meetings:

1/3/2023	Police Commission	4pm	Police Station
1/4/2023	Board of Fire Engineers	5:30pm	Fire Station
1/4/2023	Budget Committee	6pm	Town Hall
1/9/2023	Planning Board	6pm	Old Town Hall
1/10/2023	Recreation Committee	5:30pm	Library
1/11/2023	Budget Committee	6pm	Town Hall
1/12/2023	Conservation Commission	6:30pm	Town Hall
1/18/2023	Sewer Commission	9am	Wst. Water Trtmt. Facility
1/18/2023	Budget Committee	6pm	Town Hall
1/23/2023	Board of Selectmen	5: 30pm	Town Hall
1/25/2023	Budget Committee	6pm	Town Hall

Recreation Committee News

Hello Town of Newington, the children, parents, and grandparents enjoyed the Holiday Light Party that was held at the Old Town Hall. It was exciting to see the faces of the children as Santa arrived in the red firetruck. The families took beautiful pictures with Santa for memories to treasure for years to come! The kids made homemade ornaments and decorated gingerbread man cookies. The families sat and enjoyed the plenty of food, dessert, and coffee beverages. Everyone there was enjoying a pleasant conversation with their neighbors and friends. Thank you to all the volunteers who made this event happen. Hoping all had a Happy Holiday!!



Also, this year the Recreation committee with the Police Department delivered a Holiday Gift to our elderly community. Those who could not leave their homes due to sickness and weather. It brought a smile to their faces when they opened the door and saw us with a gift in hand. Thanks again to all the volunteers that helped put this project together!



Coming events Starting January is the Walking Club, which will start at the library on Monday's at 11:15am. We will start with a cup of coffee and separate into groups to go to the mall or for those like myself don't mind walking in the cold! If snow is on the ground, we can Cross country or snowshoe!!

We have a Paint Night, which will be at the Old Town Hall on January 29th starting at 4pm! \$25 charge pay at Town Hall, which covers painting supplies. Payment must be made by January 23rd to reserve a spot.

Also, keep February 11th available for Sock Hop 50's Party. More information to come!



Newington Ice Rink

Hours 7am-10pm



Rink is open to Newington Residents, Employees of Newington and their Guests ONLY

- Use of this Rink is at your own risk
- It is strongly recommended to wear helmets and other protective gear
- Follow OPEN/CLOSED sign. If CLOSED, Stay OFF the ice
- Skate in a manner that does not endanger or interfere with other skaters
- Ice may be divided to provide space for less experienced skaters
- Be Kind and Courteous to all skaters
- Shovel off the ice after use and hang shovels up
- Shut Off lights and heater after use
- Keep skates paired up and organized
- Remove ALL trash, and place in trash barrel at parking lot
- Ensure nothing is left on the ice after use, return pucks and sticks to shed

STICK AND PUCK USE:

- Sticks and Pucks allowed: Mon & Thur 6-10pm, Sunday 7-10am
- Except for the times listed Pucks and Sticks are NOT PERMITTED when public skaters are on the ice
- Protective gear is highly recommended (helmet, gloves, shin guards, throat guards)
- Pucks are NOT to be elevated off the ice
- Spectators should be cautious and aware of on-going play
- The Recreation Committee is not responsible for personal injury, loss of property, or damage to property

Thank you

Many thanks to Brian Haberstroh for getting the ice rink up and running!! Plenty of ice skates available for all sizes! If you see cracks with water stay away. Ice is perfect right now. Enjoy!!





Reminders About Trash Pick-up

- *Please make sure to always bag all of your trash
- *Please have your trash out at the end of your driveway by 6 AM on Friday of each week.
- *If your trash does not get picked up feel free to take it to the **dumpster which has been moved to the Highway Garage, behind the gas pumps.**
- * If your trash can is damaged by the trash collection service please call or email Martha Roy at 603-436-7640 ext. 6 or mroy@townofnewingtonnh.com.



The above picture was sent to us by a concerned resident. The Highway garage dumpster is NOT for cleaning out your house. It is there if you have missed the residential trash pick up or will be out of town and need to dispose of your household trash bags before you leave. The dumpster will be monitored and residents contacted that abuse the privilege.



Police Department

Just like that, at the snap of the finger, December has passed. Of course, the lingering side effects of the holiday festivities, aka; overindulging, will linger on for months after. Make sure to take time for self-wellness to recharge, to be the best you can be for 2023.

I mentioned last month that the police department was collecting new and unwrapped toy donations for Toys For Tots. Executive Assistant Taylor Fiore took on this task and coordinated the toy drive with the United States Marine Corp. Taylor also coordinated with the management at The Crossings for the "Stuff A Cruiser" event to support Toys For Tots. To say the least, we were overwhelmed by the generosity of residents, local business, and businesses throughout the seacoast, supporting this endeavor. As you can see, my office was overflowing with small and large toys, bicycles, and sporting equipment, for a total of 595 gifts for children in need. A huge shout out to Taylor and the members of the Newington Police Department for helping to make this a tremendous success!!



Top Left: My office. Yes, I felt claustrophobic for a few days.

Top Right: Absolute Title with donations: Left to Right: Detective O'Reilly, Officer Saint-Marc, and Officer Hume to the right.

Bottom photo: Stuff A Cruiser at The Crossings. Left to Right: Officer Arsenault, Officer Blaisdell, Executive Assistant Fiore, and Officer Whyte.

The officers had to make three separate trips back to the station to unload the toys collected. This was the first year the police department took on this challenge and I can definitely say it was a success.

Thank you again for all who supported this cause.

Did you know Officer Jessica Auger is a photographer on the side? Officer Auger has been updating photographs of members of the department for the last month. Being the chief, I took the opportunity to rate the photographs and chose the best employee to show case our department.



If you don't know, this is Augie, Newington's Explosive Detection K9. Augie is certified through Connecticut State Police and ATF (Alcohol, Tobacco, and Firearms Bureau) for Explosive Detection. His is also certified through Massachusetts State Police on firearms and casing recovery.

The K9 program is donation based as not to be a tax burden on the residents. If you would like to donate to support Augie, let us know.

Seriously, how adorable is Augie??

New Year's Eve is the day I am most anxious for your officers and the community. The National Highway Traffic Safety Administration reported that one person is killed every 45 minutes in a related impaired motor vehicle crash. To date, there have been fifty-five alcohol related motor vehicle fatalities in NH. During this New Year's Eve celebration, if you are partaking in alcoholic beverages, make the necessary preparations to have a sober driver bring you and your loved one's home. If you are the sober driver and see an impaired driver, notify 911 immediately. Please use common sense and be safe!

December monthly statistics as of December 29th.

Motor vehicle stops	162	Summons/warnings issued
Accidents	5	Reports taken
Incidents/calls for service	24	Reports taken
Arrests	4	Felony/Misdemeanor offences
Field Interviews	4	Suspicious person(s)
Warrants	1	Felony/Misdemeanors

If you have any questions or concerns, please do not hesitate to give me a call 431-5461 or send me an email; mbilodeau@newingtonnhpd.com

Be safe and healthy!!

Chief Michael Bilodeau

Newington Fire & Rescue

Happy New Year to everyone. I hope you all had a great, but uneventful, Holiday and New Year's. As 2023 is now upon us I would just like to say thank you to all the residents and business leaders that supported the Fire Department in 2022 and all the years prior, it's very much appreciated.

The annual Santa Parade was a hit as usual. It was great to see all the folks as we took Santa on his tour around town. Even though we did not pick up any food during the parade, the food donations received from the residents will make an impact to need in the Seacoast. Big shout out to Hauch Storage for their very generous donation again this year, thank you. All food and monetary donations went to the Portsmouth chapter of the End 68 Hours of Hunger campaign.

Fire & Rescue members volunteered their time at the annual toy drive at Wal-Mart. Between there, several other donation boxes, and donations from residence, we brought in several hundred toys. The toys that were not needed in Town this year were distributed locally in the Seacoast area.

As always, we are here and available if you have any needs or questions. Stay safe.

EJ Hoyt
Fire Chief
436-9441 x6
ehoyt@newingtonfire.org

Heart Attack Snow

Heavy, wet snow is often called “heart attack snow,” because the great effort required to move it can increase your risk of having a heart attack. Repeatedly lifting a shovel full of heavy snow can be more strenuous than running on a treadmill.

Unlike conventional exercise, shoveling is usually done without a warm-up and can cause sudden increase in blood pressure and heart rate. Additionally, cold air may cause constriction of blood vessels, including coronary arteries, and decrease oxygen supply to the heart. Together, these factors can increase the heart’s workload and cause a heart attack.



Here are 6 tips to protect yourself and still get the snow shoveled:

6 Ways to Prevent a Heart Attack While Shoveling Snow

1. Don't shovel first thing in the morning. Most heart attacks occur first thing in the morning, when your blood is most likely to clot. Give yourself time to get up and moving before going out and grabbing the shovel. You'll also give the sun a chance to warm up things a bit.
2. Warm up before shoveling. Shoveling snow is exercise. It's hard work. Take a few minutes before to stretch, move about and get the 'blood flowing' before undertaking any strenuous activity, including shoveling snow.
3. Use a smaller shovel. A shovel full of wet snow is especially heavy when the shovel is big. It may take a little longer, but many small loads will be better than fewer heavy ones.
4. Dress appropriately. Cover your hands, head and mouth. Covering your mouth with a scarf will help you inhale warmer air and can help avoid respiratory problems.
5. Shovel in shifts. If you need a rest, take a rest. Taking 15-minute breaks can help lessen the load on your heart.
6. Watch for warning signs. Tightness in the chest, lightheadedness and dizziness are all signs of a heart attack. If you suspect you're having a heart attack, call 911.



Winter Warm Up and Pontine Theatre "Christmas Snow" Production





Teen Advisory Group's Scavenger Hunt





January News from the Library

Happy New Year, Newington!

The library has free Covid tests available at the library, provided by Seacoast Public Health Network. 5 per household while supplies last. Please note: these tests have a December 2022 expiration date which has been extended to September 2023. More information here:

<https://www.aconlabs.com/flowflex-covid-19-antigen-home-test-new-shelf-life-extension/>

A huge thank you to everyone who made our annual Winter Warm-Up party special this year. Pontine Theatre put on a performance of NH poet Donald Hall's "Christmas Snow," and Marguerite and Greg stayed after to mingle at the party! A gathering of community members enjoyed sandwiches, cupcakes and other delicious treats, as well as a Library Scavenger Hunt for kids organized by our [Teen Advisory Group](#). Trustee chair Jack O'Reilly went above and beyond getting most of the refreshments, and teens Natalia, Aysen and Aiden did an amazing job with the Scavenger Hunt and helping transform the room between programs. You can see more pictures from the wonderful evening [here](#).

In January we are bringing back Tech Talks with Randall Bush. Randy will be available at the library to answer your tech questions on Wednesday the 4th and 18th, from 2:30 to 3:30. No appointment necessary, just drop by with your device and/or question.

We will also resume our monthly Book Group. Copies of [*The Book of Speculation*](#) by Erika Swyler are available at the desk and on audio from [Hoopla](#). We will discuss it together on Friday, January 20 at 10:30 AM. There is also a digital forum you may use to discuss it at <https://www.langdonlibrary.org/january-book-group/> Ask the library for the password.

For more programs continuing and being added in 2023 please browse our website www.langdonlibrary.org or sign up for our newsletter at <https://www.langdonlibrary.org/langdon-letter/>

Wishing the Newington community a new year of health and happiness.

See you at the library!

Lara, Theresa, Brittany and Deb

www.langdonlibrary.org

Next Library Trustee Meeting: Friday, January 13, 10:30 AM at the library

November & December 2022 Library Usage Statistics

Checkouts	Visits	NH Downloadables	Hoopla Digital	Room Use	Interlibrary Loan (To and From)
546	452	200	104	143	124
570	466	206	77	177	67

Highway Department:

As a reminder, feel free to get salt or sand for your house from the Highway Dept. Salt Shed.

Winter Activities Right Here in Newington

As we get cabin fever in these cold winter months it is great to know that the Town of Newington has much to offer in the way of activities without leaving our bounds. Take advantage of these great resources:

1. Fox Point Hiking Trails-

You can hike from South Field to Middle Field and North Field along the inlet to the docks and then up through the field behind the white house to the trail through the woods that takes you to the actual Point. Sit on one of the granite benches and enjoy the view! From there you can follow the trail back to the town beach.

2. Skating Rink Open! – See the Recreation Department News (page 4-5) about this.

3. Great Bay Wildlife Refuge- With over 1000 acres to offer us, we have a great wildlife habitat right in our back yards. See the following link for more details:

https://www.fws.gov/refuge/Great_Bay/visit/plan_your_visit.html

4. Want to stretch your wings and explore other hiking trails in the Seacoast? Check out this blog on other nearby places to visit: <http://blogs.seacoastonline.com/lists/2015/07/15/5-best-walking-trails-on-the-seacoast/>



Great Bay Wildlife Refuge

Hours of Operation: Town Offices - Mon – Fri. 9 - 4:30pm (436-7640)
Town Clerk/Tax Collector: Tuesday through Thursday 9am-2pm
Building Dept. - Mon - Friday 7:00am- 3:00pm
Planning Dept. – Monday & Thursday 9 - 4:30pm (Planner by appointment)
Transfer Station: Wed 5 - 7pm, Sat 9 - 3pm
*Subscribe or **Unsubscribe** at this link: <http://www.newington.nh.us/subscribe>*