



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

Bob Blonigen, Chair
 Brandon Arsenaault
 Christian Wayss

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Upcoming Meetings:

1/2/2024	Police Commission	4pm	Police Station
1/2/2024	Board of Selectmen	5: 30pm	Town Hall
1/3/2024	Board of Fire Engineers	5:00pm	Fire Station
1/3/2024	Budget Committee	6pm	Town Hall
1/8/2024	Planning Board	6pm	Town Hall
1/10/2024	Budget Committee	6pm	Town Hall
1/11/2024	Zoning Board of Adjustment	6:30pm	Town Hall
1/16/2024	Board of Selectmen	5: 30pm	Town Hall
1/17/2024	Budget Committee	6pm	Town Hall
1/17/2024	Sewer Commission	9am	Wst. Water Trtmt. Facility
1/22/2024	Planning Board	6pm	Town Hall
1/24/2024	Budget Committee	6pm	Town Hall



Newington Fire & Rescue

Happy New Year to everyone. I hope you all had a great, but uneventful, Holiday and New Year's. As 2024 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 2023 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. While trying not to steal his attention with the new fire engine. Even though we did not pick up any food during the parade again this year, the food donations received from the residents will make an impact to need in the Seacoast. Any food and monetary donations will be going to the Portsmouth chapter of the End 68 Hours of Hunger campaign.

Fire Department 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 here in Town were distributed locally in the Seacoast area.

I would also like to take this time to say thank you to the residents for their words of support and caring over the week prior to Christmas with the sudden passing of Rye Fire Departments Lieutenant Charles "Chuck" Gallant. As some of you may know, his daughter Crystal, is our Administrative Assistant. The well wishes and cards were very much appreciated.

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.

Filing Period for Town & School District Offices

The Filing Period to become a candidate for Town & School District Offices begins Wednesday January 24,2024 and ends on Friday, February 2,2024.

Filing must take place at the Town Clerk’s Office during regular business hours:

Tuesday - Thursday 9:00 AM to 2:00 PM

The Town Clerk will also be available on: FRI., Feb 2ND from 3:00 PM to 5:00 PM.

Positions Available for Candidates

Selectmen – 1 for 3yrs.
Planning Board 2 for 3yrs
Police Commission 1 for 3yrs.
Fire Engineers 1 for 3yrs.
Sewer Commission 1 for 3yrs.
Budget Committee 3 for 3yrs.
Library Trustee 2 for 3yrs
Trustee/Trust Funds 1 for 3yrs

Library Trustee 1 for 2yrs.
School Board 1 for 3 yrs.
Cemetery Trustee 1 for 3yrs.
School District Clerk 1 for 3yrs
Town Clerk/Tax Collector 1 for 3 yrs.
Moderator 1 for 2 yrs.
Supervisor of the Checklist 1 for 6 yrs.

TOWN CLERK/TAX COLLECTOR

JANUARY HOURS

We will be **closed on Thursday, Jan 11th** for elections training but **open Monday, Tuesday & Wednesday (Jan 8-10) that week.**

The office will also be closed **Tuesday, Jan 23rd** for the Presidential Primary election.

TRASH PICK UP NEWS:

SATURDAY, JAN. 6th IS TRASH DAY!!!



Points to remember:

* Remember to space your trash barrels 2 feet apart so that the mechanical arms of the truck can grab them. This saves us money (on future bids) by the driver not having to exit the truck and manually empty the trash.

* Remember to put your trash barrel on an even surface. This will help your barrels not to be tipped over when they are set back down.

2024 TRASH PICK UP DAYS THAT ARE NOT FRIDAYS:

Saturday January 6th

Saturday, June 1st

Saturday, July 6th

Saturday, September 7th

Saturday, November 30th

Saturday, December 28th

HIGHWAY DEPARTMENT NEWS

Shattuck Way Crack Sealing Status:

If you have driven Shattuck Way you may have noticed that parts of the sealant used to fill the cracks is failing. The company that did this work will be back in the spring to clean and recoat the road.

Sand and Salt in the Salt Shed

Reminder that there is sand and salt in the salt shed at the Highway Garaage for your walkways. Bring a bucket and shovel!

Building Department

December has been a very busy month with budgets for 2024 being worked on and presented to the Board of Selectmen and in January they will be presented to the Budget Committee. I have been working to get Town owned Building projects wrapped up for 2023. Some of these projects include interior painting at the Police Station, expanding the access control system at the Police Station, upgrading and relocation of the boiler at the Fox Point rental and working on a structural assessment of the Fire Station to list just a few. Building efficiency and preventative maintenance are a large focus for me, I am working hard to button up some loose ends in 2023 and planning for 2024. I have some exciting and overdue projects planned for 2024 and I am ready to get these projects rolling forward once the budget is passed and voted on in March.

Winter Tips to Save Energy and Money!

To save approximately 7% on your heating bill make sure to turn your water heater down to a setting of 120°.

You can save up to 25% on your home heating bill by making sure that you insulate your windows. Either reglaze or replace them as needed.

Is your attic insulated? This can help save up to 50% on your heating bill.

To prevent ice damming and roof leaks make sure your gutters are cleaned every fall.

You can save roughly 15% per year on your heating bill by turning your thermostat down 10 to 15° for eight hours every day in the winter.

Turn the switch on your ceiling fans to run clockwise at a low speed to help distribute the heat in your home.

Make sure the water supply to your outside spigot is turned off. This will ensure your water pipes do not burst.

Your chimney should be cleaned annually as this will keep your family safe and save money on your heating bill.

Respectfully submitted,

Jeremy Boston

Buildings, Safety and Health Officer

POLICE DEPARTMENT



Happy New Year!! I welcome 2024 with open arms, not only because it is an even number, but 24 has been my sports number since I was a kid.

In October, Captain Smart completed year two of our four-year cycle to meet CALEA standards. Compliant Service Member (CSM) Denise Mantey, with CALEA, conducted a Remote Assessment. CSM Mantey spoke with officers of the department who specialize in different fields of policing. Chief Hoyt and I also had the opportunity to discuss our roles in Emergency Management and the Emergency Operation Center at the police station. This topic led into the procurement of the \$170k federal grant we received for communication upgrades and operability. As stated to the assessor, obtaining this grant was a joint effort between Emergency Management and Town Project Manager, Paul Deschaine.

I got off topic a little bit. Showcasing the police department is one of the pleasing aspects of being the chief. We just received word we successfully passed our assessment, with community policing being one of the highlighted topics discussed. We are successful because of you and the support you provide. Thank you.

The full CALEA Compliance Review will be available on our website, with a hard copy placed in the police station lobby.

In December, Detective O'Reilly and the NH-Attorney General's Office of Consumer Protection and Anti-Trust Bureau, conducted a presentation on SCAMS, which target seniors electronically and through the mail. The presentation was held at the Langdon Library. Though not heavily attended, there was plenty of discussion over individual experiences and on how to detect and protect yourself from SCAMS.

NEWINGTON POLICE DEPARTMENT
VIOLATION #: N 0001

Last Name: _____ First Name: _____ MI: _____
Street Address: _____ Apt: _____
City/Town: _____ State: _____ ZIP: _____
DOB: _____ Sex: _____ Race: _____ Height: _____ Weight: _____ Hair: _____ Eyes: _____
Offense Date: _____ Offense Time: _____ Officer ID: _____
Offense Location: _____

OFFENSE:

Town Violations	Fine*	Other
<input type="checkbox"/> Town Resident only (TO: 68-02)	\$124.00	
<input type="checkbox"/> Parking Permit Required (TO:86-02)	\$124.00	
<input type="checkbox"/> MV Restriction Town Land (TO:86-03)	\$124.00	
<input type="checkbox"/> Excessive Noise MV (TO: 74-2)	MUST APPEAR	
<input type="checkbox"/> Fire Lane (TO: 79-A-4)	\$25.00	
<input type="checkbox"/> Weight Limit McIntyre Rd (TO: 74-1)	\$62.00	
<input type="checkbox"/> Weight Limit Old Dover Rd (TO:03-01)	\$124.00	
<input type="checkbox"/> 3 or more Axels, Patterson Ln (TO: 88-2)	\$620.00	
<input type="checkbox"/> Bicycle Violation 1st (TO: 2011-06-16T)	\$31.00	
<input type="checkbox"/> Bicycle Violation 2nd (TO: 2011-06-16T)	\$62.00	
<input type="checkbox"/> Bicycle Violation sub (TO: 2011-06-16T)	\$124.00	
<input type="checkbox"/> Dogs Unleashed (TO: 2016-01)	\$124.00	
<input type="checkbox"/> Dogs Prohibited (TO: 2016-01)	\$124.00	
<input type="checkbox"/> Fireworks, Permit Required (TO: 15-01)	\$62.00	
<input type="checkbox"/> Fireworks, subsequent (TO: 15-01)	MUST APPEAR	
<input type="checkbox"/> Security Alarm Refusal (TO: 86-08)	MUST APPEAR	
<input type="checkbox"/> Hunting Town Property (TO: 86-02)	MUST APPEAR	
<input type="checkbox"/> Urination/Defecation (TO: 07-06-01)	MUST APPEAR	
<input type="checkbox"/> Drug Paraphernalia (TO: 81-11)	\$124.00	
<input type="checkbox"/> Paintball/B/B/Pellet (TO: 00-06A)	MUST APPEAR	

VEHICLE:
Make: _____ Model: _____
Color: _____ License Plate: _____
 Other: _____ \$ _____

*All fines include 24% penalty assessment FINE TOTAL: _____
 You MUST APPEAR at 10th Circuit- District Division- Portsmouth
111 Parrott Ave. Portsmouth, NH 03801
Court Date/Time: _____
 You do not have to come to court, but must answer this violation by:
Answer by Date: _____
SEE REVERSE SIDE FOR FURTHER INSTRUCTIONS
Court Copy

I know the image is small, but if you wish to see a copy of the new violation ticket books we recently purchased, please come to the station. The last few months, we have received several complaints of Dogs Unleashed, Dogs Prohibited, Non-Residents Parking, and Parking Permit Required, on or at town property. Your officers will now be enforcing the Town Ordinances.

I know enforcing Town Ordinances is not going to make the department popular amongst residents, or maybe it will. The town residents adopted the ordinances by voting them in throughout the years and our job is to enforce the ordinances with no prejudice.

Part of enforcement is educating the public on violations they may or may not know they are violating. Though not an excuse if you do not know the law, we want to be fair and provide you with the

knowledge, so you can make a calculated decision whether to violate the ordinance or not. Please work with us as we go through the process.

Before we start implementing the enforcement, we will be posting the ordinances on our website and at town hall.

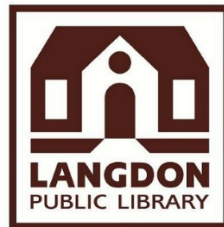
Statistics as of December 29, 2023.

Motor vehicle stops	91	Summons/warnings issued
Accidents	10	Reports taken
Incidents/calls for service	21	Reports taken
Arrests	9	Felony/Misdemeanor offences
Field Interviews	4	Suspicious person(s)
Warrants	3	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@newingtonhpd.com

Be safe and healthy!

Chief Michael Bilodeau



Langdon Library Annual Winter Warm-Up Party



Seacoast Men of Harmony, Musical Performance







Winter Warm-Up

We had a fantastic time at the Winter Warm-Up this year. [Seacoast Men of Harmony](#) sang a variety of holiday songs and classics, and we all enjoyed sandwiches, cupcakes and other treats including good company. Thank you again to everyone who made it a special night!

Most Popular of 2023

Our library's most checked out books in 2023 were [Lessons in Chemistry](#) by Bonnie Garmus, [Someone Else's Shoes](#) by Jojo Moyes, and [Demon Copperhead](#) by Barbara Kingsolver. To reserve any of these titles and view the top five checkouts in multiple categories (adult, young adult and childrens) visit our catalog page: [2023 Most Checked Out Titles](#)

Presentation this month: Mark Reinholt: Dinosaurs in Popular Culture

This month, special guest **Mark Reinholt** will join us **Tuesday, Jan. 16 at 6 pm** with a presentation about dinosaurs: "From Beast to Blockbuster: Our Changing View of Dinosaurs Through the Eye of Popular Culture." Mark grew up in Newington and now lives locally. He has been a professor at the college level for almost 25 years, currently in the position of Professor of Earth Science at Northern Essex Community College. For more information about Mark and his program, click [here](#).

Book Group

We also resume our monthly Book Group with [The Curious Incident of the Dog in the Nighttime](#) by Mark Haddon. Copies are available at the desk, on audio from [Hoopla](#) and [Libby](#), and as an eBook on

Libby. We will discuss it together on Friday, January 19 at 10:30 AM. There is also a digital forum you may use to discuss it. Ask the library for the passcode.

New Program Launch: 1,000 Hours Outside

1,000 Hours Outside is a global movement designed for any age child (or adult) and any environment. Join the journey and watch your life transform before your eyes. Nature holds tremendous power for each and every one of us at any age or stage. - Ginny Yurich, 1,000 Hours founder.

In 2024 the Langdon Library will incorporate nature into more programs to promote creativity and literacy, including offering bags each month that encourage outside time. Each bag will have a book list, outside prompts for activities, and a craft. We also invite all ages to an **outdoor program on Saturday, Jan. 6 at 11 AM to make pine cone bird feeders.**

Writing Group: All ages are welcome to join us for a writing prompt **“By the end of the year I will...”** and (optional) share, on Weds. Jan. 2 at 6 PM.

Tech Talk with Randall Bush: Weds. Jan. 10 & 24 from 2:30 – 3:30 PM. All ages and “tech” questions welcome.

Story Times: Every Friday at 11 AM for preschoolers and their caregivers, and, **this month, one extra for folks who can’t make it on Fridays, on Saturday, Jan. 20 at 11 AM!**

Video Game Night: Tuesday, Jan. 9 at 6 PM. Bring your consoles, controllers, and positive attitudes! Refreshments will be provided.

Craft Night: Tuesday, Jan. 23 at 6 PM. Make your own candle: this is a B.Y.O.C. (bring your own container). We will supply the wax, wicks, and scents. All ages welcome.

TAG Ukulele Club: Starts Thursday, Jan 25 at 6 PM. Sign up for one of ukulele kits to learn a new instrument and/or play music together.

Library Closed: Monday, Jan. 1; Saturday, Jan. 13 and Monday, Jan. 15.

Langdon Library Board of Trustees Meeting: Thursday, Jan. 18, 5:30 PM

Wishing our Newington community a New Year of health and happiness!

Lara, Theresa, Brittany and Debbie

www.langdonlibrary.org

November 2023 Library Usage Statistics

Checkouts	Visits	NH <u>Downloadables</u>	Hoopla Digital	Room Use	Program Attendance	Interlibrary Loan (To and From)
520	506	229	105	164	106	91

Recreation Committee Newsletter

Happy New Year Newington Residents!! I want to thank everyone who help make the Holiday Light Party so much fun for the kids and us adults. The party started with the members of the Portsmouth High Choir singing holiday music, which we all enjoyed and brought tears to our eyes. So much young talent in one room.

Santa arrived in the fire truck, his jolly self! Santa took pictures with the children and families. Santa also read his favorite story to the children. The adults and children enjoyed making crafts and decorating gingerbread man.



January Activities 2024

Yoga Classes are from January 6th until March 9th. Classes are on a Saturday at 8:30AM We have Beth Grecoe a teacher at Pasada Yoga Studio in North Hampton. She is well experienced in teaching us all levels of Vinyasa. Vinyasa yoga focuses on the breath with a flow of Physical postures offering variation to suit all students. The combination of breath control and movement in Vinyasa yoga is designed to cultivate a deep mind-body connection. Practitioners often find that the practice promotes mindfulness and reduces stress. Bring your yoga mat and water bottle! See you there!

Dance Exercise Classes are from January 9th until 12th. Classes are on Tuesday from 6:30pm until 7:30. Tia Pike is an experienced choreographer and dance instructor. Tia has coached competitive dance teams, taught dance exercise classes, created, and organized many flashmobs, and has organized dance performances for the Portsmouth Halloween parade for many years. Class description: Dance for Joy and Exercise! Get your body moving with some calorie burning dance exercise moves that are easy, safe, and fun! Learn simple dance routines that feel like mini performances to boost your energy and self-confidence. No dance experience required!

Both yoga and dance classes are being offered for 10 classes for \$70. The drop in cost is \$10. The location is the Old Town Hall. Offered to Newington Residents and guests only.

The 70's Dance Party will be on Saturday, January 27th! The snow date is Sunday the 28th Get a sitter, get a costume, or not but come to the Town Hall for great music played by TonyMack Band! Music will be from the 70's and 80's Let's boogie the night away...Bring your beverage of choice, bring a dish to share! Residents only and guests.

February Activities 2024

Cooking with Jack Lee: After all that exercise you want to learn how to make an Italian carb meal. Jack Lee from our town of Newington will teach us about cooking pasta and sauces. Class will be limited to 12 people. The location will be at the Town Hall. The date is **Saturday, February 10th. Time is 2pm until 4pm.** The cost will be \$35 for all supplies, materials will be available.

Look out for our **CPR AED Class being offered on February 17th** 10am until 1pm. The instructor is our very own Gail Klanchesser. Gail has been teaching CPR AED, First Aid, babysitting, and safety courses for 20 yrs. She is authorized through the American Heart Associates. Cost will be \$60/pp. Which includes a student workbook.

All activities and events are for Newington Residents and Guests!

TOWN CLERK TAX COLLECTOR

The Presidential Primary Election will be held on January 23, 2024. Please see below for information about voting absentee from the Secretary of State's Office:

VOTING ABSENTEE (BY MAIL) Request your absentee ballot from your town/city clerk as early as possible. An Absentee Ballot Application can be downloaded from the Secretary of State's website by clicking on www.sos.nh.gov/elections/absentee-ballots See below for how to obtain your Clerk's contact information. If you are returning your completed absentee ballot by US Mail, the clerk must receive it by 5:00 p.m. on election day. To increase the likelihood the absentee ballot arrives on time we recommend mailing it at least two weeks before the election. After 5 days, check the Voter Information lookup, Absentee Ballot link, to see if your clerk has received the ballot. Contact your clerk if your ballot has not been received. You may also deliver the marked absentee ballot in the affidavit envelope and mailing envelope, to the clerk's office in-person or by a delivery agent until 5:00 p.m. on the day before the election. A delivery agent may deliver it to the clerk at the polling place until 5:00 p.m. on election day. Family members, nursing home and elder care facility administrators, and a person assisting a voter with a disability who signs the absentee ballot affidavit (limited to delivering ballots for 4 voters) may be a delivery agent. See RSA 657:17

<https://www.gencourt.state.nh.us/rsa/html/LXIII/657/657-17.htm>

Find your clerk's contact information, your party membership status, or the status of your absentee ballot request here: <https://app.sos.nh.gov/viphome>

Any questions don't hesitate to call or email. 603-436-7640 x 1 dcaradonna@townofnewingtonh.com

BALLOT CLERKS NEEDED

We are looking for Ballot Clerks for the Presidential Primary on January 23, 2024. It's a great opportunity to get to know your neighbors and meet some new people from town. Ballot clerks must be 18 and over, live in Newington and be a registered voter. Please email dcaradonna@townofnewingtonnh.com if you're interested.

DEPUTY TOWN CLERK TAX COLLECTOR POSITION AVAILABLE

The Town of Newington Town Clerk/Tax Collector's office is accepting applications for the position of part time Deputy Town Clerk/ Tax Collector. The position requires an understanding of applicable state laws, rules, and regulations pertaining to a town clerk/tax collector. Specific duties required in assisting the Town Clerk/Tax Collector: • Maintaining town records and other documents in need of safekeeping or of historical value • Preparing and handling absentee ballots and accepting voter registration applications and handling all duties of an Election. • Accepting and applying payments for taxes, registration of motor vehicle, dog licenses and vital records • Preparing daily financial reports and deposits • Working closely and professionally with the public • Use of standard office equipment • Excellent organizational skills and detail oriented • Ability to work confidently and independently • Ability to follow oral and written instructions.

Applicant must be a resident of the Town of Newington, NH. A High School diploma or equivalent is the minimum qualification. Wage is \$25. per hour. 18-21 hours per week (Tuesday, Wednesday & Thursday). Please submit a cover letter, resume and application to dcaradonna@townofnewingtonnh.com or mail to Town of Newington, DEPUTY TC/TC POSITION, Attn. Doreen Caradonna, Town Clerk/Tax Collector, Newington Town Hall, 205 Nimble Hill Road, Newington, NH 03801

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 7:30am- 3:30pm
Planning Dept. - Monday & Thursday 9 - 4:30pm (Planner by appointment)
Transfer Station: Wed 5 - 7pm, Sat 9 - 3pm

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Just call the town hall and we will put you on our mailing list (603-436-7640 ext 4)