



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 Arsenault
 Christian Wayss

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Upcoming Meetings:

2/1/2024	DES Info. Session on PFAS in Great Bay	6pm	Town Hall
2/6/2024	Police Commission	4pm	Police Station
2/7/2024	Board of Fire Engineers	5pm	Fire Station
2/7/2024	Budget Committee Public Hearing	6pm	Town Hall
2/8/2024	DES Info Session on PFAS in Farms/ Livestock/Eggs	6pm	Town Hall
2/8/2024	Conservation Commission	6:30pm	Town Hall
2/8/2024	Dog Ordinance Committee	7pm	Town Hall
2/12/2024	Board of Selectmen	5:30pm	Town Hall
2/12/2024	Planning Board	6pm	Town Hall
2/15/2024	Zoning Board of Adjustment	6:30pm	Town Hall
2/20/2024	Board of Selectmen	5: 30pm	Town Hall
2/22/2024	Zoning Board of Adjustment	6:30pm	Town Hall
2/24/2024	Sewer Commission	9am	Wst. Water Trtmt. Facility
2/26/2024	Planning Board	6pm	Town Hall

Recreation Committee Newsletter

Hello Newington Residents! The snow is here and so is the cold, which now the ice rink is opened.



Please follow the rules of the rink. It is posted on site. Thank you and enjoy!

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 6:15 pm until 7:15. 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.

February Activities 2024

Cooking with Jack Lee: Don't miss this class... Jack Lee from our town of Newington will teach us about cooking pasta and sauces. The meal will be chicken, carbonara and other surprises. He will give us instructions and entertain us with his skill and talent. 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 and materials. Plenty of food to sit down and eat at the Town Hall. Also, take some home to share with family.

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! Please pay at the Town Hall to secure a place for any of the above activities. Thank you!

Camp Newington is back for Summer 2024!

You've probably heard that Camp Newington 2023 was a great experience for all who attended, and the Recreation Committee, the Board of Selectmen, and the YMCA have worked hard to plan for an even better summer in 2024!

Camp is available for up to 9 weeks, from June 24th - August 23rd, 8am-5pm, and sign up this year is week-to-week! Pick only the weeks you want. Sign up early to ensure a spot in the camp weeks you need!

The camp is open to incoming kindergarteners (5 years and up) through outgoing 6th graders. Newington Residents, Newington Public School Tuition Students, Newington Town Employee Children (Police, Fire, Town Hall, Library), and grandchildren of Newington Residents may sign up at the resident rate. The cost is \$228 per week and includes 2 field trips - one to the YMCA for swimming and one special field trip! (Some of last year's favorite trips were the Boston Museum of Science, a Fisher Cats game, and Funtown Splashtown). Kona Ice will be likely back (and I believe that is included as well). Campers will also enjoy weekly activities at the Langdon Public Library.

Registration dates are IMPORTANT this year, so mark your calendars and think about which weeks are best for you:

- Registration for returning YMCA campers (this includes Camp Newington, Camp Gundalow, etc.)
- Registration open to all Newington affiliated campers.
- February 5th - Registration is open to a few non-residents to fill remaining available spots. The non-resident rate is \$285 (or \$228 for YMCA members).

Be sure to sign up before Feb 5th! Contact: llarocque@graniteymca.org 603-431-2334

TOWN CLERK

The Town Clerks' hours for the 1st 2 weeks of February will be altered to Mon., Tues., Wed. 9-2pm beginning Feb 5th -Feb 14th, 2024. We will resume normal days of Tues., Wed. and Thurs. 9-2pm starting on Tues., February 20, 2024.

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



Newington Fire & Rescue

As January came to an end, we were finally able to say we got some snow. For those of you that like the snow, congratulations, you finally have some. For those of you that don't care for it, the first day of Spring is less than 2 months away. As we now have snow, make sure to be safe when shoveling the heavy, wet stuff. Also, be sure to check on your neighbors, especially if they are older or have any medical conditions that could prevent them from clearing any snow or ice. And by all means, please give us or the police department a call if you feel anyone may need a check in.

As we head into February, full tilt into the 2024 budget season, I wanted to remind everyone that February 7th is the Budget Committee's public hearing. Between the Select Board and Budget Committee meetings there have been lots of discussions on plenty of topics that will get reviewed and voted once again.

A big item concerning the Fire Department this year is a Warrant Article request for \$101,683 to convert the 3rd position on shift from part-time firefighter to full-time firefighter. For those that may not be aware, the current department staffing on the administrative side is a Chief and Assistant Chief during the week days and most Saturdays. On the suppression side, the duty crew, which handles all calls for service 24/7/365, is comprised of 4 shifts with each shift having a full-time Lieutenant and full-time firefighter, for a total of 8. Administration, plus the suppression force totals 10 full-time employees. Each of those 4 shifts are then further staffed with 2 part-time firefighters, (1 in the 3rd position and 1 in the 4th position). The 3rd part-time position is staffed 24/7/365. The 4th part-time position is staffed weekday nights from 6pm to 8am and 24 hours on weekends, holidays and during major events such as storms or air shows.

The major issue that we have been struggling with over the last 5 years is maintaining a stable part-time firefighter roster. We have dropped from 16 active roster members in 2019 to 4 at the end of 2023. 2024 is not looking to improve. The start of this steady decline appeared as we were going through COVID. The public safety sector was already struggling to attract new candidates. Nearly all other fire departments also had shift coverage vacancies that they were trying to fill and were forced to do this with their own full-time firefighters via overtime. In 2021, 85% of Newington Fire part-time staff were made up of full-time firefighters from other departments. With COVID, the demand from

the firefighter's full-time employer departments took precedence over Newington. The extra hours they ended up working at their own full-time departments led a majority of them to re-evaluate their priorities, and as a consequence they ended up leaving Newington as they no longer had anything close to time availability. As we noticed the decline in part-time availability for coverage, we started to cover both the 3rd and 4th position vacancies with Newington Fire full-time personnel on overtime hours, most notably in 2021. When covering the 3rd position was becoming more difficult, the 4th position stopped being covered by Newington Fire full-time personnel, a necessary measure to remain fiscally responsible, while still attempting to maintain safe staffing levels.

To put some of the numbers into perspective, in 2020 we had 651.5 hours of vacant part-time shifts and full-time was able to cover 94.5 hours of that. Fast forward to 2023 and there was 6,247 vacant part-time shift hours with full-time able to cover 2,274 hours of that. Over the course of 4 years, that is an 859% increase in vacant part-time hours and 2,306% increase on dependency of our full-time staff to cover those vacant shifts. This is leading to burnout of our full-time staff due to working an excessive number of extra hours. At times, more than 100 hours per week above their normally scheduled hours was required for part-time coverage. Some firefighters have been unable or delayed in taking accrued vacation leave, had to put off taking outside training classes, and missed many family events.

To combat this issue over the years, we have continually advertised on the State of N.H.'s statewide employment website that gets updated every month. From that posting, we have been able to hire 3 part-time firefighters, but overall have sustained a net loss. In March of 2023, with the support of the Select Board and Board of Fire Engineers, the department applied for a FY22 SAFER grant. This federal grant is for the hiring of full-time staff and covers all costs associated with them for a period of 3 years. Unfortunately, we found out in mid-December that we did not receive the grant. This year was exceptionally competitive for grant funding, as the federal government lowered the total amount available from \$560m to \$360m and the number of awards from 500 to 300.

Town meeting is just several weeks away on Saturday, March 16th. I would ask that if you have any questions, are seeking clarification, or would like to discuss any part of the fire department budget or warrant articles, please don't hesitate to reach out to me at any of the contacts below. Also, feel free to swing by my office at any time.

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

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

GENERATOR SAFETY

When using portable generators please, for the safety of you, your family and pets follow these guidelines:



- Use portable generators outdoors in well-ventilated areas at least 5' away from all doors, windows and vents.
- Make sure you have working carbon monoxide alarms in your home.
- Do not use a generator in a wet area. This can cause shock or electrocution.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.
- Store fuel in a container that is intended for the purpose and is correctly labeled as being for fuel. These containers should be stored outdoors.

Electric Portable Space Heater Safety

When the weather turns cold, it can bring a chill into our homes. Portable space heaters have become a popular way to supplement central heating or to heat one room. If you plan to use portable electric space heaters, make sure to follow these tips and recommendations.



- Purchase a heater with the seal of a qualified testing laboratory.
 - Keep the heater at least 3 feet away from anything that can burn, including people.
 - Choose a heater with a thermostat and overheat protection.
 - Place the heater on a solid, flat surface.
 - Make sure your heater has an auto shut-off to turn the heater off should it tip over.
- Keep space heaters out of the way of foot traffic. Never block an exit.
 - Plug the heater directly into the wall outlet. Never use an extension cord.
 - Space heaters should be turned off and unplugged when you leave the room or go to bed.



In Memoriam, Steve Bush, former Library Trustee



Pictured at the 2013 library expansion groundbreaking with Ron Lamarre, architect, and Granville "Gup" Knox, former library trustee and Treasurer.

The Langdon Library extends our deepest condolences on the passing of former library trustee and Chair, Steve Bush. He is greatly missed. For more about Steve's contributions to the library, click here: <https://www.langdonlibrary.org/thank-you-to-steve-bush-library-board-chair/>

Featured Programs this month: John Lamson, Presidential Trivia; and Valeria Rienzi, Zentangles

On Thursday, February 15, at 5:30 PM, test your knowledge of our United States presidents with community member John Lamson. This program is open to all ages. Light refreshments will be served.

On Saturday, February 24 at 10 :30 AM, learn the Zentangle ® Method of relaxation, focus and creativity by drawing structured patterns with dots, lines and curves, from certified Zentangle teacher Valeria Rienzi. This program is for adults. **Space is limited: sign-up required.**

Writing Group: Novelist Charles Dickens was born February 7, 1812. All ages are welcome to join us on Tuesday, Feb. 6 at 6 PM to write about a Charles Dickens novel that made an impact on you. Sharing is optional.

Tech Talk with Randall Bush: Weds. Feb. 7 & 21 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, Feb. 3 at 11 AM!** This will include an outdoor component so bring your boots and snow gear.

Video Game Night: Tuesday, Feb. 13 at 6 PM. Bring your consoles, controllers, and positive attitudes! Refreshments will be provided.

Craft Night: Tuesday, Feb. 20 at 6 PM. Make a hanging plant holder out of macramé. All ages welcome.

Book Group: February Book Group is reading [Ghost of the Innocent Man](#) by Benjamin Rachlin. Copies are available at the desk and as an audio and eBook on [Libby](#). We will discuss it together on Friday, February 23 at 10:30 AM. There is also a [digital forum](#) you may use to discuss it. Ask the library for the passcode.

Lego Night: Tuesday, Feb. 27 at 6 PM.

Library Closed: Saturday, Feb. 17 and Monday, Feb. 19.

Langdon Library Board of Trustees Meeting: Thursday, Feb. 8, at 5:30 PM

See you at the library!

Lara, Theresa, Brittany and Debbie

www.langdonlibrary.org

December 2023 Library Usage Statistics

Checkouts	Visits	NH <u>Downloadables</u>	Hoopla Digital	Room Use	Program Attendance	Interlibrary Loan (To and From)
526	515	229	87	204	152	68

2023 Library Usage Statistics

Checkouts	Visits	NH <u>Downloadables</u>	Hoopla Digital	Room Use	Program Attendance	Interlibrary Loan (To and From)
7355	6468	2721	1061	2174	1572	1164

POLICE DEPARTMENT

Welcome February!! Me personally, I am hoping for the little critter in Punxsutawney, Pennsylvania, tells his handler he did not see his shadow and wants to stay out and play. Which reminds me and this maybe a little late getting to you, if you or you hire someone to plow your driveway and must push the snow across the roadway, please do not leave mounds of snow in the road. This makes the road a hazard and could cause an accident or damage to a vehicle.



Last month I posted about the new town ordinance citation book and the department will start issuing ordinance violations. I know this caused some controversy for a few, especially dog lovers. For the record, I am a dog owner and love dogs. Not trying to offend cat lovers, it is just how I feel.

On January 2nd, the Board of Selectman held a public meeting to examine our current Dog Ordinances and concerns residents had about unleashed dogs at Fox Point. The room was packed and there was enthusiastic discussion over leashed and unleashed dogs. We all agreed the dog is not the issue but the responsibility of the owner. We also agreed the town ordinance needed clarification and the town needed to put up better signage.

A committee was formed tasked with reviewing current town ordinances, viewing how other towns are enforcing and posting their rules and regulations, and should dogs be allowed off leash on town property.

Knowing The Town of Rye always has issues with domestic and wildlife, mostly of the whale type, I solicited the expertise of Rye’s Animal Control Officer, Kacie Post. ACO Post has been involved with committees such as ours and revamping Rye’s Animal Ordinances. On January 22nd, members of the committee along with ACO Post, took a field trip throughout town, discussing our current concerns

and suggestions on how to correct them. We pointed out the inconsistencies with the ordinances, which will be highlighted at our committee meeting on Wednesday, January 31st. Moving forward, I believe the committee will put together a clear and thought-out ordinance meeting state and local laws.

Statistics as of January 31, 2024

Motor vehicle stops	77	Summons/warnings issued
Accidents	7	Reports taken
Incidents/calls for service	40	Reports taken
Arrests	7	Felony/Misdemeanor offences
Field Interviews	3	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@newingtonnhd.com

Be safe and healthy!

Chief Michael Bilodeau

Building Department Newsletter

Hello Newington residents. Finally, January is starting to look like winter. I promise, I bring no joy in making that statement. With winter upon us, wanted to remind everyone of a few winter safety tips for at home.

1. **Check your smoke and carbon monoxide detectors.** Test them to ensure they work. If your models use replaceable batteries, change the batteries now rather than wait for them to run low. *Get new smoke detectors if they are more than 10 years old and replace carbon monoxide detectors that are more than five years old.* Make an evacuation plan and ensure that everyone in the household knows to get outside and stay outside if a detector goes off. Conduct a drill with your family to practice your plan.
2. **Get your chimney, fireplace, furnace, water heater, and roof inspected (and cleaned, if needed).** Chimneys and fireplaces account for nearly three in every 10 fires caused by home heating equipment, and carbon monoxide poisoning can result from blocked flues and chimneys.
3. **Practice safe heating and ventilation.** Keep a three-foot zone clear around heating equipment, especially if children are in the home. Don't keep anything flammable or combustible within three feet of heating equipment. Turn your space heaters and other portable devices off when you leave a room or go to sleep. Avoid using your oven to heat the house. Gas ovens can result in carbon monoxide poisoning. Electric ovens are slightly safer, but they can still malfunction

and cause a fire if they're left on for hours. Your electricity bill is liable to skyrocket, too. Ovens simply aren't meant to heat homes. Here are some other safe heating tips:

- Use only manufacturer-recommended fuels in fuel-burning space heaters.
 - Use durable fireplace screens to keep embers from shooting around the room. Check that ashes are cool before you dispose of them.
 - Clean your heating equipment. Dirty equipment causes about a quarter of home heating equipment fires.¹
4. **Insulate or winterize water hoses, sprinkler systems, pipes, and attics.** Keep your house heat at 55 degrees Fahrenheit or higher to avoid burst pipes. Disconnect garden hoses and drain sprinkler systems and outdoor faucets.
 5. **Choose ergonomic snow shovels that lessen the burden on your back and arms.** You should be good to go if your shovel is lightweight, has comfortable handles, and lets you stand up straight. To reduce the strain on your body, shovel every few hours (ideally as snow falls) rather than doing all the snow at once.
 6. **Know where to go and what to do in case an emergency occurs.** For instance, find the cold weather shelters in your area and arrange for friends to watch your pets if necessary. Establish contact with various service companies ahead of time in case you eventually require someone to clear your snow, fix frozen pipes, or repair your roof.
 7. **Maintain backup items if you use medically necessary or life-sustaining equipment.** Based on your conditions, could you need a power generator, prescription refills, or a manual wheelchair in case you cannot charge your electric wheelchair? Make arrangements for these items in advance of power outages and storms. If necessary, contact your power utility to get priority status as a customer who uses life-sustaining equipment.
 8. **Use outdoor lighting that works from afar.** The days grow shorter in winter, but you don't have to struggle or slip in the dark. Outdoor lighting options include smart bulbs, motion sensors, and photocells (photocells work based on changing light levels).

You can mix and match, perhaps using motion sensors for stairways, and both photocells and motion sensors for floodlights and pathway lights. Smart bulbs allow you to turn lights on and off remotely whenever you want or according to a set schedule. They also come in handy to create the illusion you're home when you are not. If you don't have the budget to change your lighting setup, simply ensure that your outdoor lights work and that the fixtures are secure each winter.

Respectfully submitted,

Jeremy Boston

Buildings, Safety and Health Officer

TIPS FOR TRANSFER STATION

Reminder: Newington runs a voluntary recycling program in which residents may participate by bringing their recyclables to the Transfer Station.

Follow these links for what is allowed or not allowed:

[nuwebpage.pdf \(newington.nh.us\)](#) or [recycling.pdf \(newington.nh.us\)](#)

For further information on the recycling program, contact Craig Daigle, Transfer Station Superintendent via thedumpguy@gmail.com

Hours of Operation: Saturday 9am to 3pm and Wednesday 5pm to 7pm

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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WOULD YOU PREFER TO GET A PRINTED COPY OF THE NEWSLETTER MAILED TO YOU?

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