



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
 Brandon Arsenaault

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Upcoming Meetings:

9/6/2022	Police Commission	4:00pm	Police Station
9/6/2022	Recreation Committee	5:30pm	Langdon Library
9/7/2022	Board of Fire Engineers	5:30pm	Fire Station
9/12/2022	Planning Board	6:00pm	Town Hall
9/12/2022	Public Hearing	6:00pm	Town Hall
9/15/2022	Conservation Commission	6:30pm	Town Hall
9/21/2022	Board of Selectmen	5:00pm	Town Hall
9/21/2022	Sewer Commission	9:00am	WWTF

Recreation News:

Hello town of Newington! I would like to introduce myself. My name is Esmerelda Medeiros and I am the new town Recreation Program Coordinator. I live in our neighboring town of Greenland. I am married and have two children. I remember helping coach my children and having practices at the Newington Elementary School and sports fields. Now I look forward to developing new programs and helping improve our existing ones as well as improve the management of the town recreation facilities. I love being outdoors and putting people together for activities. My favorite sport was soccer, softball, and basketball, but now tennis, which I have had the opportunity to play on your beautiful courts. I currently enjoy biking, hiking, paddle boarding and some pickle ball. I have a college degree in business administration. I worked in banking for ten years until I took time to have my children and enjoy them. I would volunteer at the school for events, activities, coaching, anything that I could help with. I am currently self-employed working with a few senior clients as a personal assistant. I look forward to working with the recreation committee and town residents. I can be reached at Newingtonrecreation@gmail.com or at the library off and on during the week.



Septemberfest is right around the corner on September 17th at 4:30 at Fox point. Firework! Pony ride! Tony Mack Band! Bring a side dish to share. The grill masters start at 4:30! Don't forget to volunteer; the link follows.
<https://www.signupgenius.com/go/10c0e4aafab2eabf4ce9-septemberfest>



Senior Dinner

Sign up for senior dinner on October 2nd at 4:00-7:30 , location- Town Hall Use the link below to RSVP or email NewingtonRecreation@gmail.com Must be 60 years old or older to attend. The link to sign up for the Senior Dinner is:
<https://www.signupgenius.com/go/10c0e4aafab2eabf4ce9-senior>



Conservation Commission Update:

For the past +2 years, the Conservation Commission spent most of their time reviewing NHDES Wetlands Permits, and projects that impact shoreline and wetlands; public outreach was put on-hold. Over the past few months, the Commission has been discussing its goals for the next year, one of which is to provide Newington residents with information that can improve our environment. While the Town is lucky to have large tracts of open spaces, we also have contamination from Pease Air Force Base, shoreline erosion, insects that are killing several tree species and several species of invasive plants that are becoming more and more problematic.

While Poison Ivy is not an invasive species, it might be the most hated native plant due to its many forms (vine, bush-like), leaf appearances (shiny, dull, red, lobed, smooth). It is an early successional species so it loves disturbances. Poison Ivy is also tolerant to salt thus it is found along roadsides and ditches and primarily spread by birds eating the fall berries which explains why new seedlings can be found in gardens.



In 2018, NHDOT issued a manual (link below) on controlling invasive and noxious plant species, and while the publication is now four-years old, the information is still relevant and applicable.

<https://www.nh.gov/dot/org/projectdevelopment/environment/units/program-management/documents/FINAL-ENV1Manual1-InvasiveSpecies.pdf>

If you have questions about invasive species or other issues that the Conservation Commission might be able to assist you with, you're always welcome to attend our monthly meetings, generally held on the second Thursday of each month at the Town Hall.

ECONOMIC DEVELOPMENT COMMITTEE

HEALTHCARE PROVIDERS IN NEWINGTON

An often overlooked sector of retail and professional services offered in Newington are medical and health related services. Being equidistant from two major hospital facilities (HCA Portsmouth Hospital and Wentworth Douglas), Newington is an attractive location to site medical related offices and residents can benefit from the nearby locations. A windshield survey taken on behalf of the Town's Economic Development Committee was done in the commercial areas of town with the following results. Although not meant to be an exhaustive investigation, it does demonstrate a cross section of these services in Newington. The providers are not in any particular order, but are grouped by address/location. For more details on each provide, search for their websites on your favorite web browser.

Louis deRochment House, 100 Shattuck Way

- Whole Life Health Care
- Newington Spine and Joint, LLC
- Natural Health Intuitive
- Naomi B. Rather PhD, LCMHC
- The Touch of Sunshine: Peggy K. Zola, MPT
- Trinity Therapeutic Massage, LLC
- Ranan D. Cohen, M.S., R.D., L.D./LDN



Great Bay Commons, 101 Shattuck Way

- Dental By Design, Suite #3
- Seacoast Rejuvenation Center, Suite #1
- Portsmouth Family Care, Suite #2
- Evergreen Dental Care, Suite #5
- Pain Specialty Group, Suite #6



Health Care Resource Centers, Newington, 177 Shattuck Way

Coastal Surgical Center, 291 Shattuck Way



The Beane Farm, 2299 Woodbury Avenue



- **Salmon Falls Family Healthcare**
- **Granite State Pain Associates**
- **Northeast Surgical Care**
- **DSH Dermatology & Skin Health**
- **Colene Arnold, MD Gynecology & Associates**
- **ROAD to a Better Live**

The Mall at Fox Run, 50 Fox Run Road- Fox Run Eye Care, PLLC

Veterinary Emergency, Critical Care & Referral Center of NH, 15 Piscataqua Drive



Newington Park Shopping Center, 2064 Woodbury Ave



New Hampshire Cardiovascular Care Associates of York Hospital, Suite #103



Newington Fire & Rescue

And just like that, the unofficial end of summer is here. The heat streak finally broke and we are finally starting to get some much needed rain. I know my lawn appreciates it. As was mentioned in last month's eNewsletter, school will be back in session soon so please pay special attention for the kids and buses in the roadways.

As par for the course, things continue to be steady around the fire station with inspections, trainings, and calls for service. At the end of July, we held one of our department wide trainings and covered ventilation and flow paths control fires. The training was practical both classroom and practical based. The portion included a prop house built by Lt. Jon Connors and utilized windows, doorways, and stairway home to a structure to simulate the a door or window open if there is a fire within a room. The prop house is also capable of creating flashovers and under the right conditions, a back draft.



held one of how training was practical Jon Connors stairway home to a structure simulate the a door or The prop and under



While always wanting to help out our fellow departments here in town when we can, we were able to assist the Recreation department with removing the two old metal slides from behind the Old Town Hall to make room for the new zip line. It's also great training and keeps us proficient with the tools.

I also wanted to pass along some great news. The department was awarded a GOFFER grant in two parts over the last several months. The first part awarded was for the purchase of a power loader for the ambulance stretcher. This will aid in the prevention of back injuries while loading and unloading patients into and out of the ambulance. The second part awarded was for two items. The first was for a PPE gear drying cabinet. Currently, when crews return from a call that requires them to decontaminate their gear and equipment, the

gear would get hung sporadically throughout the apparatus bays to dry and would take up to a week to dry depending on the weather and temperature. The new drying cabinet will now dry the gear in approximately 4-6 hours. The second item is a FIT tester. This is a machine that tests how our SCBA and N95 facepieces fit and seal. This is a NFPA requirement and was done on a routine basis with borrowed equipment. Unfortunately, that equipment is no longer available. Now, we will be able to handle this requirement inhouse and, if needed, the PD will be able to utilize this equipment as well. The total for this equipment through the grant was nearly \$48,000.

IMPORTANT NOTICE, PLEASE READ

For some of the older residents in town that will remember the times before 911, or the younger ones that grew up here in town, when the fire department and ambulance used to utilize a traditional phone number to report an emergency, 436-5737. The police department had their own emergency number as well. Most residents and businesses used to have a small orange sticker either on or near their phone with these numbers printed on them. With the creation and utilization of 911, these old emergency numbers, for the most part, were no longer needed. In the next month or so residents and businesses will be receiving a mailing about the old fire department emergency number being discontinued. You might be asking, why did you still have it when 911 came around? It was due to older residents, at the time and still today, not understanding the “new” three digit phone number and just relying on the old traditional number. Also, some third party fire alarm monitor companies and medical alarm services still be using it today. We will also be requesting your help with getting this notification to our more senior population that don’t utilize the internet or social media, who may still in fact have these little orange stickers by their phones. Please let them know about this update, or please give me a call and I will be more than happy to swing by and chat with them and let them know what is going on. Biggest thing, is to make sure everyone is in the loop on this moving forward.

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

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

Boiler & Furnace Safety Tips

According to the [National Fire Protection Association](#), heating equipment is a leading cause of home fire deaths and half of home heating equipment fires are reported during December, January, and February. Here are some safety tips for your furnace and boiler that can help keep your household safe:

- Keep anything flammable at least three feet away from heating equipment. In addition to furnaces and boilers, this includes fireplaces, wood stoves, and space heaters.
- Always have central heating equipment installed by competent professionals who follow local codes and manufacturer's instructions.



- Have your furnace or boiler inspected and maintained annually by a qualified contractor. Make sure they check all the components, including, wires, connections, valves, and venting.
 - Make sure your heating system vents are not blocked by furniture, clothing, boxes, or any other items.
 - Change your furnace air filter regularly, which keeps debris out of the system (and helps it run more efficiently)
- Keep children away from furnace and boiler equipment at all times.
 - Make sure your [furnace exhaust system](#) is properly sized and that your chimney, connector pipes, and flues are cleaned and inspected each year.
 - Have smoke alarms installed on each floor of your home and test them once a month. Replace the batteries regularly.
 - [Install carbon monoxide detectors](#) in addition to the smoke alarms. Know the [symptoms of carbon monoxide](#) poisoning, which can include a dull headache, weakness, dizziness, nausea or vomiting, shortness of breath, confusion, blurred vision, and loss of consciousness.

Protect Your Home by Taking Furnace Safety Seriously

Always pay attention to any unusual sounds or odors coming from your furnace or boiler, and report them to a repair professional. It's also important to have a home fire escape safety plan that every member of your household knows about, understands, and has practiced.



Police Department

September is here!! Parents are celebrating and kids are going through anxiety and excited anticipation preparing for a new grade or school.



We know who will be missed this year at the Newington School, Mrs. Russo!! Thank you for your five years of dedication to mending the injured youth.



As a reminder, we posted these signs at the police department, town hall and the library. The flashing lights on Nimble Hill Road at the school are set for the 2022/2023 school year and speed enforcement will be present on Nimble Hill Road.

Take extra time in the mornings commuting to work as kids will be walking or riding their bikes to school.

The school busses will be making frequent stops throughout town. As a warning, the busses will slow with flashing yellow lights in the front and back of the bus. The flashing red lights will go on and the stop sign will come out instructing motorists to stop.

Any violations reported by the bus driver or witnesses will be investigated by the police department.

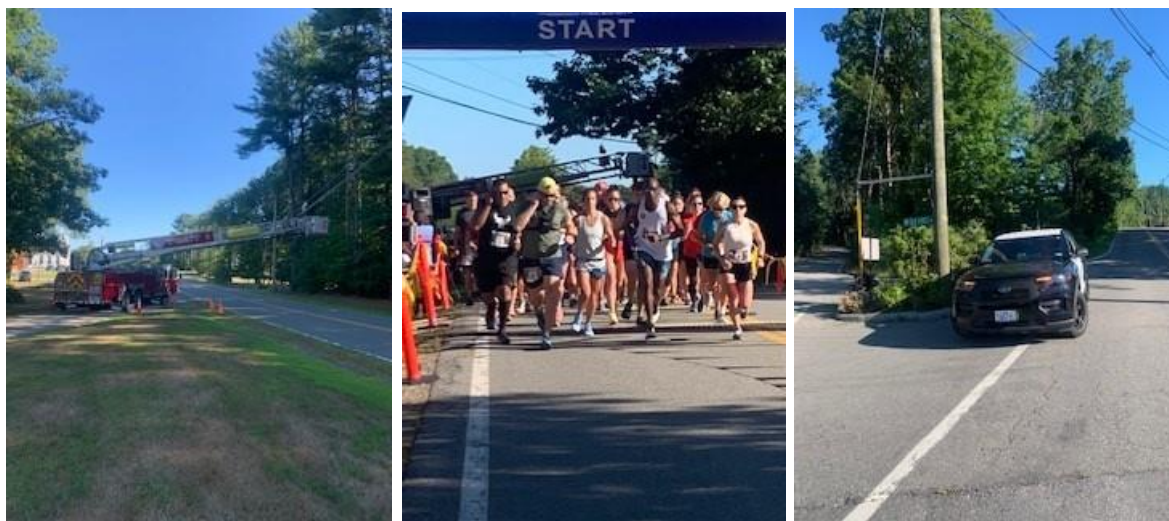
Parents, make sure you instruct your children to look both ways even when the bus is stopped before crossing the street.

Between July 27th and August 4th, we set the speed trailer on Nimble Hill Road at the school and the results are in. Within the dates, a total of 10,066 vehicles traveled on Nimble Hill Road, with the highest volume of traffic being between 3pm and 8pm. The minimum average speed calculated was 24 mph. The maximum average speed calculated was 40 mph. The total average speed calculated was 31 mph.

In reviewing the data, officers have been instructed to conduct more frequent speed enforcement efforts on Nimble Hill Road.

We also set up the speed trailer on Newington Road near Fabyan Point. Unfortunately, we were unable to collect data at this location due to human error. Once we make our rounds through the roads requested, we will set up on Newington Road again. We apologize for those who were anticipating the analysis.

On Sunday, August 14th, the members of the police department and fire department volunteered to help with the 3rd annual Sabine Strong 3.3k Road Race. Police Commission Chair, Brenda Blonigen is the president of the foundation, so of course we are going to support her. Proceeds from the foundation go to first responder families suffering illness or going through a tragedy. Thank you, Sabine Strong Foundation 331 and all the supporters.



“On July 16th, New Hampshire joined states across the country in adopting 988 a three-digit dialing, texting and chat code system (www.nh988.com) for people experiencing a suicidal, mental health or substance misuse-related crisis... 988 will route callers to a national network of more than 200 call centers through the National Suicide Prevention Lifeline”. DHHS Public Information Office.



Call/Text 833-710-6477
Chat www.nh988.com



August monthly statistics as of August 30th.

Motor vehicle stops	284	Summons/warnings issued
Accidents	2	Reports taken
Incidents/calls for service	23	Reports taken
Arrests	10	Felony/Misdemeanor offences
Field Interviews	2	Suspicious person(s)
Warrants	2	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

TOWN WIDE YARD SALE

The Town Wide Yard Sale is on Saturday, September 10, 2022 this year. A \$10 Donation to the Newington Historical Society is appreciated! Maps & Balloons will be delivered during the week before the sale.

Please sign up at Town Hall by September 6th, just after Labor Day, in order to get your house labeled on the map, but you are welcome to sign up and call for maps after that date. Thank you!



LANGDON
PUBLIC LIBRARY

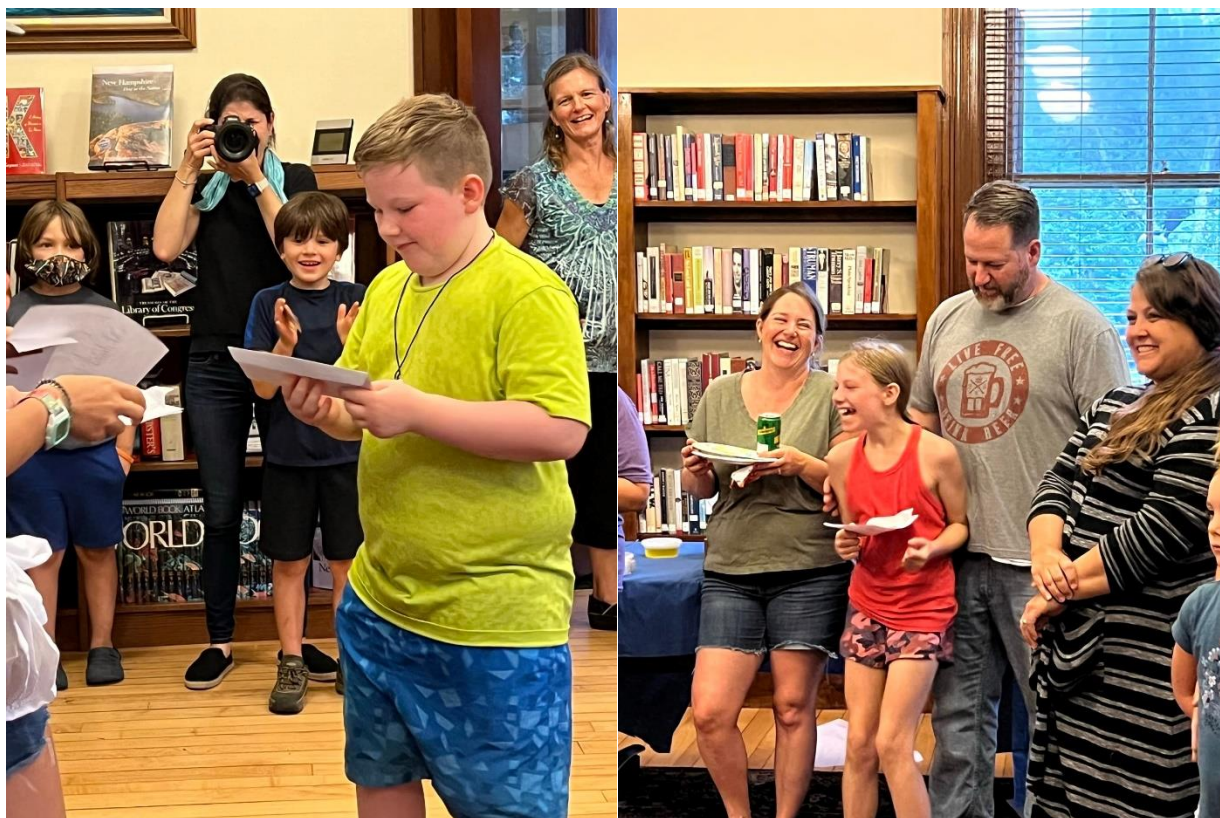
From the Summer Reading Finale Party, August 9:





From the Summer Reading Finale Party, August 9:





September News from the Library

As summer wanes and school starts, we want to thank Newington for a wonderful Summer Reading Program. SRP was different this year without Camp Newington visits every week, but it was still awesome! We had 69 participants sign up, 37 kids and 32 teens/adults. The kids read 762 collective "days" this summer, and the teens/adults read 89 books. We were able to provide a wide range of raffle prizes, using donated passes from Bowl O'Rama, Lickee's and Chewey's, and Kilwins, and generous financial donations from local businesses Hauch Storage and Beswick Engineering. Congratulations to our prize winners: Sophia, Kaleb, Brynley, Emma, Henry, Beau, Max, Opal, Austin, Jake, Lorelai, Norah C., Norah K., Clara, Bode, Maya, Brock, Claire, Andy, Lia, Bazil, Noah, Meredith, William, Rosalie, Arianna, Jamie, Kaiden, Jessie, Sue, Jack, Dave, Ruth, Laura, Wendy, Natalia, Cathy and Paul! We would like to say a special thank you to our Teen Advisory Group for their great ideas and assistance, especially Natalia Jacuch, Maggie Callahan and Shea Hogan for their help with the Kick Off, Outdoor Movie and SRP Finale Party. (Teen Advisory Group meets every Thursday at 5:30!) Jack O'Reilly also went above and beyond to help out before the Finale Party. It takes a village, and we are so lucky with ours!

Our Morning and Evening Book Groups resume this month with [Killers of the Flower Moon](#) by David Grann. Copies are available to check out from the library and on NH

Downloadables. You may come to discussion on Tuesday September 13 at 6:30 PM or Friday Sept 16 at 10:30 AM at the library. New participants are always welcome and refreshments will be enjoyed!

Don't forget, we have a story time for preschoolers and their caregivers every Friday morning at 10:30. Please spread the word to new parents (or grandparents!) in town that this is a great way to meet other young families, and sign up for [1,000 Books Before Kindergarten](#) . Thirteen preschool children have achieved the 1,000 books milestone since we started the program in 2017, and we look forward to many more!

Finally, make sure you say hi to Miss Brittany who will have a table at Septemberfest on Saturday Sept 17 at 4:30 PM with a selection of fall crafts, including Leaf Pom Pom painting, Leaf Sensory Bags and Leaf Puppets!

See you at the library!

Lara, Theresa, Brittany and Deb

www.langdonlibrary.org

Next Library Trustee Meeting: Thursday September 15, 5:30 PM at the library



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.
- ***On Labor Day Week - pick up will be on Saturday, September 10th.** See the holiday pick up schedule link below.
- *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 has not been picked up please call or email Martha Roy at 603-436-7640 extension 6 or mroy@townofnewingtonnh.com.
- * See this link for the full trash pick up schedule: [trash holiday pick up schedule 2022-2023.pdf \(newington.nh.us\)](#)

Hours of Operation: Town Offices - Mon - Fri. 9 - 4:30pm
Town Clerk/Tax Collector: Tuesday through Thursday 9am-2:00pm
Building Dept. - Monday - Friday 7:30am- 3:30pm
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>
Newington Town Hall 603-436-7640