



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

Board of Selectmen

Timothy “Ted” Connors, Chair  
 Michael Marconi  
 Robert Blonigen

Town Hall will be closed in celebration of Veteran’s Day on Nov. 11<sup>th</sup> and Thanksgiving on Thursday-Friday, November 25<sup>th</sup> -26<sup>th</sup>.

[Upcoming Meetings:](#)

11/1/2021	Board of Selectmen	5:00pm	Town Hall
11/2/2021	Police Commission	4:00pm	Police Station
11/3/2021	Fire Engineers	5:30pm	Fire Station
11/8/2021	Planning Board	6:00pm	Town Hall
11/9/2021	Recreation Committee	5:00pm	Langdon Library
11/11/2021	Conservation Commission	6:30pm	Town Hall
11/16/2021	Board of Selectmen	5:00pm	Town Hall
11/17/2021	Sewer Commission	9:00am	Wst. Water Trtmt. Facility
10/22/2021	Board of Selectmen	4:00pm	Town Hall
11/22/2021	Planning Board	6:30pm	Town Hall
11/23/2021	Economic Development Committee	6:00pm	Town Hall

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Needed

[Please check the town calendar at [www.Newington.nh.us](http://www.Newington.nh.us) to confirm the meeting times, just prior to the date, as these may change]

Recreation News:

The Trolley tours were a big success as always! Big thanks to John Lamson for his narration of the tours.



[Art Project and Snacks on Trolley](#)    [Adams Homestead, Nimble Hill Rd., Trolley Tour Stop](#)

[Tour Stop at Jane Hislop’s farm,](#)

[Old Post Road](#)

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**Cyber Security Assessment**

The Town issued a Request for Proposals (RFP) for a Cyber Security Assessment in August. This RFP asks internet/computer professionals who specialize in IT security to do an assessment of the Town’s cyber security practices and provide future recommendations on improving our security efforts. This will be a town-wide departments assessment to ensure that we are doing all that we can to provide a safe and secure environment for our residents and employees regarding our internet and network security. The Town received 9 responses to the RFP and has been rating and evaluating the responses based on conformity to the specifications of the RFP, interviews of top-rated firms, and reference checks. A recommended vendor will soon be brought to the Board of Selectmen for their consideration with the assessment beginning before the end of the year.

Newington Fire & Rescue

- Newington Fire & Rescue

- Another month down and 2021 is nearly over. As the days are getting shorter and getting darker earlier, please remember to watch out for walkers and riders on our roads. Also, watch out for those slippery wet leaves on your stairs and walkways. As with every year, its almost time to turn back the clocks. November 7<sup>th</sup> is the day to turn them back, but don't forget to check the batteries in your smoke and CO detectors and give them a test while you're at it.

- Department members continue to be busy with calls for service, fire and life safety inspections, assisting with the Firefighter II class that the NH Fire Academy is putting on and fire and EMS training. The Fire Department also hosted the October meeting of the Seacoast Chief Fire Officers. This group consists of nearly 50 departments that operate together to assist each other with mutual aid. The meeting was held at the Old Town Hall and we had a great turnout.



- Similar to last month's Fallen Firefighter Memorial at the NH Fire Academy in Concord, Jen Sabine and the girls along with former Chief Darin Sabine's family members, attended a ceremony at the National Fallen Fire Fighters Memorial in Emmitsburg, MD at the National Fire Academy on October 2<sup>nd</sup> as Darin's name was added to the National Fallen Firefighter Memorial.

- 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](mailto:ehoyt@newingtonfire.org)



## *Change Your Clock. Change Your Battery!*

- Sponsored by the **International Association of Fire Chiefs** and **Energizer** brand batteries, the program urges you to adopt a simple lifesaving habit: **Change ALL of your Smoke Alarm batteries when you change your clocks.**

- Protecting your home is simple: **Change, Check, Count**, and **Clean!**<sup>™</sup>



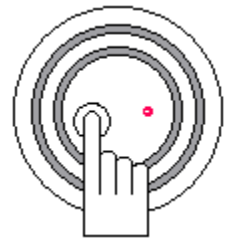
### **Change Your Smoke Alarm Batteries**

- Newington Fire & Rescue encourages you to change **Smoke Alarm** batteries at **least** once each year. An easy way to remember is to change these batteries when you change your clock. Replace old batteries with fresh, high-quality batteries to keep your Smoke Alarms ready to protect you all year-long



### **Check Your Smoke Alarms**

- After inserting fresh batteries in your Smoke Alarm, make sure the Alarm is working by activating the safety test button. NF&R recommends that you test all of your Smoke Alarms at least once each month. If you have any doubt regarding the working condition of a Smoke Alarm, we recommend you replace it.



### **Count Your Smoke Alarms**

- NF&R highly recommends that you have a properly functioning Smoke Alarm in every sleeping room -and- in the hallway directly adjacent to those rooms. If sleeping rooms are on an upper level, a Smoke Alarm should also be installed in the center of the ceiling directly above the interior stairway.
- It's best to have at least one working Smoke Alarm on every level of your home, including the basement and family room. To assure optimal protection and avoid false alarms, your Smoke Alarm must be mounted properly. You'll find simple instructions included with every Smoke Alarm you purchase. Should questions remain, we encourage you to visit or contact us for help.



### **Clean Your Smoke Alarms**

- Help your Smoke Alarm remain sensitive and ready to protect you by gently using a vacuum cleaner once a month to remove dust and cobwebs. If your Smoke Alarms have been accidentally painted or contaminated, replacement may be necessary.



- **To best protect your home and family, we also suggest...**

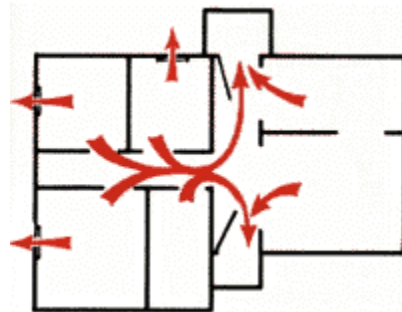


### **Retire your old Smoke Alarms!**

- Smoke Alarms work every minute of every day. After millions of sensing cycles, they should be retired. **Replace your Smoke Alarms with new devices every 10 years.**

## **Plan and Practice Your Escape!**

- Children are at increased risk of dying in a home fire because they often become scared and confused when a fire erupts. Make sure your children recognize the sound of your home's Smoke Alarm and teach them to respond instinctively to its signal.
- Create at least two different escape routes from every room and practice them with the entire family. Be sure all family members know the lifesaving practice of crawling below the dangerously thick smoke and intense heat of a fire.
- All capable members of the family must learn how to open windows and remove screens or security bars. Purchase, plan and practice using a collapsible emergency escape ladder that can be stored inside near upper floor windows. Realism is essential in your family's practice, as is your clear designation of a meeting place for everyone to gather outside the home in case of a fire or other emergency. Remember, this may be the only practice and discussion you will have before tragedy strikes!
- When a fire occurs, don't delay! **Get out quick and stay out!!** Escape first, closing doors behind you if possible. Quickly gather at your meeting place and then notify the Fire Department by calling 9-1-1 from a safe location.
- Your Firefighters are specially trained and equipped to rescue your family and pets, as well as to protect your possessions. Help your Firefighters by remaining together OUTSIDE the home and directing them to endangered family or valuables.



## **Install Fire Extinguishers!**

- Install at least one fire extinguisher in or near your kitchen and **know how to use it**. We recommend multi- or all-purpose fire extinguishers that are listed by and carry the **mark** of an accredited testing agency such as **Underwriters Laboratory**. Read all instructions carefully and mount the fire extinguishers for easy access. Make sure adult members of your family know the proper use as well as the limitations of these important fire safety tools!



## **Change Your Flashlight Batteries!**

- Make sure your emergency flashlights work when you need them by using fresh high-quality batteries. It is a good idea to keep a working flashlight and a whistle near your bed, in the kitchen, basement and family room. You can use them to signal for help or direct rescuers in the event of a fire or other emergency.



We hope this simple list of tips from Newington Fire & Rescue will help keep your family safe. Please remember that fire **prevention** is your best course of action.



## POLICE DEPARTMENT

Happy November Newington!!! With all this rain at the end of October, all the foliage is falling off the trees and the leaves seem to be ending up in my yard. Use extra caution with wet leaves and pine needles as they cause slippery conditions while traveling the roadways.

November 1<sup>st</sup>., we welcome Brian Whyte to the police department family. Electrician by trade, Brian



came to us seeking to fulfill a life dream of becoming a police officer. Brian applied to a couple other larger agencies west of Newington and was close to signing with one, until we put the hooks into him. After a long rigorous hiring process and asking the simple question of “what are you looking for in a department.” Brian told me he wanted to be part of a “family orientated department” and to “be involved with the community.” Perfect! Newington is the place for you. Brian will be attending the January police academy and completing his field training in June. When you see Brian, give him a great Newington Welcome.

### **Officer Brian Whyte**

November 19<sup>th</sup>, we will be going in front of the Commission on Accreditation for Law Enforcement Agencies (CALEA) hearing process for our certification. Commissioners will be reviewing our assessment and asking us questions regarding all aspects of policing in Newington. Once we obtain our certification, our assessment will be posted for all to see. Only t 4% of Law Enforcement Agencies in the country are CALEA certified and only 15 agencies in New Hampshire are certified. For more information on National Accreditation go to [www.CALEA.org](http://www.CALEA.org)





The holiday shopping season is upon us. A few safety tips can help you through these stressful times. **1)** Take time for yourself. Wellness and health are most important. **2)** Always be aware of your surroundings and belongings. **3)** SCAMMERS online, on the phone or in person, are active this time of year. If something doesn't seem right to you, let us know. **4)** When shopping, don't be in a rush, take your time. People will see your anxiousness as a vulnerability and try to take advantage. **5)** When going from store to store, park in well lit areas of the parking lot. **6)** Don't leave store bags or valuables visible in your vehicle. Cover them with a blanket or place them in the trunk. **7)** Shop with a family member or friend. It's fun and two against one are better odds.



On Friday, October 22<sup>nd</sup>, Officer Auger and Officer Burns assisted John Frink in herding the cows back to the barn.

Trick or Treating at the police department, October 28<sup>th</sup>.



Statistics as of October 28<sup>th</sup>.

Motor vehicle stops	152	Summons/warnings issued
Accidents	10	Reports taken
Incidents/calls for service	33	Reports taken
Arrests	6	Felony/Misdemeanor offences
Field Interviews	2	Suspicious person(s)
Warrants	0	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](mailto:mbilodeau@newingtonnhd.com)

Be safe and healthy!!  
Chief Michael Bilodeau

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**TAX RATE NEWS:** As has been reported in previous issues of the Town Newsletter, the declining value of our power plants is resulting in an increase to our tax rate. Last year's assessed valuation decreased by \$37 million which, in part, increased the 2020 tax rate. Similarly, this year the EP Newington power plant's assessed value will decrease by \$100 million which will increase the tax rate. There has been an increase in assessed value of residential and commercial property, but it is not enough to negate the large decrease of power plant values. As all figures are reported (County tax rate, school tax rate etc.) the Selectmen will be setting the 2021 tax rate and a detailed report will follow on the website.



## Newington Railroad Depot Listed on Statewide Endangered Properties List



The Newington Railroad depot stands on Bloody Point Road a few steps from the Piscataqua River. Traffic on the Little Bay Bridge just upstream roars by, oblivious to the history this modest building represents. Between 1874 and 1934 the Portsmouth and Dover Railroad crossed a dual lane carriage and railroad bridge between Hilton Point in Dover and Newington's Bloody Point. Train passengers could board the train to reach stores and businesses in Portsmouth or travel to Dover and further west. Newington farmers shipped apples, eggs, butter and cheese to Portsmouth, then on to the Boston market. The stationmaster lived upstairs in the depot, handled ticket sales, and operated a swing draw section that opened the bridge so vessels could pass upriver toward Great Bay or downriver to Portsmouth harbor.

When the General Sullivan Bridge was opened in 1934, the Boston and Maine Railroad abandoned the Portsmouth and Dover Line. In 1937 the State acquired the depot property, renting the building to farmer and lobsterman Elmer Brooks. Since his death in 1971 the building has been unoccupied.

Now plans are taking shape to rehabilitate the building, possibly housing a historic display and a residence. New Hampshire's Department of Transportation --which currently owns the property--will provide assessments of the condition of both the depot and the waterfront site before releasing ownership, and the depot itself will be permanently protected by a historic preservation easement.

The name Bloody Point dates to 1630 when the Town of Newington was first settled, and early ferries began to navigate the river between Bloody Point, Dover, and Eliot. "We are working very hard to preserve public access to this cherished spot on the Piscataqua River," said Helen Frink of the Newington Historical Society. "We hope to create a Bloody Point Park with nature trails along the waterfront in addition to preserving the old railroad depot. We can use all the help we can get and are grateful to the NH Preservation Alliance for the honor of being one of New Hampshire's Seven to Save designees."

In naming the Newington Railroad Depot to its annual Seven to Save list the New Hampshire Preservation Alliance leaders emphasized that New Hampshire's small towns and historic buildings give our state its distinctive and appealing character. All of the listees need transformative investment to become viable community assets again. "We need these places to survive and thrive," said Jennifer Goodman, executive director of the Preservation Alliance. She noted that the Seven to Save properties "attract varied ages and types of people, help incubate small businesses and create attachments to communities that boost economic vitality."

Since 2006, the Preservation Alliance's annual *Seven to Save* list has helped attract attention and resources to irreplaceable landmarks around the state. Criteria for selection include: historical significance, imminence of threat, and potential impact of listing a site.

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### School Funding/Donor Towns

The closing of the 2021 NH legislative in June left several bills hanging in legislative committees or study committees. These committees have been meeting off and on during the summer and into the fall with a general requirement to report their findings by November 1, 2021 to the full House and Senate. Consequently, many of the committees are currently wrapping up their reports. The Coalition Communities 2.0, of which Newington is a member, has been monitoring the progress on these "leftover" bills. The Coalition hired a lobbyist, The Bernstein Shur Group, to follow the actions

of these committees and report back to the Coalition. For the most part, these bills retained in committee have been found to be Inexpedient to Legislative (ITL), which effectively kills the proposed legislation. One or two of the pending bills may be used in the next legislative session to further address school funding issues. Until each committee makes a report, it is difficult to know the final outcome of each bill.

Meanwhile, the Coalition has created a website to help member communities stay informed about issues regarding school funding and to educate the public about the concerns the Coalition has about school funding methodologies that employ donor and receiver town property taxes structures. The site can be found at [www.coalitioncommunitiesnh.com](http://www.coalitioncommunitiesnh.com).

In anticipation of the second legislative session starting in January 2022, both the House and Senate have had filing periods for new bills called Legislative Service Requests (LSR). LSR's are requests by bill sponsors to have legislation drafted around specific issues stated in the request. Several of these LSR's appear to deal with school funding issues, so the question of how NH funds education is still ripe for continued debate during the second session.

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### **Odor Complaints**



Here is a reminder that if you experience an unpleasant odor outdoors in the areas you frequent in Newington, please go to the Town's website at:

<https://www.newington.nh.us/home/pages/noxious-odor-complaint-form>

to register your experience so we can document it. You can also access the link on the Town's website home page on the left-hand column of direct links listed. This link is an automated report form developed in cooperation with Sprague Energy to allow for timely responses to such complaints. It will only take a few minutes of your time to fill out the form and it could make a significant difference in determining the source of these odors.



## Economic Development Committee Report:

### Business Appreciation Event- Big Success!

On October 5, 2021 the Economic Development Committee hosted an event at Stoneface Brewery on Shattuck Way to thank the many businesses in Newington for their extraordinary efforts to continue business during the Covid Pandemic. Many businesses suffered customer losses, incurred expenses to keep their employees safe and others had to shut down for a period of time. The town wanted to show our appreciation to them and take the opportunity to learn how we can continue to support our business community.

Over 50 people Jeff Hiatt explain the Newington and retain center of the Seacoast. to share their thoughts members to that needs. Vice Chairman Administrator Martha deserving businesses. welcomed as the new plan to open in near the Regal Movie Tomlinson were their new business, located in the food



attended and heard Chairman focus of the EDC is to promote the Town's status as the business He encouraged those attending and suggestions with committee Newington can best meet their Michael Donahue and Town Roy presented awards to Anna & Ben Stice were business, Crumbl Cookies that December at The Crossings, Theater. Rohan and Sharna congratulated on the success of One Love Cuisine. They are court of the Fox Run Mall. The

new businesses were thanked for choosing Newington! The next two awards were to businesses that had the vision to see opportunity in parcels and properties that would benefit from investment. Matt Barker accepted an award on behalf of McGovern Subaru for the conversion of a vacant toy store to an attractive car dealership. Mark Phillips, Rollins Farm, LLC was presented a Visionary Award for facilitating the development of a vacant lot formerly owned by Eversource for a medical facility.

The Economic Development Committee will be carefully reviewing the many comments and suggestions that were received. One comment that received from several of the attendees was that events such as this should be held again. Any business that would like to partner with us on future events is encouraged to reach out to one of our members.

Thank you to Erol, Maddy and staff for serving as wonderful hosts for this event. It was a pleasure to work with you.



In addition to our commercial and industrial businesses we have a strong medical community presence. Following is the first of two articles highlighting Newington's medical groups.

## Whole Life Wellness Center

Residents of Newington are quite familiar with the Louis de Rochemont house, located at 100 Shattuck Way. This historic building is the home of Whole Life Health Care. They moved into this building in 2007, relocating from their original site at the Bean Farm building. The de Rochemont house has been expanded by a 5000 sq. ft. addition, nicely integrated with the original structure. Every effort was made to preserve the character of the original house and at the same time create a modern facility.

Bob Raymond visited the Practice in July and was very impressed and charmed with the ambiance of the place. Amy Coombs, the founder of the Whole Life Health Care, and Jen Carlson, the Integrative Program Coordinator, were kind enough to give him some time out of their busy schedule to show him the facility and answer his questions. Amy comes from a background in traditional medicine but wanted to offer both conventional medical services (primary care) as well as alternative medicine, emphasizing the wholeness of care. She has successfully integrated both disciplines. Alternative services include Ayurvedic Medicine, Bowenwork, Chiropractic, CranioSacral Therapy, Energy Medicine, Reiki, Hypnotherapy, Life Coaching, Mental Health Services, Nutrition Therapy, and Physical Therapy.

They also have established relationships with six hospitals as well as many Specialists in the greater Seacoast area. Bob strongly recommends you visit their Website to get more in depth description of their full range of services. <https://mywholelifehealthcare.com>

Whole Life Health Care has been providing and expanding services in Newington since 2000 and we trust they will be doing so for many years to come.

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## Evergreen Dental Care

Evergreen Dental Care is located at 101 Shattuck Way, Suite 5. Dr. Richard Liu, DMD, MMSc, uses the most advanced technology and procedures. In addition to his technical proficiency, Dr. Liu is a gentle, caring dentist who strives to make patients feel comfortable and focuses on establishing their optimal dental health.

Dr. Liu earned his doctorate from the University of Pennsylvania and completed three years of specialty training in prosthodontics from Harvard University's dental school of Medicine focusing on cosmetic, restorative and implant dentistry. In addition to his private practice at Evergreen Dental Care, he is currently an associate clinical professor of prosthodontics at both Harvard and Tufts University, teaching the next generation of dentists. New patients are welcome.

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## Pain Specialty Group

Pain Specialty Group (PSG) first opened its practice in September 2019, committed to providing supportive and accessible care the community and beyond. Although Dr. Manuel Sanchez currently enjoys a well-earned retirement, Dr. Ngo continues the practice's tradition and priority of high quality patient care that is innovative, practical and compassionate. Dr. Ngo specializes in interventional pain management and has added a variety of regenerative medicine treatments to meet the unique, individualized needs of our patients. Learn more by visiting the PSG website.

## Planning Board Update



The Summer and Fall of 2021 has been a busy time for the Planning Board spent mostly reviewing large scale commercial development projects and two residential subdivisions.

During this period, the Planning Board reviewed and approved a major expansion of SubCom, LLC which will provide much needed industrial space allowing SubCom to maintain its competitive edge in the under-water fiber-optic market. The Board also reviewed and approved a large vent stack for GP Gypsum which will increase their efficiency in the manufacture of sheetrock.

Several of the projects that the Board approved were constructed and now open for business, including Newington Falls Medical Center on Shattuck Way, Play All Day Doggy Daycare and McGovern Subaru both located on Gosling Road.

The Board has also begun discussions with Stoneface Brewery who are planning on relocating further South on Shattuck Way to a new facility which will provide much needed space to expand brewing operations and a larger tasting room/restaurant with sufficient parking for their employees and patrons.

The Board has also been reviewing two subdivisions; a 4-Lot subdivision of the Akerley family property on Fox Point Road and a 15-Lot subdivision of the land to the West of Tricky Cove with access on both Nimble Hill Road and Coleman Drive. It is anticipated that both of these projects will be approved later this Fall.

The Board has also undertaken an update of the Capital Improvements Program and is beginning to work on Ordinance and Regulation Amendments for Town Meeting / Public Hearing to address minor issues that have been identified over the past year. The Board is continually looking for ways to improve the Town's Land Use Regulations to ensure that land uses that didn't exist even a few years ago are carefully considered. One of the many goals of the Planning Board is to develop and maintain Regulations and Ordinances that keep pace with the rapidly changing world around us to make certain that Newington's competitive advantage as a center for industry and commerce is continually strengthened.



Finally, on October 25<sup>th</sup>, the Board said farewell to Erika Mantz, Vice Chair, as she and her husband (Jim Tucker (a member of the Conservation Commission)) are leaving Newington. Erika brought energy and enthusiasm to the Board, and her shoes will be hard to fill. The Board presented her with a plaque thanking her for her service to the Planning Board and the Town of Newington. Good luck to Erika and Jim!

If you have planning or land use questions, please feel free to contact Town Planner John Krebs at [jkrebs@townofnewingtonnh.com](mailto:jkrebs@townofnewingtonnh.com)

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### **Conservation Commission Volunteer Position Openings**

The Newington Conservation Commission is looking for new members who are able to commit to a few hours starting at 6:30 p.m. on the second Thursday of each month. We are required to have a minimum of three, impartial, qualifying members to meet our voting quorum in reviewing Department of Environmental Services wetland permit applications, and other conservation preservation matters. We would love to see some new faces from town!

The Conservation Commission's purpose is to ensure "proper utilization and protection of the natural resources and for the protection of watershed resources" under RSA 36-A. The Commission also comments on applications for work in wetlands as required by RSA 482-A and the Town's Zoning Ordinance.

Interested parties are welcome to attend and observe the Commission meetings usually held on the second Thursday of the month. (check the town website calendar at [www.newington.nh.us](http://www.newington.nh.us).) Please submit a letter (to address at end of Newsletter) or email of interest to the attention of the Board of Selectmen ([selectmen@newington.nh.us](mailto:selectmen@newington.nh.us)) for appointment.

Newington Conservation Commission

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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  
Subscribe or *Unsubscribe* at this link: <http://www.newington.nh.us/subscribe>