



January 2023

# THE FREMONT NEWSLETTER

*We're Building Community*

## TOWN CLERK TAX COLLECTOR WINTER HOURS

Monday 9:00 am to 12:00 noon  
Tuesday 8:00 am – 12:00 noon **\*\* changed hours**  
Wednesday 3:00 – 7:00 pm  
Thursday 9:00 am – 5:00 pm  
Friday 9:00 am – 12:00 noon

The Town Hall is OPEN for normal posted hours for all offices.

Capacity of 4 in the lobby to allow social distancing.

We have been successfully able to complete nearly all Town business online, via phone and email, and will continue to do so. You are also welcome to visit us during any open office hours.

We are happy to make arrangements to meet you outside if needed or provide a remote pickup/drop off option.

The Town's website is the most up to date location to get information. We have posted "how to" for the most common municipal transactions, and you are free to call, email, mail, and use the drop box for various transactions. Click on this link to take you to the virtual "HOW TO" for Town transactions from the home page of our website:

<https://www.fremont.nh.gov/home/news/covid-19-updates>

### UPCOMING OFFICE CLOSURES:

ALL TOWN OFFICE ARE CLOSED:

Monday January 2, 2023

*There are NO trash delays during the week of New Years.*

The Library is also CLOSED on Saturday December 31<sup>st</sup>.

### BUILDING INSPECTOR CLOSURES:

Wednesday January 11 – closed all day for training

Thursday January 26 – closing at 11:00 am for training

Open from 7:30 to 11 am only

## PETITION WARRANT ARTICLES DUE

January 10, 2023 by 11:00 am – Town Petitioned Warrant Articles are due at the Select Board's Office, Town Hall, 295 Main Street.

January 10, 2023 by 3:00 pm - SAU 83 is accepting School District petition articles through 3:00 pm, contact them for further information on filing.

## PUBLIC BUDGET HEARING

The Public Budget Hearing for final review of the Town 2023 and School District 2023-2024 fiscal year budgets will take place on Wednesday January 11, 2023 at 7:00 pm at the Ellis School Gym, 432 Main Street. It is planned to be live broadcast and will be rebroadcast on FCTV.

In case of inclement weather, or in a need to continue the meeting, it will take place on Thursday, but the meeting will only be move din the most severe weather conditions.

## Upcoming Town & School District 2023 Elections and Meetings

All Town & School District Budgets and Warrant Articles will be discussed at the Public Budget Hearing, held at Ellis School in the gym. The hearing begins at 7:00 pm on January 11, 2023. The meeting will be live broadcast on FCTV Channel 22 and rebroadcast through Town & School Voting on Tuesday March 14, 2023.

### Town & School Elections Candidate Declaration Period

The filing period for Town & School District Offices begins on Wednesday January 25, 2023 until Friday February 3, 2023. You can sign up with the Town Clerk during regular office hours. On Friday February 3, 2023 the Town Clerk and School District Clerk will be available from 3:00 – 5:00 pm for sign-ups only, at the Fremont Town Hall, 295 Mail Street.

### TOWN POSITIONS OPEN

Budget Committee 2 for 3 years  
Budget Committee 1 for 1 year  
Cemetery Trustee 1 for 3 years  
Library Trustee 1 for 3 years  
Select Board member 1 for 3 years  
Town Clerk Tax Collector 1 for 3 years  
Trustee of Trust Funds 1 for 3 years

### SCHOOL DISTRICT POSITIONS OPEN

Contact SAU 83 Superintendent Halliday at [ehalliday@sau83.org](mailto:ehalliday@sau83.org) or Shawn Perreault, School District Clerk at [fremont.nh.cem@gmail.com](mailto:fremont.nh.cem@gmail.com)

School Board Member 1 for 3 years  
School District Clerk 1 for 1 year  
School District Moderator 1 for 1 year  
School District Treasurer 1 for 1 year

**SAVE THE DATE FOR DELIBERATIVE SESSIONS:** Town and School Deliberative Sessions will be held on the SAME DAY, Saturday February 4, 2023. The meetings will be posted for 9:00 am and we will begin with the School District session. Once complete, there will be a brief intermission while the Town Moderator and Select Board set up, and the Town's meeting will then begin. The snow date for these meetings is Saturday February 11, 2023 at 9:00 am, and the meeting will be held at Ellis School in the Gym.

The last day to register to vote for Deliberative Session or for Candidate Declaration is Tuesday January 24, 2023 between 7:00 and 7:30 pm with the Supervisors at the Library. You can also register with the Town Clerk during office hours through January 24, 2023.

## SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist will meet on  
Tuesday, January 24, 2023 from 7:00 – 7:30 pm  
Fremont Public Library

7 Jackie Bernier Drive Fremont, NH

This is the LAST day to register to vote before the Town and School  
Deliberative Sessions on

Saturday February 4, 2023 at 9:00AM

Ellis School

432 Main Street, Fremont, NH

(snow date is February 11, 2023)

**You may not register to vote at Deliberative Sessions**

**Please bring proper identification and proof of residency.**

Please bring proper ID and proof of residency to register to vote and to all elections. The State has tightened up the forms, and if you need to bring documentation from form Verifiable Action of Domicile RSA 654:7V (available on the Town's website, from the Supervisors at a sign-up session or from the Town Clerk)

## FREMONT FIRE RESCUE DEPARTMENT UPDATE on HOW TO OBTAIN AN OUTDOOR BURN PERMIT

Effective December 1, 2022 the Fremont Fire Rescue Department has updated the way you get a burn permit. You will need to call the Fremont Safety Complex at 603 895 9634 and leave a message in the mailbox for the Duty Officer or you can go online to the NH Division of Forest and Lands and purchase a permit online.

The NH Fire Permit online kiosk is: <https://nh.burnsafeamerica.com/>

Follow the instructions to get a permit online when weather conditions permit. Permits are issued on a day-to-day basis as fire weather conditions permit.

To get a permit locally, when the station is manned, just ask for the Fire Rescue Duty Officer and you will be transferred. If you call in after hours, you will be directed to push 4 for a burn permit, or you can dial extension 201 for the Duty Officer Mailbox. This will be checked periodically by the Duty Officer and calls returned.

If you want a permit, you must call in before 5:00 pm daily, to leave your name, address and phone number.

You can also consult the NH Division of Forests and Lands Permit Brochure at <https://www.nh.gov/nhdfi/documents/fire-law-brochure.pdf> to get more information on the regulations and guideline.

We are *no* longer using the contact number for the Raymond Dispatch Center (603 895 4222). Please update your records immediately with the new burn permit number of the Safety Complex at 603 895 9634. Our Dispatch Services will change over to the Rockingham County Sheriff's Department in December.

**A permit is required for any outside burning unless the ground is covered in snow. Please call the station at 603 895 9634 for any questions on outdoor burning.**

## FREMONT EMERGENCY DISPATCH CHANGE

Effective December 1, 2022 we are *no* longer using the contact number for the Raymond Dispatch Center.

Please update your records immediately with the new number of the Safety Complex at 603 895 9634. Our Dispatch Services have changed over to the Rockingham County Sheriff's Department at 603 679 2225. **Call 911 in ANY EMERGENCY!**

## SECOND ISSUE TAX BILLS

**SECOND ISSUE TAX BILLS WERE DUE DECEMBER 1, 2022.**

Contact the Tax Collector if you have not paid as she will need to calculate interest due.

If you have questions about your assessment or an abatement, credit or exemption, please feel free to stop by the Select Board's Office for information. All property assessing records are public information. You can access the information online from the Town's website at

<https://www.fremont.nh.gov/assessing/pages/online/property/look>

We send updates several times a year to the Vision site. The Select Board's Office is open Monday and Friday 8:00 am to 12 noon; Tuesday and Wednesday 8:00 am to 4:00 pm; and Thursday from 9:00 am to 5:00 pm, and this is where the most current information is housed. A public (always up to date) terminal is available when the Select Board's Office at Town Hall is open. We will also be glad to mail out your property card to you if you call or email us and make a request.

If you feel that your property is disproportionately assessed, or there are listing errors on your card, you can file an abatement. Our abatement information sheet is available at the Town Offices and on the town website at

<https://www.fremont.nh.gov/assessing/pages/abatements>

Abatement forms are also available at the Select Board's Office.

You need Form *Taxpayers 76:16 Abatement Application to Municipality*. You can also call or email the Select Board Office and we will send one out to you. Abatement forms are DUE no later than Wednesday MARCH 1, 2023 at 7 pm. A postmark of up to March 1, 2023 will be accepted. Postmarks after March 1, 2023 cannot be accepted. An abatement left in the drop-box after the Tax Collector closes at 7 pm on March 1 cannot be accepted as timely.

You can drop off tax payments with a stamped self-addressed returned envelope, and the Collector will mail out your receipt. The Select Board's Office and Tax Collector's Office are located at Fremont Town Hall, 295 Main Street: on the main floor.

Fremont Select Board's Office

Fremont Tax Collector

PO Box 120

PO Box 120

Fremont NH 03044-0120

Fremont NH 03044-0120

603 895 2226 x 301, x 302, x 303

603 895 8693 x 307

[hcarlson@fremont.nh.gov](mailto:hcarlson@fremont.nh.gov)

[clerkcollector@fremont.nh.gov](mailto:clerkcollector@fremont.nh.gov)

[jnygren@fremont.nh.gov](mailto:jnygren@fremont.nh.gov)

[kclement@fremont.nh.gov](mailto:kclement@fremont.nh.gov)

## 2023 EXEMPTIONS & CREDITS

Applications for new exemptions or credits will be accepted at the Select Board's Office until Monday April 17, 2023 at 12:00 noon. A postmark of April 15, 2023 is also acceptable.

If you would like a form or have any questions, please contact Jeanne or Kathy in the Select Board's Office at 603 895 2226.

Forms are available on the website or contact us to have one mailed out to you.



## NEWSLETTER DEADLINE

Deadline for submittal is generally the 15<sup>th</sup> of each month for publication in the following month. No opinion pieces will be accepted. Submissions may be edited for clarity and/or due to space constraints.



## FREMONT FOOD PANTRY

Items are needed to support families all year. Anyone who needs assistance from the Fremont Food Pantry should contact Renee at (603) 244 1404 or Kim at (207) 370 5096. The Food Pantry is located at Basement level in the Fremont Town Hall. The best way to donate to those in need of Pantry services is with a supermarket gift card or check.

Monetary/card donations can be dropped off at the Town Hall drop box or mailed in care of the Select Board's Office to PO Box 120, Fremont NH 03044-0120.

## ROCKINGHAM NUTRITION & MEALS ON WHEELS

Ray-Fre Senior Center  
64 Main Street  
Raymond NH  
603 895 3258

### Luncheons

Served Tuesday & Thursday. Join us in the Ray-Fre Senior Center to eat a healthy meal and meet new people. Call (603) 895-3258 to reserve your seat. Reservations are required 48 hours in advance, see nearest location for phone numbers. A donation of \$3.00 per meal is suggested, but not required.

### Home Meal Delivery

Finding eating right a concern? We offer home delivery of meals. It may be a good option for you. With just a phone call to us, we will schedule a home visit or phone call (during Covid-19) with one of our local program managers. If a good fit, we can have the meals delivered within a few days. Special diets are available. A contribution of \$3.00 per meal is suggested, but not required. Meals can be for a short while, or a longer time, depending on your own situation.

### Transportation

We have transportation for adults 60 years of age and older available at several of our locations. Over 300 people currently ride with us. Rides are available from your home to the local luncheon or community center. There is also grocery, and other shopping trips, and rides to medical appointments. Reservations are required, see the transportation page for phone numbers. Contributions for rides are accepted, but not required.



## FREE KNIT WINTER HATS!

Boxes of winter hats for anyone in need are in boxes at the Town Hall! The skill and generosity of Fremont knitters, and a

donation from the knitters at the RayFre Senior Center in Raymond makes this possible. If you need one, please help yourself. If you cannot get to the Town Hall, contact the Select Board's Office or the Food Pantry to get one.

## ELIMINATING THE RISK OF CARBON MONOXIDE POISONING IN YOUR HOME

Fire departments respond to many New Hampshire households for CO concerns each year. That is why CO alarms are so important. Infants, elderly people, unborn babies, and people with anemia or with a history of heart or respiratory disease can be especially susceptible. Symptoms of CO poisoning may include headache, dizziness, weakness, nausea, vomiting, sleepiness, and confusion. Do not ignore symptoms, particularly if more than one person is feeling them. Marshal Degnan warns,

***"If you suspect CO poisoning, get outside to fresh air immediately, and then call 911."***

Techniques to reduce the risk of CO poisoning in your home when using fuel-burning devices include:

- Have a trained professional inspect, clean, and tune-up central heating system (furnaces, flues, and chimneys) annually. Repair any leaks promptly.
- Install CO alarm(s) with battery backup outside of sleeping areas.
- Test your CO alarm(s) frequently and replace dead batteries.
- Do not use a gas oven to heat your home, even for a short time.
- Keep gas appliances properly adjusted.
- **Do not use any gasoline-powered engines, such as portable generators, in enclosed spaces, including your garage, and locate them at least 10 feet from your house with the exhaust facing away from the building.**
- Do not idle your vehicle inside a garage.
- Do not sleep in any room with an unvented gas or kerosene space heater.
- Make certain that doors on all wood stoves fit tightly.

For more information visit the websites [www.nh.gov/co](http://www.nh.gov/co), [www.nfpa.org](http://www.nfpa.org), or contact the NH Fire Marshal's Office at [FMO@dos.nh.gov](mailto:FMO@dos.nh.gov). You can also contact the Fremont Fire Rescue Department at 603 895 9634. In an EMERGENCY, dial 911.



## RECYCLE BEYOND the BAG

Recycle your household bags & wrap in Trex's Earth-friendly composite decking and railing!

PLASTIC grocery bags, bread bags, case overwrap, dry cleaning bags, newspaper sleeves, ice bags, wood pellet bags, zip lock & other re-sealable bags, produce bags, bubble wrap, salt bags, and cereal bags can be recycled at the front of Town Hall. *All materials must be clean, dry and free of food residue.*

space constraints. Please send all submissions to [hcarlson@fremont.nh.gov](mailto:hcarlson@fremont.nh.gov)

## LAMPREY HEALTH CARE MOBILE HEALTH SERVICES

Lamprey Health Care offers Mobile Health Services "Meeting you where you are." They do weekly visits at the Deerfield Town Offices, 8 Raymond Road, Deerfield NH on Fridays from 9:00 am to 12 noon. Contact them at [www.lampreyhealth.org](http://www.lampreyhealth.org) or 603 463 8811 x 301.

No appointment is necessary!



## FREMONT PUBLIC LIBRARY

### Library Hours

Monday 10:00 am – 4:00 pm  
 Tuesday & Thursday 1:00 – 7:00 pm  
 Wednesday & Friday 9:00 am – 5:00 pm  
 Saturday 9:00 am – 2:00 pm

The Library will be closed Saturday 12/31 through Monday 1/2.

## FRIENDS of the FREMONT LIBRARY TOTE BAGS

The Fremont Friends of the Library are selling tote bags as a fundraiser. They come in large and small sizes and are available from any staff member during open hours at the Fremont Public Library.



To help fund the Friends we are selling:

Book bags large and small

Friends' stickers and Fremont mugs

## FRIENDS OF FREMONT LIBRARY

*The Friends of the Fremont Library are pleased to announce our new president, John Rand.*

The Friends group welcomes John who comes to our group with fresh ideas and many areas of knowledge and expertise. He has plans to continue with projects currently undertaken by the Friends.

*We also thank Warren Gerety for his years of service as president!*

The Friends of the Fremont Library are all volunteers that advocate for the library. Our Friends group applies for grants from the NH Humanities council in order to bring some programming to the library. We brainstorm ways to sponsor fundraisers in an effort to provide some items on the library's wish list. It's a great opportunity to get out in the community and meet new people.

If you are interested in joining the Friends please call the library at 603-895-9543 or visit our link on the Library Page at [fremont.nh.gov](http://fremont.nh.gov) where you can download the membership form.

Its mission: To promote interest in the library and Community, improve Library Facilities and support Library Staff.

*Are you and your family attending one of the museums or tourist attractions like the Children's Museum or Castle in the Clouds? The Friends will reimburse you \$5.00 for each ticket purchased up to \$25.00. Simply drop off your receipt to the Library and the Friends will send you your reimbursement.*

For more information about the Friends or the upcoming programs please call 603 895 9543.

## FCTV

Remember to follow our Town and School District's public meetings live or replayed on Cable Channels 22 & 13. In addition to the live broadcast of meetings on Channels 13 and 22, FCTV is also pleased to announce that all meetings held in the Town Hall's basement meeting room are also aired LIVE on the Internet on Vimeo. Follow this link: <https://vimeo.com/fctv22>

This Vimeo link is our new permanent site for streaming. Just click on the 'FCTV Live' thumbnail (which will appear just prior to the meeting time) at the top of our Vimeo page to connect with the live stream.

## FREMONT COMMUNITY TV

FCTV has two channels and is a great opportunity to advertise local events to keep residents informed and up to date on what is happening in Fremont.



To submit a PPT slide to FCTV and get your notice or information published on the community bulletin board, send a Power Point slide to: [FremontCTV@gmail.com](mailto:FremontCTV@gmail.com).

To be sure your slide is clear and readable on screen, please use a font no less than 24 points in your submission and keep it "short and sweet" so it can be read in an 8-12 second scroll on the channel.

## FCTV CHANNEL 22

### RE-BROADCAST SCHEDULE

FCTV Coordinator Bill Millios has put together the weekly rebroadcast schedule for programming on FCTV. This schedule is being updated on the Town website and will be broadcast on the bulletin board. If you missed a meeting or certain broadcast, you will have a couple opportunities each week to watch it. You can always view meetings by clicking on the Vimeo link. The Vimeo library is only maintained for a couple of months (post-meeting date) due to storage restrictions with our account.

### Sunday

6:00 am – Cable Committee  
 9:00 am – Faith for Today  
 10:30 am – Raymond Baptist Church  
 1:00 pm – Cemetery Trustees  
 4:00 pm – Conservation Commission  
 7:00 pm – Select Board  
 10:00 pm – Parks & Recreation Commission

### Monday

6:00 am – Cable Committee  
 7:00 am – Cemetery Trustees  
 10:00 am – Planning Board  
 1:00 pm – Zoning Board  
 4:00 pm – Conservation Commission  
 10:00 pm – Parks & Recreation Commission

### Tuesday

7:00 am – Cemetery Trustees  
 10:00 am – Select Board  
 1:00 pm – Planning Board  
 4:00 pm – Parks & Recreation Commission  
 10:00 pm – Conservation Commission

### Wednesday

6:00 am – Cable Committee  
 7:00 am – Select Board  
 10:00 am – Cemetery Trustees  
 1:00 pm – Select Board

## FCTV RE-BROADCAST SCHEDULE

### Wednesday continued

4:00 pm – Parks & Recreation Commission  
10:00 pm – Zoning Board

### Thursday

7:00 am – Cemetery Trustees  
10:00 am – Planning Board  
1:00 pm – Conservation Commission  
4:00 pm – Planning Board  
10:00 pm – Select Board

### Friday

7:00 am – Zoning Board  
10:00 am – Select Board  
1:00 pm – Planning Board  
4:00 pm – Conservation Commission  
7:00 pm – Select Board  
10:00 pm – Parks & Recreation Commission

### Saturday

7:00 am – Zoning Board  
10:00 am – Select Board  
1:00 pm – Cemetery Commission  
4:00 pm – Planning Board  
7:00 pm – Open TBA Programming  
10:00 pm – Open TBA Programming



## WINTER PARKING BAN

**It's that time of year again!**

According to the Town of Fremont Parking Ordinance:

It shall be unlawful for any person to stop, stand or park a motor vehicle at any time contrary to any of the following provisions of this Section unless otherwise directed by a Police Officer.

1. Within the Town of Fremont, from November 15 to April 1, no parking is permitted on any public street or any town-owned right of way, or in any town-owned parking lot between 12:00 midnight and 6:00 am.
2. In the event of a winter snowstorm requiring snow plowing and/or removal as deemed necessary by the Fremont Road Agent, it shall be unlawful for any person having custody and/or control of any vehicle to park or cause the same to be parked within the public right of way during a snowstorm. Vehicles interfering with snow plowing or removal operations shall be towed at the owner's expense.

## OPEN SPACE COMMITTEE NOVEMBER HIKE

On Sunday November 20, 2022 nine hardy individuals went on a hike that involved a little history. It was a cold and blustery day but in the forest the wind wasn't all that bad. The hike took just about 2 hours starting at Old Ridge Road walking parallel to Rockingham Rail Trail through Phillips Exeter Academy property, the Beaver Trail, Salmon Ridge Trail, Tavern Road back to Old Ridge Road. The hikers were treated to a bit of pertinent history and a few beautiful vistas along the way, including beaver dams and lodges.

## KEEP UP TO DATE ON NEW HAPPENINGS IN TOWN!

## SUBSCRIBE TO THE NEWSLETTER & OTHER TOWN INFORMATION!

**Remember to sign up on the Town Website!**  
You can choose to receive the Newsletter, Urgent Alerts, News & Announcements and Meeting Minutes!



On the Home Page under Citizen  
Action Center

Select the **Scribe to E-Alerts**  
Enter your e-mail address

Then select the **items you would like sent directly to your email.**

Select **I am not a robot**  
Select **Subscribe me**

You will receive the items that you requested as they are updated on the Website. Subscribe today!

**The most current dates, meeting  
schedules and information about the  
Town are on the website at  
[www.Fremont.nh.gov](http://www.Fremont.nh.gov)**

**Learn at  
your pace.**



## Register Now To Earn An Adult High School Diploma

The Exeter Adult Diploma program is now registering students for the Winter/Spring 2023 semester. Adults interested in this program should call the Adult Education office ASAP at 603-775-8457 to arrange an appointment.

## Free Academic Skills & High School Equivalency Classes at Exeter Adult Education

The Winter/Spring session of academic skills and High School Equivalency preparation classes for adults will begin on Monday, January 9, 2023. Academic skills classes are for adults who did not complete high school or who need to improve reading, writing, or math skills for personal or professional growth.

Adult Academic Skills and HiSET Preparation Day classes meet on Monday, Wednesday, and Friday from 9:00 a.m. to 12:00 p.m. Evening classes meet on Monday and Thursday from 6:30 – 9:00 p.m. NEW students can register by appointment. Please call our office at 603 775 8457 to schedule a registration appointment before the first day of class.

Academic Skills and HiSET classes are free. All classes meet at the Tuck Learning Campus, Entrance D, 30 Linden Street, Exeter. For more information regarding any of these classes, please call Exeter Adult Education at 603 775 8457 or visit our website at [adulthood.sau16.org](http://adulthood.sau16.org).



### Free English-ESL Classes for Adults

Exeter Adult Education welcomes non-native speakers of English to join English for Speakers of Other Languages (ESL) classes. Beginner through advanced English language learners can improve their English speaking, listening, reading, writing, grammar and pronunciation skills. Multiple levels of instruction are offered. In-person and remote instruction available. Participation in ESL classes provides a wonderful opportunity to meet other adults from around the world and to make new friends.

ESL classes are held at Exeter Adult Education at the Tuck Learning Campus, Entrance D, 30 Linden Street, Exeter. **Classes for the Winter/Spring 2023 session begin Monday, January 9, 2023.** NEW students need to register by appointment. Please call our office at 603-775-8457 for an appointment.

For further information or directions to the school, call Exeter Adult Education at 603 775 8457 or visit our website [adulted.sau16.org](http://adulted.sau16.org).



## ARE YOU BEHIND IN PAYING YOUR MORTGAGE, PROPERTY CHARGES, OR UTILITIES BECAUSE OF COVID-19?

The NH Homeowner Assistance Fund provides assistance to eligible residents who are past due in paying their home mortgage, property taxes, home insurance, association fees, or utilities due to Covid-19 pandemic. Apply at [www.HomeHelpNH.org](http://www.HomeHelpNH.org)

### ELIGIBLE HOMEOWNERS

- Must have experienced a COVID-19 pandemic related reduction in income or increase in expenses that occurred after January 21, 2020 or began prior to but continued after that date.
- Must own and occupy, as their primary residence, the New Hampshire property for which assistance is requested.
- Must have income (s) of equal to or less than 125% of Area Median Income.

**ELIGIBLE PROPERTIES:** Must be owner-occupied or in the case of a land contract or contract for deed, occupied by the documented buyer. Eligible properties include:

- A single-family (attached or detached) properties
- Condominium units
- 1-4-unit properties where one of the units is the homeowner's primary residence
- Manufactured/modular homes permanently affixed to rest property and taxed as real estate
- Manufactured homes not permanently affixed to real property but with a Title Certificate or Statement of Ownership in the homeowner's name

### Contacts:

**HomeHelpNH.org** for program details and to apply  
**AHEAD** 800 974 1377 x 1014 [HomesAhead.org](http://HomesAhead.org) for application assistance, financial counseling, and other resources  
**603 Legal Aid** 603 224 3333 [www.NHLegalAid.org](http://www.NHLegalAid.org) for assistance with immediate threat of foreclosures, tax deed or Sheriff's sale.



## NEW HAMPSHIRE FUEL & ENERGY ASSISTANCE PROGRAM

The Fuel Assistance Program provides grant benefits from \$304 to \$3,024 for heating purposes that do not have to be repaid to eligible homeowners and renters for the winter season as follows:

**If your heat is electric or natural gas**, bills from November 1st can be paid until your benefit amount is used up or the program year ends.

**If your heat is from deliverable fuels, oil, kerosene, propane, wood or coal**, deliveries made from October 1st – April 30th can be paid until your benefit amount is used up or the program year ends.

**If your heat is included in your rent and is NOT subsidized**, assistance will be provided in the form of heating vouchers issued in amounts of up to \$504 each month until your benefit amount is used up or the program year ends.

*\*If your heat is included in your rent and IS subsidized, you will not qualify for Fuel Assistance, but you may qualify for Electric Assistance.*

The legislature recently approved \$25 million in State General Funds for the State Emergency Fuel Assistance Program (SEFAP) and \$10 million in General Funds for the State Supplemental Electric Benefit Programs (SSEBP). Southern New Hampshire Services, the Community Action Program administering the funding for the State program for District Three, encourages all District Three residents who believe they might be at or below 75% of State Median Income to apply - disbursements are anticipated for December.

Any residents who apply and are below the 60% State Median Income will be enrolled in the Fuel Assistance Program (FAP). Any residents who apply and are between 61% - 75% State Median Income, which does not meet the regular fuel assistance guidelines, will be in the system and ready to be enrolled in the new Emergency State Program with a benefit being paid out as early as December.

**SOUTHERN NH SERVICES** [www.snhhs.org](http://www.snhhs.org)

**The Fuel Assistance Program application deadline  
is April 30, 2023.**

Southern NH Services is the Community Action Program for District Three/Rockingham County. Apply online or visit one of the five SNHS offices for electric assistance, fuel assistance, weatherization assistance.



## PFAS WATER TREATMENT REBATES

The Per- and Polyfluoroalkyl Substances (PFAS) Removal Rebate Program for Private Wells is now accepting applications. The program provides rebates to private well users for up to \$5,000 for the installation of PFAS treatment or up to \$10,000 for a service connection to a public water system.

Eligible private well users must be able to document an exceedance of a regulated PFAS compound(s) with no offer of alternate water from a third party. An exceedance would be a result above New Hampshire's Ambient Groundwater Quality Standards (AGQS) for four PFAS compounds, which are: 12 parts-per-trillion (ppt) for perfluorooctanoic acid (PFOA); 15 ppt for perfluorooctane

sulfonic acid (PFOS); 18 ppt for perfluorohexane sulfonic acid (PFHxS); and 11 ppt for perfluorononanoic acid (PFNA).

"New Hampshire leads the country in identifying PFAS contamination and acting on those findings," said Governor Chris Sununu. "These rebates will go a long way to help hundreds of homeowners affected by PFAS contamination to connect to clean drinking water sources or install treatment systems for their homes." NHDES has collected more than 7,200 PFAS samples from approximately 6,200 wells across the state and has identified several thousands of locations that exceed one or more of the AGQS.

While there are provisions in state rules for parties that are responsible for contamination of groundwater to remedy water supply wells that violate AGQS, not all PFAS contamination found in the state has been attributed, either technically or legally, to a responsible party. In instances where there is no identified responsible party for a contaminated water supply well, the burden of providing safe drinking water resides with the well owner. Third parties have addressed over 1,000 wells that exceed AGQS for PFAS by providing alternate water, either temporarily or permanently, in accordance with state rules. If NHDES sampled your well, an email or letter has been sent to you indicating that the program is accepting applications. If you sampled your well yourself or hired someone else to sample your well, please email [pfasrebateprogram@des.nh.gov](mailto:pfasrebateprogram@des.nh.gov).

Eligible applicants can be reimbursed for the installation of treatment or a service connection back to September 30, 2019. "This innovative PFAS Removal Rebate program provides helpful funding for homeowners burdened with the costs of treating wells contaminated with PFAS above New Hampshire's drinking water standards," said Bob Scott, NHDES Commissioner. Funding for the program is provided by the New Hampshire Drinking Water and Groundwater Trust Fund and surplus funding from the State General Fund authorized under HB 1547. For more information on the program, including eligibility requirements and a link to the application, visit the PFAS Removal Rebate Program for Private Wells webpage. For additional information on this program, please contact the PFAS Rebate Team at [pfasrebateprogram@des.nh.gov](mailto:pfasrebateprogram@des.nh.gov) or Amy Rousseau at (603) 271-8801.

## FINANCIAL ASSISTANCE AVAILABLE FOR LOW-INCOME RESIDENTIAL WELL OWNERS IMPACTED BY DROUGHT, OTHER NATURAL DISASTERS

The New Hampshire Department of Environmental Services (NHDES) announces a new program to provide short-term relief and financial assistance for low-income residential well owners experiencing irreversible deterioration of water supply quantity or water quality caused by droughts or other types of natural disasters. The Water Assistance for Natural Disaster Impacts to Low-Income Residential Well Owners (WAND) program is funded by a \$500,000 grant from the Drinking Water and Groundwater Trust Fund (DWGTF).

In general, projects that restore the homeowner with a reliable and safe source of drinking water are eligible in this program, subject to review and approval by NHDES. This may include, if feasible, connecting the homeowner to a nearby existing community water system, rehabilitation of the well, or replacing the well. Additionally, recognizing that each well has unique water quality characteristics and challenges, capital costs to install treatment may be included as an eligible project cost.

The WAND program may also provide immediate short-term relief with a delivery of bottled water where available or financial

assistance to purchase bottled water, if requested while residents are waiting for their well improvement project to be completed. The bottled water provision will terminate upon completion of the water supply well project; if the applicant is determined to be ineligible for financial assistance; or, at the discretion of NHDES.

To prove eligibility, applicants must demonstrate their low-income status and that a drought, natural disaster or extreme weather event as determined by NHDES has adversely affected the supply or quality of water from their private well. The affected well must be associated with the eligible applicant's primary residence that they own, and the issue must be verified by a licensed New Hampshire water well contractor and/or pump installer. Low-income eligibility and the amount of financial assistance available is determined based on family size and total household income. Information on the [eligibility criteria](#) can be found on the DWGTF website and private well owners are encouraged to self-screen using these tables. Applications are available on the [DWGTF website](#). For more information, contact John Pasquale at [John.Pasquale@des.nh.gov](mailto:John.Pasquale@des.nh.gov) or (603) 271 7179

## EVERSOURCE

ENCOURAGES ENERGY EFFICIENCY STEPS AS GLOBAL  
COST INCREASES DRIVE UP SUPPLY PRICES

### Immediate actions customers can take now:

1. Use the new [Cooling Calculator on Eversource.com](#). The tool helps customers understand how much electricity their current cooling system uses and the impact of small changes to temperature settings.
2. Keep air conditioners set at or near 78 degrees – a generally comfortable temperature that requires less energy to reach and maintain than cooler temperatures. For every degree higher on the thermostat, the air conditioner will use 1-3% less electricity.

### Additional tips for keeping temperatures and energy costs down:

- Don't block air flow. Keep air vents clear of obstructions such as furniture, curtains, and rugs. For those with central air and floor vents, consider using vent deflectors to direct and increase the reach of cooled air.
- Operate major appliances during the cooler parts of the day. Energy is conserved by using appliances like clothes washers and dryers early in the morning or late in the evening when there is less demand on the electric system.
- Switch to ENERGY STAR® certified LED lights. The energy-efficient bulbs run cooler and last up to 25 times longer than incandescent lights.
- Set ceiling fans to rotate counterclockwise and at a higher speed in the summer to circulate the breeze more effectively, creating a cooling, wind chill effect. Remember to turn the fan off when leaving the room.
- Look for the ENERGY STAR rating when purchasing new appliances. Also, be sure to choose the right size when purchasing an air conditioning unit. An oversized or undersized AC unit is less effective and uses more energy.

### Help is available for customers who need it:

Eversource encourages customers to enroll in one of its payment plans or assistance programs if they need help with their energy bill.

**Budget Billing Plan** – Customers can avoid seasonal spikes on their energy bill by paying a fixed amount each month based on their average annual usage through budget billing.

**Discount Rate** – Customers that meet certain income guidelines may qualify for a discount on their monthly bill.

**Flexible Payment Plans** – Payment Plans are available to all customers to pay their past-due balance over a period of time and protect from service interruptions.

**New Start** – Income-eligible customers can reduce or eliminate their enrolled, outstanding balance in as little as 12 months when they make on-time monthly payments and Eversource will make up the difference.

Regardless of financial need, customers are eligible for various payment programs and are urged to call Eversource at 844 273 7760 or visit [Eversource.com/bill](https://www.eversource.com/bill) help to find the right plan for them.

To learn about the many energy saving programs available, visit [Eversource.com](https://www.eversource.com).



**Select Board's Office VM x 301 Heidi  
x 303 Jeanne and x 302 Kathy**  
Tel: 603 895 2226 Fax: 603 895 3149  
Mon & Fri: 8:00 am to 12 noon  
Tues & Wed: 8:00 am to 4:00 pm  
Thurs: 9:00 am to 5:00 pm  
[hcarlson@fremont.nh.gov](mailto:hcarlson@fremont.nh.gov)  
[jnygren@fremont.nh.gov](mailto:jnygren@fremont.nh.gov)  
[kclement@fremont.nh.gov](mailto:kclement@fremont.nh.gov)

**Tax Collector / Town Clerk**  
**603 895 8693 VM x 307**  
Monday 9:00 am to 12 noon  
**Tuesday 8:00 am to 12 noon \***  
**changed from previous**  
Wednesday 3:00 to 7:00 pm  
Thursday 9:00 am to 5:00 pm  
Friday 9:00 am to 12 noon  
[clerkcollector@fremont.nh.gov](mailto:clerkcollector@fremont.nh.gov)

**Bldg & Planning 603 895 3200**  
**Building Inspector VM x 309**  
Weekdays 7:30 am to 1:00 pm  
otherwise by appt (in and out for insp)  
[buildinginspector@fremont.nh.gov](mailto:buildinginspector@fremont.nh.gov)

**Planning & Zoning VM x 306**  
Generally Tuesday & Thursday 11:00  
am to 4:00 pm and by appointment.  
[landuse@fremont.nh.gov](mailto:landuse@fremont.nh.gov)

**Welfare by appt 603 867 3753**

**Town & Department Contacts**  
**EMERGENCY dial 9 1 1**  
**Police Department 603 895 2229**  
Fax 603 895 1116  
Mon – Fri 8:00 am to 4:00 pm

**Fire Rescue Business 603 895 9634**  
Burn Permits x 201 or option 4

**Highway Dept - Road Agent**  
Leon Holmes Jr 603 300 7430

**Fremont Public Library**  
Tel 603 895 9543 Fax 603 244 1724  
Monday 10:00 am to 4:00 pm  
Tue & Thur 1:00 to 7:00 pm  
Wed & Fri 9:00 am to 5:00 pm  
Sat 9:00 am to 2:00 pm

**Ellis School 603 895 2511**  
[sau83.org](http://sau83.org) **SAU # 83** 603 895 6903  
Fax 603 895 6905  
432 Main Street Fremont NH

**Food Pantry Renee 603 244 1404 or**  
Kim 207 370 5096

**Post Office 603 895 2094**  
Mon - Fri 9:15 am - 12:15 pm &  
1:15 - 4:15 pm Sat 8:30 to 11:00 am

**FAA [fremontathletics@yahoo.com](mailto:fremontathletics@yahoo.com)**  
[www.fremontathleticassociation.org](http://www.fremontathleticassociation.org)

**Trash Pickup & Recycling – Waste  
Management of NH 800 847 5303 or**  
**Select Board's Office 603 895 2226**  
**x 303 Jeanne or x 302 Kathy**

**2022-2023 MEETING SCHEDULES**  
**Fremont Town Hall**

**Conservation Comm 6:30 pm**  
Jan 9 Feb 6  
**FCTV Committee 6:30 pm**  
Jan 16 Mar 20  
**Planning Board 7:00 pm**  
Jan 4, 18 Feb 1, 15  
**Select Board 6:30 pm**  
Jan 5, 12, 19, 26 Feb 2, 9, 16  
**Zoning Board 7:00 pm**  
Jan 24 Feb 28  
**Budget Committee 7:00 pm**  
Jan 4  
Jan 11 begins at 6:30 at Ellis  
**Cemetery Trustees 4:00 pm**  
Apr 5  
**Parks & Recreation 6:15 pm**  
Jan 10 Feb 14

**Fremont Public Library**  
**Library Trustees**  
Jan 25

**Supervisor of Checklist 7:00 pm**  
Jan 24

The Fremont Newsletter  
Select Board's Office  
PO Box 120  
Fremont NH 03044-0120

***We're Building Community***

CHECK THE WEBSITE FOR  
ALL OF THE MOST  
UPDATED  
TOWN INFORMATION:

[www.Fremont.nh.gov](http://www.Fremont.nh.gov)

Please send email for the  
Newsletter  
to: [hcarlson@fremont.nh.gov](mailto:hcarlson@fremont.nh.gov)

*Deadline for submittal is generally  
the 15<sup>th</sup> of each month for  
publication in the following  
month. No opinion pieces will be  
accepted. Submissions may be  
edited for clarity and/or due to  
space constraints.*

*Deadlines are also available on the  
monthly MEETINGS  
CALENDAR page of the Town's  
website.*

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**FREMONT NH 03044**