



August 2023

THE FREMONT NEWSLETTER

We're Building Community

TOWN CLERK TAX COLLECTOR

From July 3 thru September 8 the office will be **CLOSED on Mondays.**

Tuesday 8:00 am – 12:00 noon

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. We are also 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 can always call, email, mail, and use the drop box for various transactions.

OFFICE CLOSURES

All Town Offices will be closed on Monday September 1 in observance of Labor Day.

Trash and recycle collections will be delayed one day.

Thursday will be Friday and Friday will be Saturday.

Check this on the trash schedule.



RETIREMENT OPEN HOUSE

Join us on Monday July 31, 2023 from 4:30 to 7:00 pm at the outdoor patio (dress accordingly) at Fremont Pizzeria, 431 Main Street in Fremont as we celebrate the retirement of Mary Wheaton-Pinder and her 20 years of

service to the Town of Fremont and the Fremont Police Department.

There will be a special presentation at 6:00 pm. Feel free to drop in any time. Light refreshments will be available and you can order on your own from their extensive regular menu.

For questions or more information contact Heidi Carlson at hcarlson@fremont.nh.gov or 603 418 4416.

FIRST ISSUE TAX BILLS

Tax bills were due July 1, 2023. Payments can always be dropped off in the drop box or mailed in. You can also stop by during normal office hours if you want your receipt immediately or are paying cash. If you did not pay on time, you must contact the Collector for any interest due.

If you have any questions about your assessment or other property information, please call the Select Board's Office at 603 895 2226.

SANDOWN ROAD CLOSURE

Monday July 24th paving will begin at the Sandown Road Bridge deck at Main Street. Crews move to pave Whittier Drive by Tuesday. Both days traffic will be open to one lane ONLY. After Whittier Drive (Weds through Fri) crews move to Sandown Road, to pave the newly reconstructed section of Sandown Road (from house #343 to the Sandown/Fremont town line). During the latter Sandown Road portion of the work, the road will BE CLOSED during the day (7 a – 5 p). Please seek an alternate route. DETOUR will be posted. PLEASE use caution and watch for flaggers. The most current information is on the homepage of the Town's website as the schedule is SUBJECT to CHANGE.

FREMONT ROAD BRIDGE - CHESTER



We have been informed by the Town of Chester that planned work to replace the Fremont Road Bridge has been scheduled for Monday, August 14th (weather dependent). Due to the nature of the work, *that stretch of Fremont Road will be closed to through traffic for approximately two months* and a detour utilizing Pheasant Run Drive and Shepard Home Road will be necessary.

Please keep this in mind if you travel on Fremont Road through Chester. There is NO PLACE to turn around, so watch the signs and be ready to take the detour.



FREMONT HISTORICAL MUSEUM

OPEN DATES 2023

The Historical Museum
8 Beede Hill Road

The Fremont Historical Society is pleased to announce that the Historical Museum will be opened free of charge (as always) to the public from 11:00 am to 3:00 pm on the following dates:

August 13 September 10 October 8

Special appointments to open the Museum or the historic 1800 Poplin/Fremont Twin-Porch Meetinghouse (one of only two remaining in the United States) can do so by calling Matthew Thomas at 603 303 6383 for groups, individuals, or families that have special guests in town and wish to show off their town's unique heritage.

FREMONT FIRE RESCUE EMERGENCY DISPATCH

In ANY EMERGENCY DIAL 9 1 1

Fire Rescue Non-Emergency 603 895 9634

Dispatch Services have changed over to the Rockingham County
Sherriff's Department at 603 679 2225.



YOU CAN TEXT 911 IN NEW HAMPSHIRE

When:

- If you are deaf, hard of hearing or have a speech disability.
- If you cannot speak due to an injury or medical condition.
- If you are in a dangerous situation and it's not safe to call.
- If you cannot make a call because of poor cellular service.
- If your battery is low.

How:

- Type 911 in the 'To' field
- Type a short description of the emergency.
- No pictures, videos, emojis or group tests.
- Type exact location of the emergency.
- Answer 911 call taker's questions.
- Be brief and concise – follow instructions.

Visit: 911.nh.gov for more information

FREMONT'S JUST IN CASE PROGRAM

The *Just in Case Program* is a comprehensive town-wide registry of patients diagnosed with Alzheimer's disease and other dementia-related disorders. As its name might suggest, the *Just in Case Program* functions as an emergency tool in the event that an individual wanders and becomes lost or disoriented. Fremont Police officials may then refer to the *Just in Case* database for easy identification in order to provide a quick and safe return of that individual.

This program is also used to identify people in our community living with mental or physical disabilities. Registration in this program alerts the police to a person's diagnosis and emergency contact, as well as what both calms and triggers the individual, so police officers can better respond to a person's individualized needs during an encounter.

How to register

Family, friends, and caregivers interested in registering someone in the *Just In Case* program with the Fremont Police Department may do so by downloading the *Just In Case* registration form at the Fremont Police Department website located at <https://www.fremont.nh.gov/police-department/pages/forms>, filling it out and emailing it to rbarbosa@fremontnhpd.com.

You can also mail the physical form to the Fremont Police Department at 425 Main Street Fremont, NH 03044 or drop it off in person at the same address. We would encourage providing a photo in the email or a physical photo along with the form if it is mailed or dropped off. Including the photo, like the rest of the form and program is completely voluntary and optional.

FOOD PANTRY DROP IN

Anyone is welcome to drop in at the Food Pantry on Wednesday August 23, 2023, from 6:00 to 7:00 pm for supplemental food.

The Pantry is in the basement at Fremont Town Hall.

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.

ROADS & THE RIGHT-OF-WAY

Obstructions in the Town's right-of-way are not permitted. This includes various plantings, mulch, trees, rocks, sprinkler heads and decorative pavers. These structures of any size can obstruct drainage from the roadway and cause other road problems. The gravel shoulder adjacent to the paving of Town roads is there to process drainage from rain or snow that accumulates. Please help keep the ROW area clear.

Please also know that paving any driveway where it abuts a Town or State road needs a Town or State Driveway permit. For access on to a Town roadway, you can download the information sheet and permit from the Town's website. The form is simple and requires contact with and an inspection by the Town's Road Agent. You may contact him at 603 300 7430 with questions or to discuss your proposed project. Please don't assume the paving company got the permit until you verify that. The fee is \$65.00 and the Town's forms and further information are available at:

<https://www.fremont.nh.gov/highway-department/pages/excavation-driveways>

Driveways on State roads need permitting through the State of NH Department of Transportation. We do have their form at the Select Board's Office, and you may be able to download it from the NH DOT website.

RSA 236:15 states that any building, structure or fence within or over any highway is a public nuisance. Please do not place any such items in the right-of-way as they are subject to being removed by the Highway Department. In general, the Town right of way is 13 feet on either edge of the paved surface. If you have any questions, please contact Road Agent Leon Holmes Jr at 603 300 7430.

ANNUAL HAZARDOUS WASTE DROP-OFF

MARK YOUR CALENDAR!

Brentwood Highway Shed
207 Middle Road, Brentwood
Saturday September 16, 2023
9:00 am – 12 noon

This important event is only held once a year.

More information will be posted on the Town website and the September newsletter.

NEWSLETTER DEADLINE

Deadline for submittal is generally the 15th 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. Please send all submissions to hcarlson@fremont.nh.gov



JAPANESE KNOTWEED INVASIVE SPECIES

Knotweed is an extremely fast-growing invasive plant native to Asia. Many people mistake it for Bamboo, it has large semi-triangular leaves that alternate on the stem and can grow to 10' tall. Knotweed is hard to eradicate, and removal is a slow process. All cuttings should be allowed to dry out in the sun before disposal, never compost or mow as this will spread. Smothering is an alternative using heavy duty black plastic or weed fabric. For more information check out the NH Dept of Agriculture and NH Cooperative Extension.



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 has many activities weekly Junior Book Club, preschool story time and many other exciting activities! Check out the library calendar on the Town Website!

CHILDREN'S EVENTS

Summer fun at the library continues in August! Each week there are drop-in programs and new books for every age.

Weekly happenings:

Tuesdays at 3:30 PM features a story and craft hour that is best for ages 5 and up.

Wednesday at 10 AM Preschool Storytime happens every with picture books, songs, rhymes and crafts.

Thursdays at 2 PM we have sensory/toy play (babies to kindergarteners).

Saturdays at 9:30 AM are a great time to stop in and see a family movie and create some Lego masterpieces in the community room.

There are lots of other specialty programs happening throughout the month ~ All children's events can be found on the calendar at our website or paper copies in the library.

Come see us soon!!



**SEACOAST
SCIENCE CENTER**

in Odiorne Point State Park

Stop by the Library or call 603 895 9543 to reserve your date!

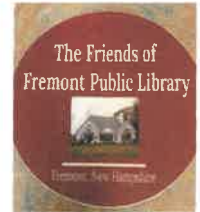
The passes allow 2 adults and up to 4 children into the Seacoast Science center at **50% off** the cost of **regular admission**.

You receive a **10% discount** in the Nature Store
(You may have to pay the cost of State Park admission from April - September)

FRIENDS of the FREMONT LIBRARY

The Next Friends meeting will be in September.

Who Are We? The Friends are all volunteers that advocate for the library. Tasks range from hosting book sales, bake sales or fundraising efforts to voicing support for the library or just spreading the word about the great services and value the library brings to our community. Our Friends apply for grants from the NH Humanities council in order to bring some programming to the library.



To help fund the Friends we are selling:

Book bags large and small
Friends' stickers and Fremont mugs

If you are interested in joining, please call the library 603 895 9543 or visit our link on the Library Page at fremont.nh.gov where you can download the membership form.

DENNIS HOWLAND DEDICATION

On Sunday May 28th Twenty-five people gathered at his memorial bench after hiking a little more than a mile to the Cattail Marsh overlook on the Marsh Trail.



Folks gathered to remember Dennis Howland's contributions to the Town and his passion to explore the forests of Fremont. In his leadership role of Open

Space, he unselfishly gave much of his time planning, developing and maintaining many of our Town Forest trails and their signs.

Memories of Dennis were shared and the bench was unveiled. Participants all had time to reflect on what Dennis meant to them and his leadership.

Bench engraving reads: "In memory of Dennis R Howland Trail Blazer Extraordinaire"

Photo courtesy of Bill Knee

The most current dates, meeting schedules and information about the Town are on the website at www.Fremont.nh.gov



DOG WARRANT

The ACO is issuing Civil Forfeitures for any dog listed on the Warrant who is unlicensed as of June 22. A current rabies certificate is required, please email the Clerk's Office to inquire if the rabies certificate on file is still valid. If you have not already registered your dog(s) you are two months late and a penalty will be assigned. Check with the Clerk for the total amount due before sending in or dropping off your license fees/fines in the drop box.

For your convenience, the license(s) can be mailed for an additional fee of \$1.00 per license, or you can relicense your dog(s) online by going to the Town Clerk page on the Town's website at www.fremont.nh.gov and select E-Dog.

If you no longer have your dog, please contact the Clerk's office so they can update their records accordingly. Any questions can be directed to the Clerk's office via email at clerkcollector@fremont.nh.gov or 603 895 8693 x 307.

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!



Foundations of Discovery



History is all around us along the Lamprey River. With over 100 former mills, the area is rich in places to explore. Some sites have huge granite blocks that seem to have come from nowhere. Many of these rocks were placed without the help of

modern heavy equipment but are still solidly in place. Most were moved using only oxen power, human ingenuity and basic tools: pulleys, levers, ramps, and cantilevers.

Get outside and explore!



TOTER REPAIRS/REPLACEMENTS

Waste Management is no longer accepting phone calls for damaged or missing toter. ALL calls for toter repair/replacements must be reported to the Select Board's Office. Weekly on Wednesdays we send the list to WM for repair/replacements. WM Help Desk processes them on Thursdays and they begin filling them (everywhere) on Fridays. It can still take up to two weeks to get your toter repaired/replaced.

Please leave it near the street or where it is easily visible from the street, during the time it is pending repairs. You should continue to put it at the street on your designated pickup day.

For Toter Repairs: Call the Select Board's Office at 603 895 2226 x 302 or x 303

Please DO NOT call WM Customer Service for Toter repairs/replacements

Remember to put your trash and your recycling out every week. Saving either up for any period of time affects the collection and the route.

Please do both every week!



RECYCLE BEYOND the BAG

Recycle your household bags & wrap into 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.



American Red Cross

Blood Services

BLOOD DRIVES

American Legion Post 51

232 Calef Highway
Epping, NH 03042
August 14, 2023
1:00 – 6:00 pm

Raymond Baptist Church

145 Route 27
Raymond, NH 03077
August 4, 2023
12:00 noon – 5:00 pm

Appointments are needed. Schedule online or call [1-800-RED-CROSS](tel:1-800-RED-CROSS).

The most current dates, meeting schedules and information about the Town are on the website at www.Fremont.nh.gov



The New Hampshire Department of Health and Human Services has informed Fremont Health Officers that a mosquito collected by our mosquito surveillance contractor has been identified as positive for Jamestown Canyon Virus (JCV) in Fremont as of the end of June. The risk to our town is rated as low level by the State. Thanks to taxpayers' support, Fremont conducts active surveillance of mosquitos so we can be proactive and identify potential health concerns before humans or animals are negatively impacted and respond appropriately.

Refer to: <https://www.cdc.gov/jamestown-canyon/index.html> and <https://www.dhhs.nh.gov/programs-services/disease-prevention/infectious-disease-control>

These and other Informational sites can help you learn more about how to protect yourself and your loved ones from mosquito-borne illnesses.

The State of NH reported that a mosquito tested in Kingston showed positive for Jamestown Canyon Virus too. This week Fremont's did not. Our region is at a low-risk status.

The Health Officer has also let us know that NH DHHS is reporting a positive human case of the Powassan tick-borne virus in Epping during the week of July 17th. As always, use caution and check people and pets after being outdoors!

MOSQUITO CONTROL PROGRAM

Fremont contracts with Northeast Vegetation and Mosquito Control to undertake mosquito control applications as needed. Sites include wetlands, marshes, drainage ditches, catch basins and floodwater areas. When found, crews will apply larvicides to control mosquito larvae. Larvicides used include:

Cocobear (Coconut & Mineral Oil) - EPA Reg. 8329-93
BVA-2 (Mineral Oil) - EPA Reg. 70589-1
Vectolex FG (Bacillus sphericus) - EPA Reg. 73049-20
Vectolex WSP (Bacillus sphericus) - EPA Reg. 73049-20
Vectobac G (Bacillus thuringiensis israelensis) - EPA Reg. 73049-10
Altosid P35 (Methoprene) - EPA Reg. 89459-95
Natular G (Spinosad) - EPA Reg. 8329-80

Treatment will depend on surveillance data, weather conditions and precipitation. Surveillance and treatment will continue through November 2022. All residents requesting no treatment on their property can do so in writing to Northeast Vegetation and Mosquito Control, 326 Main Street, Unit 12 Fremont, NH 03044 or online at <https://www.northeastvmc.com/no-spray>. Residents requesting a survey of mosquito breeding on their property can do so at <https://www.northeastvmc.com/resident-request>.

In the event of detection of Eastern Equine Encephalitis, West Nile Virus, or other arboviruses in mosquito populations, emergency adulticiding may be performed at schools, parks, and recreation areas. This will be determined by surveillance data, and in consultation with Town officials and NH DHHS.

Northeast Vegetation and Mosquito Control
326 Main Street, Unit 12 Fremont NH 03044
Office: 603 255 3782 www.northeastvmc.com

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.

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 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
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

Saturday (continued)

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

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.

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.



SEEKING PARKS & RECREATION COMMISSION VOLUNTEERS!

The Town of Fremont at its annual meeting approved two more appointment member positions to its Parks & Recreation Commission. We are looking for two dedicated and energetic community members who are interested in recreational activities for residents of all ages, to volunteer for the new vacancies on the Fremont Parks & Recreation Commission.

The new Commission will seat a total of seven members who plan and oversee recreation activities for youth and adults alike. The Commission generally meets monthly. They plan the popular holiday events around Easter, Memorial Day Parade, Halloween and Christmas. Volunteers should have some creative energy and be willing to work with other volunteers. They are looking to be able to offer more activities for differing age populations within the Fremont Community. Positions interact regularly with the Select Board's Office staff, park maintenance staff and the very involved FAA (who oversees recreational athletic teams in Fremont).

Commissioners prepare the annual budget and plans for field maintenance and upgrades as needed, working with the Select Board and maintenance staff.

Questions can be directed to the Heidi Carlson in the Select Board's Office at 895 2226 x 301 or by email at hcarlson@fremont.nh.gov or to the Commission Chair Michelle Gallant via email at fremontnhprd@gmail.com.

Interested candidates should plan to attend a meeting to see how operations work and talk with the Commission. Interested candidates should send a letter of interest outlining pertinent interests and qualifications to fremontnhprd@gmail.com as soon as possible. Please include all of your contact information.

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](tel:6038953258) 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.

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.

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.

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. THERE IS NO END DATE TO THIS PROGRAM. Apply now if you think you may be eligible!

AHEAD 800 974 1377 x 1014 HomesAhead.org for application assistance, financial counseling, and other resources

603 Legal Aid 603 224 3333 www.NHLegalAid.org for assistance with immediate threat of foreclosures, tax deed or Sheriff's sale.

Be Aware of Water Quality Challenges and Risks After Heavy Rainfall

The above average rainfall New Hampshire has experienced this month is causing our lakes and rivers to swell, which creates hazards for our residents and visitors. Naturally, once the rain stops and blue skies return, people will want to recreate in the water, but be aware that the rains bring certain risks that remain even on “blue sky days,” such as elevated levels of bacteria, including cyanobacteria, large amounts of debris, and swift currents.

Elevated Bacteria

Elevated levels of bacteria are likely in lakes and rivers where there has been high rainfall. Runoff from roads and parking lots can carry contaminants, such as nutrients and bacteria, into New Hampshire waters. You may also see oil slicks or large amounts of debris entering the waterbody from the excessive runoff, breached dams, and road or culvert washouts. If you are in doubt, stay out of the water and wait for flood waters to recede and lake levels to come back down. Don't let children or animals play or swim in flooded areas. Contaminated water can result in skin rashes, sore throats, diarrhea or more serious problems. Being aware of the potential risks associated with flood waters and increased runoff can help you make informed decisions. NHDES' beach and lake monitoring programs are incapable of continuously testing every waterbody around the state to determine their suitability for recreation. For those locations we do monitor, the sampling is on a fixed schedule; conditions today may not be the same tomorrow.

If you are interested in sampling your private or public beach for *Escherichia coli* (E. coli) bacteria, use the [NHDES Accredited Laboratory Search Tool](#) to find a laboratory to assist you with collecting and testing your samples.

More Cyanobacteria Blooms

This summer has also brought a record number of cyanobacteria (“toxic algae”) blooms and they have occurred earlier in the season. These blooms can be stimulated by high temperatures and high levels of nutrients associated with runoff. Contact with cyanobacteria can be unhealthy for people and potentially deadly for pets.

Watch for blooms and murkiness of water. Cyanobacteria blooms can look like scum, mats, spilled paint or paint chips that are blue, green, white, yellow or brownish. If you notice anything resembling cyanobacteria, refrain from wading, swimming or drinking the water, keep pets out, and report it to NHDES through the [Cyanobacteria Bloom Report Form](#).

Always [check the NHDES website](#) for fecal bacteria and cyanobacteria beach and lake advisories before heading out, and [subscribe to weekly healthy swimming updates](#) issued by NHDES.

Drinking Water Wells

In some areas near lakes and rivers, groundwater wells, especially shallow “dug” wells, can become inundated by high water and ground saturation. When this happens, there is an increased risk of contamination of the drinking water well with bacteria. It is important to note that the water from a well may show no change in color or odor and still be unsafe to drink. If your well was flooded or if you have concerns about nearby flooding, you should get the water tested before consuming. [Find a lab for private well testing](#).

Septic Systems

High waters in lakes and rivers can flood septic systems on shoreland properties. This can cause sewage to back-up into the house or to discharge untreated to the surface water. In this situation, while the water levels are high, the homeowner can:

- Leave the structure vacant, if it is not a primary home.
- Use the facilities at another house, office, gym, restaurant, etc.
- Arrange for a port-a-potty.
- If the septic tank is above water and still intact, it can be used as a holding tank that will need to be pumped every 2-5 days depending on use.

If your system is flooded, wait 1-2 weeks for the leach field dry out after the flood waters recede before using the system.

For questions, contact the local health officer first, because they have the capacity to get on-site to look at a particular property. Homeowners should hire a licensed septic system designer for technical questions and system evaluations. Questions about permitting for replacement systems should be directed to NHDES at [\(603\) 271-3501](#); ask for the “Reviewer of the Day.” Questions about pump-outs and port-a-potties should be directed to Wade Pelham, Sludge and Septage Coordinator, at [\(603\) 271-2818](#).

Repairing Damage

Many culverts and roads have been damaged by the storm. Any emergency work to repair this damage needs to be reported to NHDES if it is in a wetland area. More information is available at: [Obtaining Authorization for Emergency Wetlands Impacts](#).

Other Post-Flooding Considerations

In flooded homes, the inside air can become unhealthy and create an environment for mold to grow. Inhaling mold can cause adverse health effects, including allergic reactions. Mold also can damage materials in your home. [See EPA's Homeowners' and Renters' Guide to Mold Cleanup After Disasters](#) for information on how to clean up after a flood and how to prevent indoor air problems.

Also, any food, or fruits and vegetables from your home garden, that have come into direct contact with flood waters can make you sick. Any such produce should be washed prior to eating.

Bottom Line

Be aware of the associated risks; do not swim or boat if the conditions appear to be unsafe; check the [NHDES Healthy Swimming Mapper](#) to know before you go; and report potential cyanobacteria blooms to NHDES through the [cyanobacteria reporting form](#).

For more information, please contact **Ted Diers, NHDES Water Division Assistant Director**, at theodore.e.diers@des.nh.gov.

For additional information regarding potential health impacts from flooding, please contact the DHHS Public Information Office at pio@dhhs.nh.gov or 603-271-9389 to be connected with a subject matter expert.

**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
jnygren@fremont.nh.gov
kclement@fremont.nh.gov

Tax Collector / Town Clerk
603 895 8693 VM x 307
**** CLOSED Mondays thru 9/10 ****
Tuesday 8:00 am to 12 noon
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

Bldg & Planning 603 895 3200
Building Inspector VM x 309
Weekdays 7:30 am to 1:00 pm and
otherwise by appt (in and out for insp)
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

Welfare by appt call 603 512 5455
Herb and email forms to
htardiff@comcast.net

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
Rock County Disp 603 679 2225

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 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 Drop in June 21
6-7 pm

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
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

2023 MEETING SCHEDULES
Fremont Town Hall

Conservation Comm 6:30 pm
Aug 7 Sep 11
FCTV Committee 6:30 pm
Sep 18 Nov 20
Planning Board 7:00 pm
Aug 2, 16 Sep 6, 20
Select Board 6:30 pm
Aug 3, 10, 17, 24, 31 Sep 7
Zoning Board 7:00 pm
Aug 22 Sep 26
Cemetery Trustees 4:00 pm
Sep 13
Parks & Recreation 6:15 pm
Aug 8 Sep 12

Fremont Public Library
Library Trustees 5:45 pm
Aug 23 Sep 27

Supervisor of Checklist 7:00 pm
Aug 1

Friends of the Library 3:30 pm
Next meeting Sept

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

Please send email for the
Newsletter
to: hcarlson@fremont.nh.gov

*Deadline for submittal is generally
the 15th 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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