

OCTOBER 2018



The Fremont Newsletter

We're Building Community

TOWN CLERK TAX COLLECTOR'S

OFFICE HOURS

Winter Hours:

Monday: 9:00 am to 12 noon
Tuesday: 7:30 am to 3:00 pm
Wednesday: 3:00 to 7:00 pm
Thursday: 9:00 am to 5:00 pm
Friday: 9:00 am to 12 noon



FALL FOLIAGE HIKE

The Fremont Open Space Group and the Fremont Conservation Commission invite you to our Fall Foliage Hike

Saturday, October 20th at 1:00 PM.

We will be hiking in the Oak Ridge Town Forest NORTH section, and will be previewing a NEW TRAIL, the Salmon Ridge Trail. We will gather in the Oak Ridge North Parking lot on Tavern Road, about 1/2-mile South of North Road
Rain date Sunday, October 21, 2018

BUILDING INSPECTOR CLOSURES

The Building Inspectors Office will be **CLOSED** all day on Tuesday and Wednesday October 2 and 3, 2018 and November 7, 2018 for training.



TRICK OR TREAT

Wednesday October 31, 2018
5:00 to 8:00 pm
Be safe and have fun!

NH GRASS DRAGS & WATERCROSS

OCTOBER 5 – 7, 2018

Brookvale Pines Farm, 152 Martin Road, Fremont, NH.
Be aware of changed traffic patterns and excess activity and traffic on the North side of town that weekend.

FREMONT MEETING HOUSE

The Fremont Meeting House, 464 Main Street
will be open for tours

Saturday October 20, 2018
11:00 am – 2:00 pm

Fremont Village Cemetery Tours
2:30 – 3:30 pm

Admission is FREE. This is a great opportunity to learn more about the Town of Fremont's rich history. For more information contact Matthew Thomas, FHS President at 603 303 6383.

FALL BULKY DAY

We have set the date for Fremont's Fall BULKY DAY drop-off on **Saturday October 20, 2018 from 8:00 am to 12 noon** at the Fremont Highway Shed. It will be like the spring event, with collections of large bulk items including metal goods, appliances, tires, furniture, electronics, and propane tanks.

Some fees are charged, and all the information and directions will be out shortly. Watch for the flyer to arrive in your mailbox or check the Town's website on the Trash and Recycling page for more information.

HAZARDOUS WASTE DISPOSAL

Remember that the annual Hazardous Waste Disposal Day will be held from 9:00 am – 12:00 pm at the Brentwood Highway Shed on **Saturday September 29, 2018.** Fremont ID required. See the brochure on the Town's website on the Trash and Recycling page.

PLANNING BOARD SPECIAL SESSION

The Fremont Planning Board will host a special session on Wednesday, October 17, 2018 at the Fremont Town Hall in the basement meeting room. The purpose of this session is to discuss proposed changes to the Fremont Zoning Ordinance including a new definitions section, changes to the zoning districts, and changes to the table of permitted and prohibited uses within all districts. Please come at 6:30 pm to view and discuss these changes with staff and stay for a Planning Board presentation starting at 7:00 pm. For any questions, please contact Land Use Administrative Assistant Casey Wolfe at 895 3200 x 306 or at fremontpz@comcast.net on Tuesdays and Thursdays.

DRUG TAKE BACK

Saturday, October 27, 2018

Join us for the National Drug Buy Back
At the Safety Complex 10:00 am – 2:00 pm

BLOOD DRIVE

ELLIS SCHOOL

American Red Cross Bus will be at the
Ellis School in Fremont

Wednesday, November 7, 2018

3:00 – 7:00 pm

To schedule an appointment, please call 1-800 RED CROSS
(1-800-733-2767) or visit redcrossblood.org and enter sponsor
Code: FREMONTCOMMUNITY

FREMONT HISTORIC MUSEUM

The FREMONT HISTORICAL MUSEUM located at
8 Beede Hill Road is open during the summer months.
The Museum hours are 10:00 am until 1:00 pm the following
Saturdays:

October 6

November 3

Admission is always FREE. The Fremont Historical Museum
houses over 50 fascinating exhibits dating between 1734 and 2001.
This is a great opportunity to learn more about the Town of
Fremont's rich history. The Museum can also be opened by special
appointment by calling Matthew Thomas, FHS President at 603 895
4032.



VETERAN'S OPEH HOUSE SAVE THE DATE

The annual Veteran's Open House will be held on Monday
November 12th from 5:00 to 7:00 pm. Watch for more details or
contact Jeanne at 895 2226 x 303 or
FremontTownHall@comcast.net for more information.



FREMONT FOOD PANTRY

The Fremont Food Pantry is a free,
confidential service offered to Fremont
residents in need of food assistance.
Volunteers are available to assist on an
appointment basis, for a few days of food.

For assistance, call Debbie at 603 895 3825 or
Sherri at 603 770 8529.



NOVEMBER GENERAL ELECTION

The General Election will be held on Tuesday November 6, 2018.
Polling will take place at Ellis School, 432 Main Street in Fremont.
Polls will be open from 7:00 am to 8:00 pm.

New voters can register up until 10 days prior to the election, and
ON Election Day. Requests for absentee ballots and all election
matters should be directed to the Town Clerk at 895 8693 x 307 or
by email to fremontclerk@comast.net

The Town Clerk's Office will be open on Monday November 5, 2018
from 3:00 to 5:00 pm for absentee ballots only. Contact the Clerk's
Office for questions and information.

The Supervisors of Checklist will meet on Tuesday October 2, 2018
at the Fremont Public Library, from 7:00 to 7:30 pm and on
Saturday October 27, 2018 from 11:00 to 11:30 am. New voter
registrations will be taken at these sessions. Contact the Town
Clerk with any election questions.

BUDGET COMMITTEE SCHEDULE

The Budget Committee has set their fall schedule for review of
Town (2019) and School District (2019-2020) budgets. Meeting
locations are subject to change so please check the calendar on the
Town website for any last-minute updates to the meeting room being
used. Meetings are held on Wednesday evenings at the Town Hall
beginning at 7:00 pm.

October 3, 2018 – first floor meeting room

October 10, 2018 – basement meeting room

October 17, 2018 – Ellis School – 432 Main Street for a tour followed
by business meeting in the School Media Room

October 24, 2018 – basement meeting room

October 31, 2018 – basement meeting room

November 7, 2018 – Begin School Budget Review– basement
meeting room at 6:00 pm ** for School Budget Presentation

November 14, 2018 – basement meeting room

November 28, 2018 – basement meeting room

December 5, 2018 – first floor meeting room

December 12, 2018 – basement meeting room

December 19, 2018 – If Needed

The Public Budget Hearing for final review of the Town 2019 and
School District 2019-2020 fiscal year budgets will take place on
Wednesday January 9, 2019 at 7:00 pm at the Fremont Town Hall
Basement Meeting Room, 295 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 January 10, 2019 at 7:00 pm in the
same location.

FREMONT LIBRARY

The Fremont Library has many programs going every month.
Stop in and have some fun.

Covered Bridges of New Hampshire, a Humanities-to-go program being presented by Glenn Knoblock

October 17 @ 6:30



THE FRIENDS OF THE FREMONT LIBRARY'S
LATEST FUNDRAISER IS A SALMON
FALLS STONEWARE PLATE TO MATCH THE
COLLECTION!



TAI CHI

Coming to Fremont in October!

Tuesday mornings at 9:00 am at the Fremont Public Library.

Learn the basics of this ancient system of movement. We will be following the video "Element: Tai Chi for Beginners" with instructor Samuel Barnes.

The description of the video is as follows: "Tai Chi is well-known for bringing the mind, body, and spirit together to gain balance, prevent injury, and promote good health. Filmed on a tranquil location overlooking the Pacific Ocean, this program features two practices that offer personal one-on-one instruction and will allow you to experience the many layers of benefits this martial art has to offer.

The first practice will revitalize and energize using the principles of Qi Gong. This Qi Gong series will focus on the breath and energy flow to prepare your mind and body for Tai Chi.

In the second practice you will learn Tai Chi postures step-by-step, and then use these ancient flowing movements together in a moving meditation designed to increase the body's natural energy. This powerful Tai Chi sequence will help clear your mind, reduce stress, enhance flexibility, and promote overall wellness.

We will be starting with the Qi Gong series first. Once everyone is comfortable with that we will continue to the Tai Chi movements.

Stop by the Fremont Public Library and enjoy some healthy fun

with us on Tuesday mornings in October at 9:00 am. No registration required.

FREMONT PUBLIC LIBRARY'S FIRST ANNUAL TOWN SCARECROW FESTIVAL



1. Fremont Public Library will be hosting the first Fremont Scarecrow Festival.
2. Stop by the library to register (it's free!)
3. Build a scarecrow at your Fremont residence or work
4. Email a picture of

the completed scarecrow to fremontscarecrow@gmail.com along with your name and address.

5. We will post all the pictures at the library
6. Come in the library and vote for your favorite (one vote per person)
7. Winners will be announced Nov. 5th
8. First Place will get a Blue Ribbon, Second Place a Red Ribbon and Third a White Ribbon.
9. Winners will be posted on our Facebook page.



HELLO FALL



SCARECROW
COOKOUT
SAVE THE
DATE!

October 13th from 11:00 am to 1:00 pm

On Saturday October 13, 2018 several fall events are planned at the Fremont Public Library from 11:00 am to 1:00 pm, including a community cookout! The Library, Conservation Commission/Open Space and the Garden Club are gathering.

Watch for updates on the Community Facebook page.

Contact the Library at 895 9634 with questions and for more information, and keep watch for more details to be posted!



Fremont Community TV needs volunteers to help with taping of Fremont Board and Committee meetings. Do you have an interest in the Conservation Commission, Zoning Board of Adjustment or Open Space? Do you have time on a Monday or Tuesday evening for a couple of hours?

Volunteers are needed to help provide live broadcasting on Fremont Community Television. This requires only one or two nights per month. Computer knowledge is helpful, hands-on training will be provided. Camera bugs or videographers also needed on occasion. Contact us at FremontCTV@gmail.com.



FCTV BROADCASTS ARE ON THE INTERNET

FCTV has an internet location to stream replays of Town Board and Committee meetings broadcasts. They can be seen via Vimeo at <http://vimeo.com/fctv22>

This is a great way to keep up with what is going on in Town. If you have Comcast cable service, you can watch FCTV Channel 22 for local meetings, events, and a bulletin board with all varieties of Fremont information and services.

ELLIS SCHOOL – SAU 83 Positions Open

Spanish Teacher - Unified Arts Grades 7 – 8

Ellis School is seeking an exciting and engaging Spanish teacher for our middle school. Candidates should have successful teaching experience in middle or high school Spanish classrooms. The successful candidate will have a vision for dynamic approaches to Spanish education, strong collaborative skills, and a willingness to support educational research. Strong skills in oral and written communication will be required.

Education requirements: Bachelors or higher; Masters preferred
Certification requirements: NH Certification or eligible for NH certification

Anticipated Middle School Health Teacher

- NH Certification
- To begin ASAP

Interested applicants should refer to the SAU 83 website (under Human Resources) for application procedure and forms: www.sau83.org

Or send the following to 432 Main Street, Fremont, NH 03038 or sperry@sau83.org

Cover letter, resume, SAU83 application, 3 recent reference letters, transcripts, NH certification

CANDIDATE FORUM

Exeter Adult Education and the Exeter Area Women's Club EAGFWC are hosting a Candidate Forum on Thursday, October 11, 2018 from 6:45 – 9:00 PM at Julia's Restaurant at the Seacoast School of Technology, 40 Linden Street, Exeter. Everyone should use the atrium entrance from the parking lot (same entrance as voting).

Candidates for New Hampshire State Senate District 23 (Brentwood, Chester, Danville, East Kingston, Epping, Exeter, Fremont, Kingston, Sandown), and New Hampshire State Representative Districts 18 & 36 (Exeter, Newfields, Newmarket, Stratham) have been invited to participate on the panel. Following brief introductory statements, candidates will answer questions from the audience. The forum is open to the public. It will be broadcast on Channels 13 and 98. For more information contact Leslie Haslam at 603-775-8456.



Seacoast Public Health Network

YOU ARE THE HELP UNTIL HELP ARRIVES

A FREE three-hour course on how to help in an emergency until emergency services arrives. Held at the Epping Fire Station, 37 Pleasant St. Epping NH on Tuesday October 9th, 6:30 – 9:30 pm

Trauma is the leading cause of death in Americans under age 46. Life threatening (traumatic) injuries requires immediate action to stop someone from dying. While the nation's emergency responders are quick to arrive, any delay between injury and the initiation of care can result in death. Those nearest to someone with life threatening injuries are best positioned to provide first care, which should focus on the most essential actions, including moving someone away from danger, stopping life threatening bleeding, positioning the injured so they can breathe, keeping them warm and providing comfort.

This class is designed to educate the public about the important role it plays in providing these potentially lifesaving interventions prior to the arrival of emergency services.

This free three-hour class is sponsored by the Seacoast Public Health Network and the Seacoast Medical Reserve Corps.

To register contact Nancy Parker at npccmrc@hotmail.com or 603-793-0786.

**The most current dates and information
about meetings and events are on the
Town's website at www.Fremont.nh.gov**



PEPPERMINT PONIES 4-H CLUB

Girls, boys 5+ years and their families are welcome to visit club activities and

join [4-H Online](#) when ready. Attend year-round weekly Horse Knowledge club meetings Wednesday, 6-7:30 pm and Horse Apprentice Volunteer, Saturday 8-10 am. Volunteers engage with real live horses & ponies with adult supervision. Volunteers learn to track their time to earn credits towards horseback riding. [Join email list](#), contact leader Jan Brubacher, call/text 603 3030 1584 or email j.brubacher@comcast.net to attend a meeting or volunteer.

4-H is hands-on, learn-by-doing, age appropriate topics covering horse safety, behavior, communication, arts, crafts, breed, history, colors, markings, type, health, science, anatomy, physiology, care, feed, nutrition, use, career, finance, technology, equipment, show, train, ride and more.

Members participate in Stratham, Deerfield Fairs, [NHSPCA](#), local horse shows, events, activities and with other 4-H clubs. Members learn to work independently, create special projects, group teamwork, social skills, mentor, public speaking. Members record horse projects to earn recognition, scholarships, attend conferences, college, jobs.



We were chartered in 2005 by Jan Brubacher who was (and still is) a loyal, committed 4-Her. "My job is to enrich your child's life through the incredible resources available to us through [UNH Co-operative Extension](#)"

RFP ELECTRICAL WORK

Fremont Parks & Recreation Fields

The Town of Fremont is looking for competitive pricing/proposals to address the following list of maintenance related electrical items at the **Fremont Parks & Recreation Fields – 563 Main Street in Fremont NH.**

The facility and grounds are currently used as the Town and FAA primary ballfield location, with fall soccer currently on the fields weekday afternoons and weekends. The facility is generally open to the public daily.

Contractors are encouraged to see the layout and proximity of backstops to the maintenance building to determine the most logical path to install new conduit. Work will require coordination with the Field Coordinator at such time as it is awarded, to ensure safe and reasonable access to all areas involved.

To further capability at each of the fields and light the field name sign, scope of work includes installation of 110-volt electrical duplex power outlets at each backstop, with all necessary digging, conduit, wiring and connections to the breaker box located in the maintenance building.

1. Outlets to be installed in the following locations:
 - a. Front entrance sign, approximately 325' from the maintenance building
 - b. Babe Ruth field backstop, approximately 250' from the maintenance building
 - c. Little League Field backstop, approximately 420' from the maintenance building
 - d. Softball field, approximately 600' from the maintenance building
2. Exterior light installed on sign. Includes power to the site (if needed in addition to 1a. above; and all necessary labor and equipment to complete installation.

For additional information and to view the areas and discuss scope of work, contact Field Coordinator Jon Benson via text at 603 300 8174. All measurements are approximate. The Town would prefer as little disruption to playing fields as possible, understanding that cost and efficiency are also of importance.

We are looking for a detailed proposal that costs out each item, so that a determination can be made about how much can be done

within existing budgeted funds. The Town's goal is to have work done, or contracted for a specific completion date, prior to December 1, 2018. Depending on the costs, some work could be budgeted and planned for the spring of 2019.

Please outline a detailed and itemized proposal for all this work including costs for all labor and materials; for equipment and full installation, as well as any other items contractor sees as necessary. **Submit proposals clearly marked BALLFIELDS ELECTRIC BID by mail to: Board of Selectmen, PO Box 120, Fremont NH 03044-0120 by 4:00 pm on Tuesday October 2, 2018. Proposals can also be hand-delivered to the Selectmen's Office at 295 Main Street in Fremont.**

The Town reserves the right to accept or reject any/all bids deemed to be in the best interest of the Town of Fremont.

The successful Contractor will be required to provide full insurance documentation, including General Liability coverage of not less than \$1,000,000 and Workers Compensation as required by NH Statute; with certificates naming the Town of Fremont as an additional insured.

Bids will be opened, reviewed and tabulated following the submission deadline, for final information to be presented to the Board of Selectmen at their next regularly scheduled meeting, working in consult with the Field Coordinator.

After the bid opening, the Bidder may not amend, correct, modify or change in any fashion, a bid, which would be contradictory to the interests of the Town of Fremont or to fair competition. The Board of Selectmen may waive minor informalities, or allow the bidder to make corrections, as long as the intent of the bid is not disturbed.

The Town of Fremont reserves the right to request additional data or information or a presentation in support of written proposals. However, the Town may award a contract based on offers received, without additional submissions. Accordingly, the proposal should be submitted on the most favorable terms from all aspects, which the Bidder can submit. The Town reserves all rights to negotiate with the contractor of its choice based not solely upon cost alone, but on the qualifications and ability of the consultant to perform, consistent with the Town's intent, requirements, time schedule, and funds availability.

The following non-collusion clause shall be part of every bid specification package. Bidders must sign this statement in order for the bid to be valid:

"The undersigned certified under penalties of perjury that this bid is in all respects bona fide, fair and made without collusion or fraud with any other person. As used in this section the word "person" means any natural person, joint venture, partnership, corporation or other business or legal entity."

Name of person signing bid

Date

Company

END OF SPECIFICATION

DRONES USED IN EVERSOURCE INSPECTIONS

Eversource is using drones to more efficiently inspect electric lines.

The aerial devices allow the company to get a close look at high-voltage energy infrastructure, including those that spans remote, hard-to-reach areas, without a line inspector ever leaving the ground.

**Selectmen's Office VM x 301 Heidi
x 303 Jeanne and x 302 Kathy**
Tel: 895 2226 ~ Fax: 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
FremontTA@comcast.net
FremontTownHall@comcast.net
FremontSelectmensOffice@comcast.net

Tax Collector / Town Clerk
895 8693 VM x 307
Monday 9:00 am to 12 noon
Tuesday 7:30 am to 3:00 pm
Wednesday 3:00 to 7:00 pm
Thursday 9:00 am to 5:00 pm
Friday 9:00 am to 12 noon
FremontClerk@comcast.net

Bldg & Planning 895 3200
Building Inspector VM x 309
Tue, Wed & Thur
8:30 – 10:00 am and 1:00 to 2:00 pm
and by appointment
FremontBI@comcast.net

Planning & Zoning VM x 306
Tuesday & Thursday 9:00 am to 12:30
pm and 1:00 to 4:00 pm
FremontPZ@comcast.net

Health by appt 895 3200 x 309
Welfare by appt 483 2881

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

Fire Rescue Business 895 9634
Office Hours M/Th 5:00 to 7:00 pm
Raymond Disp 895 4222 Non-Emerg

Highway Dept - Road Agent
Leon Holmes Jr 603 300 7430

Fremont Public Library
Tel 895 9543 ~ Fax 244 1724
Mon Noon to 6 pm / Tu & Th 1 to 7 pm
Wed & Fri 9 am to 5 pm
Sat 9 am to 2 pm

Ellis School 895 2511 sau83.org
SAU # 83 895 6903 Fax 895 6905
Both located at 432 Main Street

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

**Trash Pickup & Recycling – Waste
Management of NH - 800 847 5303**

FAA fremontathletics@yahoo.com

**Food Pantry Debbie 895 3825 or
Sheri 770 8529**

2018 MEETING SCHEDULES
Town Hall, Basement Meeting Room
Cemetery Trustees 4:00 pm
Nov 13
Conservation Comm
Oct 1 at 7 pm Nov 5 at 6:30 pm
FCTV Committee 6:00 pm
Oct 8 Nov 12
Parks & Recreation 6:00 pm
Oct 9 Nov 13
Planning Board 7:00 pm
Oct 3, 17 Nov 7, 28
Selectmen 6:30 pm
Oct 4, 11, 18, 25 Nov 1, 8, 15
Zoning Board 7:00 pm
Oct 29
Open Space 7:00 pm
Nov 13
Budget Committee 7:00 pm
Oct 3, 10, 24, 31 Nov 7, 14, 28
Oct 17th at Ellis School
Fremont Public Library
Library Trustees 4th Weds of the
Month **7:00 pm**
Supervisors of Checklist
Oct 2 **7:00 pm**
Nov 6 at General Election
Friends of Library 7:00 pm
Second Tuesday of the month
Garden Club 7:00 pm
4th Tuesday of the month September
through April

The Fremont Newsletter
Selectmen'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: FremontTA@comcast.net

*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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**RESIDENT OR
BOXHOLDER**

FREMONT NH 03044