

TOWN OF NEW CASTLE
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New Castle, NH 03854-0367

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TOWN OF NEW CASTLE, NEW HAMPSHIRE
OFFICE OF THE SELECT BOARD

ISLAND ITEMS

AUGUST 2022 VOLUME 145

New Castle Resident

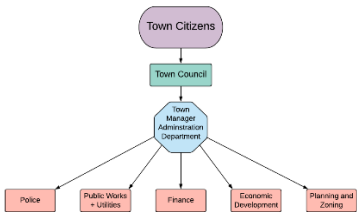


Many Thanks To All Departments for All Their Hard Work
Every Day



Whaleback Light

From the Select Board:



WHY A TOWN ADMINISTRATOR?

The Town of New Castle has been exploring the need for a Town Administrator for a number of years. The Select Board has determined that the addition of this position is an important next step in providing value and efficiency to our residents and employees.

1. What does a Town Administrator do?

A Town Administrator manages the operations of the Town and reports to the town Select Board. The operations of the Town of New Castle include the Fire, Police and Public Works departments as well as the accounting/human resources and building inspector operations.

2. Why does New Castle need a Town Administrator?

The Select Board, as the governing body of the Town, historically has had both strategic and operational responsibilities. In today’s municipal environment, however, municipal budgeting knowledge, human resources management and compliance with town, state and federal reporting requirements/regulations has created the need for professional managers/administrators that are experienced in these matters and that traditional Select Boards may not be equipped to handle. Additionally, the potential change annually of the make-up of the Select Board requires some adjustments in the operation of the Town. A Town Administrator provides that continuity of contact for both residents and town employees.

3. Where does the Town Administrator fit in the town personnel organization chart?

Town employees would report to the Town Administrator who would report to the Select Board. It's important to note that this re-organization would not sever any ties between residents and employees with the Select Board. Any elected official, especially the town Select Board, is always available to any resident or employee for any reason. The Town Administrator's role would be to absorb the oversight and management of the operations of the Town from the Select Board.

4. Is the Town Administrator a full-time or part-time position?

The size and make-up of New Castle indicate that this would be a part-time position of 2-3 days per week.



New Castle Building Inspector's Office Hours:



Building Inspector / Code Enforcement Officer:

Russell Bookholz (603) 431-6710 or (603) 766-3615

Monday: 7:00am to 2:30 pm

Tuesday: 7:00am to 2:30 pm

Wednesday: 7:00am to 2:30 pm

(Works from home email or phone calls only)

Thursday: 7:00am to 2:30 pm

Fridays: Closed

**Currently, all inspections and consultations are done by appointment.
Please call-in advance to schedule.**

****Please Note: The Town of New Castle is now requiring a
Town Shore Land Permit to be issued after issuance of
NHDES Permits- Any questions please feel free to contact the
Building Inspector ****

How is Long COVID diagnosed?

- No diagnostic test available at this time
- Most people with long COVID have evidence of prior SARS-CoV-2 infection (ie, antibodies), but some people never tested positive or even knew they were infected.
- Hard to diagnose because symptoms could be related to other new or pre-existing health problems

How is long COVID treated?

- No single, specific treatment. Long COVID is different in everyone.

How do I prevent long COVID?

- Best way to prevent long COVID is to protect yourself from getting infected in the first place by getting vaccinated and boosted when eligible
- Many experts think that people who are vaccinated but get a breakthrough infection are less likely to report long COVID problems, as compared to people who are unvaccinated.

References

*Unless otherwise noted, most information is from: [Long COVID or Post-COVID Conditions | CDC](#)

1. [Post-COVID Conditions among Adult COVID-19 Survivors Aged 18–64 and ≥65 Years — United States, March 2020–November 2021 | MMWR \(cdc.gov\)](#)
2. [Nearly One in Five American Adults Who Have Had COVID-19 Still Have "Long COVID" \(cdc.gov\)](#)
3. [What is long COVID? | American Medical Association \(ama-assn.org\)](#)
4. [Caring for People with Post-COVID Conditions | CDC](#)



NEW DAYS AND HOURS FOR THE TOWN HALL:

**Effective Monday, August 1, 2022,
the Town Hall will be open to the
public
Monday thru Thursday from 8am -
2pm.**

**The Town Clerk's office will
continue to be open
3 days per week:
Mon, Wed and Thurs 8-12.**

New Castle Public Library:



With summer comes the **joy of summer reading**. The library has a display of fun, upbeat books that we replenish every few days. Our summer reading program has been booming with children in the community who clearly love to read. The first week children filled summer reading bags with books, movies, art projects, I Spy books, tattoos, and more. The Center for Wildlife joined us week two to present *Owls: Silent Hunters of the Night*. They brought an Eastern Screech Owl, a Bard Owl, and a Merlin Falcon. Keeping with our owl theme, we spent an afternoon making edible owls and creating owl art. Other activities included perler beads, games, puzzles, story times, and reading tag necklaces

The library and recreation committee are co-sponsoring a **Healthy Living series**, which launched in May. This program is focusing on health and well-being and includes exercise and informational programs. We started with Strength & Conditioning and Introduction to Yoga. In September we will launch a walking group.



the art
of healthy
living

Over the summer the library has been hosting a series of Learn-to-Play Mahjong classes. We will offer another class in the fall, let me know if you want to give it a try. And don't forget about our regular programming – knitting group, cookbook club, library book group, men's book group (meets every other month), bridge, Mahjong, adult art classes, community reads, winter discussion series...

Over the past year we've had a few requests for **large print books**. We have limited space, so we are in the process of replacing books we've had for twenty to thirty years and purchasing new titles. Stop in and see what we have (hint ... they are all winners!)

When do symptoms of Long COVID start? How long can they last?

- Usually, ~4 weeks after initial infection, when most cases are resolved/finished. Symptoms can last weeks, months, or years

Who is more likely to get Long COVID?

- Anyone infected with SARS-CoV-2 can get long COVID, even if symptoms were mild or they had no symptoms (asymptomatic infection)

Long COVID seems to happen more often in people who:

- Had severe COVID-19, especially if they were hospitalized and needed intensive care
- Had MIS (multisystem inflammatory syndrome) during or after COVID-19.
- Had underlying medical conditions before getting COVID-19
- Were unvaccinated when they were infected. These people seem to be at higher risk for long COVID vs vaccinated people who had breakthrough COVID-19 infections.

How many people have Long COVID?^{1,2}

- Recent study showed that 1 in 5 COVID-19 survivors 18 to 64 yrs old and 1 in 4 COVID-19 survivors ≥65 yrs old have at least one condition that could be considered long COVID
- More than 40% of US adults report having had COVID-19 (*it's probably more*) and 1 in 5 (19%) of those have long COVID symptoms; this translates to 1 in 13 US adults (7.5%) have long COVID
- Younger adults (50 to 59 yrs) more likely to have persistent symptoms than older adults (80+ yrs)
- Bisexual or transgender adults more likely to get long COVID than people of other sexual orientations
- Women more likely to report long COVID symptoms (9.4%) than men (5.5%)
- Hispanic adults have higher rates of long COVID (9%) vs non-Hispanic white adults (7.5%), Black (6.8%) adults, and more than 2x the rate in non-Hispanic Asian adults (3.7%)

Does Long COVID occur only in adults?

- Children and adolescents can get long COVID but it's more common in adults
- Children who had mild or severe COVID-19 (including MIS-C) can have lingering symptoms
- Children report sleep problems, fatigue, headache, muscle and joint pain, cough and trouble concentrating³
- Young children may have trouble describing their problems or symptoms⁴

New Castle Health Officer:



Long COVID Basics*

What is Long COVID?

- No 'standard' definition
- Having symptoms that didn't exist before a confirmed or suspected COVID-19 infection, and last a couple of months after initial infection resolved, and can't be explained by something else

What causes Long COVID?

Not sure; theories include:³

- Persistent coronavirus or virus particles in tissues trigger chronic inflammation
- Acute viral infection causes a new autoimmune condition
- Disturbed gut microbiome (normal bacteria in the gut)
- Reactivation of pre-existing viruses (eg, Epstein-Barr)

Common symptoms of Long COVID

- Symptoms aren't the same for everyone
- Can be the same or new and different from original infection
- Can be hard to explain and manage
- Can go away and come back (ongoing)

General: tiredness, fever, fatigue that interferes with daily activities; may worsen after physical activity or mental effort (post-exertional malaise)

Lungs/heart: difficulty breathing, shortness of breath, cough, chest pain, fast beating or pounding heart (palpitations)

- COVID-19 survivors have 2x risk of pulmonary embolism (lung clot) or breathing problems (versus those who didn't get COVID-19)¹

Vascular: blood clots, vascular issues (pins and needle feelings)

Kidney: kidney failure¹

Brain/neurologic/mental health: difficulty thinking or concentrating (brain fog), headache, sleep problems, dizziness when standing, changing smell or taste, depression, anxiety

Digestive/Gut: diarrhea, stomach pain

Miscellaneous: joint or muscle pain, rash, changes in menstrual cycles

New Materials at the Library:

New Books: *Sparring Partners* by John Grisham, *Dream Town* by David Baldacci, *Death of the Black Widow* by James Patterson, *Diamond Eye* by Kate Quinn, *Left on Tenth* Delia Ephron, *Freezing Order* by Bill Browder, *City on Fire* by Don Winslow, *West With Giraffes* by Lynda Rutledge, *Sea of Tranquility* by Emily St. John Mandel, *Run Rose Run* by James Patterson, *Facing the Mountain* by Daniel James Brown, *Sunlit Weapon* by Jaqueline Winspear, *Black Cake* by Charmaine Wilkerson, *The Paris Apartment* by Lucy Foley, *Dark Hours* by Michael Connelly, *Better Off Dead* by Lee Child, *Wish You Were Here* by Jodi Picoult, *The Sentence* by Louise Erdrich, *How Beautiful We Were* by Imbolo Mbue, *We Are Not Like Them* by Christine Pride, *Summer Place* by Jennifer Weiner ...

Movies: This Is Us seasons 4 & 5, The Good Fight season 5, Parallel Mothers (Spanish), How We Got To Sesame Street (documentary), Ghostbusters Afterlife, Jungle Cruise

Family movies: Encanto, Magic of Belle Isle, Mitchells vs. the Machines, Luca

New Audio Books on cd: *Three Sisters* by Heather Morris, *The Mystery of Mrs. Christie* by Marie Benedict, *Violeta* by Isabel Allende, *Why Fish Don't Exist* by Lulu Miller

Happy Reading!

Christine Collins, Library Director



The Great Island Garden Club invites the New
Castle community to an informative
presentation:

Go Native!

Incorporating Native Plants Into Your Landscape

Presented by Sheila Steele
UNH Extension Master Gardener

**What is a Native Plant? Why are they so important
to have in your landscape? Where do we buy them?
Can they be planted in containers? Let's dig in and
learn all about it!**

Tuesday, October 11, 2022

7 to 8 PM

**Macomber Room
301 Wentworth Rd.**



For more information: www.greatislandgardenclub.org



New Castle Fire Department:

Happy Summer Great Islanders!

I wanted to share some new information regarding our universal-access key box program. You may recall my previous articles about the emergency key boxes and have attempted to order one only to find they are not promised to arrive for more than six months. The company we previously partnered with has been challenged by covid-related supply issues and unfortunately will not be able to meet our needs moving forward. In the interest of providing, you with timely service and access to these vital products we have forged a new relationship with a well-established company known for a customer focused approach.

Moving forward anyone interested in ordering a key box should visit **Knoxbox.com**

Once at the main page, follow the red highlighted cells to navigate through the ordering process. The boxes we recommend will automatically load on the screen once you have selected 'NEW HAMPSHIRE' and 'New Castle Fire Dept, Town of' as your local agency.

(A link to this page is available on the Fire Department's section of the town web site under 'Useful Links.')

If you want to order over the phone, call the RB Allen Company at (603) 964-8140. Ask a representative about ordering a residential 'Knox' box for New Castle, NH. Many times, this local vendor will have boxes formatted for our town in stock that can be shipped to you quickly.

****We will continue to support the Kidde brand boxes of the past and no changes are required if you have one in place. ****

To schedule your install and for assistance with ordering I can be reached at 603 436 1132 or FireChief@NewCastleNH.org

Thank you for all your support,

Ted Hartmann

Fire Chief

Green Waste Days:



Green Waste Days will be held once a month on the following dates:

- August 20, 2022
- September 17, 2022
- October 15, 2022
- November 19, 2022

The Green Waste operation is located to the right of the recreation building – 301 Wentworth Road next to the old rifle range (grey concrete building). Hours of operation are from 8 to 11am.



Town Clerk / Tax Collector’s Office:



Greetings! We’ve had some changes in the Town Clerk/Tax Collector’s office!

I’m Lisa English and I was elected as your new Town Clerk/Tax Collector in the May, 2022 town election. I’m so happy to report that Jennifer Rumph will continue to work in our office, and of course BJ Riordan is here as well. Big thanks to Jennifer, BJ, and Pam Cullen, who have all been so wonderful and supportive as I learn all the facets of my new role.

We are back to our regular hours of Monday, Wednesday, and Thursday from 8:00 am to 12:00 pm. We are here to help you with the following:

- Motor Vehicle new registrations/renewals
- Boat new registrations/renewals (trailers too)
- Voter Registration
- Election questions
- Vital Records (appointments required for Marriage licenses)
- Property Taxes

We will be moving to a new software program for our DMV work in August and look forward to providing our residents with a smoother renewal/registration process.

Please feel free to call us at 603-431-6710 ext. 2, or email us at townclerk@newcastlenh.org

Thank you for your patience over the last few months, and I look forward to meeting you!



Respectfully,

Lisa K. English



Water & Sewer Commission:

Water & Sewer Commission

Water Meter Replacement Initiative

The New Castle water utility ([northside](#)) has initiated replacement of all ~370+ water meters over the course of the next 10 years, about 10% per year. Industry standard is to replace meters every 10-15 years. Wholesale replacement has not occurred in New Castle in at least 20 years. Meters are replaced because they typically start to “run slow” as they age, i.e., they register less water consumption than actually used. While this doesn’t adversely impact the customer (Who doesn’t like “free” water?), it does reduce revenue to the utility whose bills do not “run slow.” The point is to have all customers pay fairly and accurately for what they consume.

While no one is being charged for this “first” replacement, customers need to know that we will be instituting, likely with the next water bill, a “meter replacement fee” to budget for future meter replacement 10 years hence. While actual rates have yet to be set, customers with larger meters (e.g., 1” vs. ¾”) will be charged more based on the greater cost of larger meters.

Advanced Meter Infrastructure (AMI)

To improve efficiency of our small public works staff and to minimize billing errors, the water utility is installing a wireless metering system ([northside](#)). This equipment is identical to that which already serves southside customers serviced by the City of Portsmouth.

As of this writing, about 40% of the meters have been rewired. If you are a [northside](#) New Castle water customer and this information is new to you, see elsewhere in this newsletter for specific details from the Superintendent of Public Works, Chris Robillard, on how to schedule a conversion appointment.

Asset Management Plan for the Water Infrastructure

First, what is asset management? Using one formal state definition, “*Asset management provides utility managers and decision makers with critical information on capital assets and timing of investments. Some key steps for asset management are making an inventory of critical assets, evaluating their condition and performance, and developing plans to maintain, repair and replace assets and to fund these activities.*” So, just as homeowners assess the condition and useful life of key components of their homes, e.g., HVAC systems, kitchen appliances, roofs and siding; and have them checked periodically, e.g., HVAC seasonal tune-ups, or schedule outside painting and roof replacement, asset management plans provide town managers an important tool to track the condition and viability of town assets like your water and sewer utility and to forecast and budget for their ultimate replacement. The end goal is to be proactive in assessing and managing the performance of the utilities to provide customers a reliable level of service.

Boats and Trailer Storage at The Commons:

Storage of Boats/RVs and Trailers

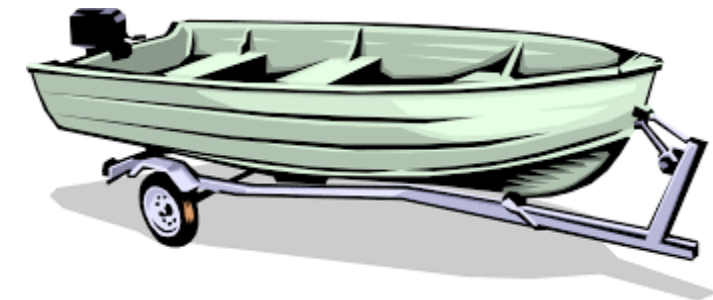
The residents of New Castle are permitted to store their trailers in the summer (2nd Saturday in May till the 2nd Sunday in September. The boats/RV’S can then be stored from the 2nd Saturday in September until the 1st day of June. Residents are required to fill out applications for trailers and boats/RVs, and to let the office know when the they will arrive at the Common. These forms are available on our Town Website, and can be dropped off or mailed with all valid identification included with application.

This spring the Common had 30 plus trailers with only a few applications thus causing hours of work to search for owners, as many do not put current-colored stickers on for easy identification. The only way we can find who owns the trailer is by plate number. Applications can print forms from the town’s website and mail in with fee and we will mail you back a sticker. We are asking residents to please come do applications for trailers in spring and boats/RVs in the fall before they are stored. Also ask that residents adhere to dates of removal as in the spring the town uses the boat storage area for school buses that come to the Common. This was quite a problem this spring with boats not being removed timely & the dates required as such.

**There are two storage forms, one for boats/RVs and one for trailers to be done every year when storing at the Common, which can be found on our Town Website. In the past, we tried to combine the forms but that did not work out. Copies of current registrations are required along with proof of insurance need to be presented with the application of storage.

The cost of Boat Storage is: \$6.00 a ft.

The cost of Trailer Storage is \$4.00 a ft.



New Castle Department of Public Works:

The New Castle Public Works Department is continuing the installation of water meter radios. This installation will require access to the water meter inside your home, and should take no more than 30-45 minutes to complete. A new radio box will be mounted to the side of your home in the place of your current meter reading touch pad. Some meters will be replaced during this event due to their age. If this is the case, your water service will be interrupted for a very brief time while the meter is changed. This project is ONLY for the New Castle water utility customers. Residents who get their water billed from the City of Portsmouth already have this radio installed by the city.

To further simplify the process, we have developed a means for residents to sign up for an appointment. Simply go to calendly.com/ncdpw to select a time or feel free to call or email if necessary. Please note that we are scheduling these appointments as blocks since some installs will be faster than others. This means that if you sign up for the 9:30 time slot, we will not necessarily be there right at 9:30. The appointment windows are from 8:00-10:00, 10:00-12:00, and 1:00-3:00, so we may arrive at any time during the two-hour window.

Thank you for your continued patience and cooperation in this undertaking.

Chris Robillard
Public Works Superintendent
Town of New Castle
publicworks@newcastlenh.org
603-766-3613



With that (long) introduction, your New Castle water utility (northside) has been approved for a \$62,800 American Rescue Plan (ARPA) federal grant to put in place an asset management plan for the water infrastructure. We hope to begin this work within the month. Do not be surprised to see personnel from both Underwood Engineers and our own department of public works on the road locating water utility components. (Underwood was the engineering firm that oversaw the water line improvement project in 2020.) Also, we have applied for an asset management grant for the sewer utility for next year.

Emergency Diesel Generator Replacement

It has been over a year since we submitted an application to the NH Clean Water State Revolving Fund (CWSRF) for money to replace the emergency diesel generators at all three pump stations. The generators, and ancillary components, are 25-35 years old and need to be replaced. As you may recall, Warrant Article 09, “Long Term Borrowing–Upgrades to Sewer Pump Stations,” presented at the May 10 Town Meeting, specified a loan of \$341,900, an ARPA grant of \$100,650 and possible loan forgiveness of \$23,485 for a net loan of \$217,765 which would be paid for by sewer ratepayers, likely over the course of 20 years. We await governor and executive council approval, which hopefully will have been achieved by the time you read this.

Normand Houle
Chairman, New Castle Water & Sewer Commission



Photo courtesy of Jim Cerny



New Castle Historical Society:



It is with sincere and heartfelt condolences that we remember two wonderful, contributing board members, Howard Crosby and Brooks Kennedy. They were remarkable men and we miss them. We also extend our sympathies to the family of Edmund Tarbell, who was a member of NCHS and a speaker at one of our most popular programs on sailing. He will also be greatly missed.

To help educate and remember the glorious history of New Castle, the museum is pleased to announce a new slate of programs for the remainder of the summer and into the fall:

- July: The Old Great Island History Hunt. Test your knowledge of places in New Castle. See the brochure you recently received in your mailbox and mail in your answers for prizes.
- August: Summer mansions of New Castle. Estates past and present and Fort Stark history. Jim Cerny and Jane Sweeney are the presenters.
- September: A soiree at the Hart House in New Castle – members only. Dennis Robinson will speak about his upcoming book on the history of New Castle.
- October: A gravestone hunt and talk on the cemeteries of New Castle, by Carol White, board member and town historian.
- November: Annual meeting, topped off by 60-year-olds talking about growing up in New Castle.

Don't forget to take the Historic Village Walking Tour. This guided tour winds its way through the village and provides the history of many of the houses and sites around town. These tours are led by board members who are well-versed in the history of the town. Tours are usually sold out, so check out the website for upcoming dates. We also have a driving tour. Brochures/directions for this are in a brochure holder located on the front steps of the museum. We hope you enjoy both and bring your family and friends.

Our summer hours for the museum are Saturdays from 1-3 and Wednesdays from 1-3. Board members are always present who can answer your questions about our history and the museum's exhibits.

Conserving and maintaining the environment adjacent to the museum is our current endeavor. It is a huge project and mission, presently on-going. Board members Jennie Schwartz and Patty Frawley are heading a team that is undertaking the extreme task of cleaning out years of debris and undergrowth, gardening and landscaping the lot of land to the left of the Museum which extends down to the Old Fire Station.

We are seeking volunteers to help with the gardening. Come out on Thursday mornings from 9-12 and give a much-welcomed hand. The garden will feature plants donated from the garden club, flowering trees, memorial benches and flagstones. We look forward to all contributing to what will be a place of great beauty for the entire town to enjoy.

Dr. Emerson 'Tad' Baker of Salem State University, Professor of History, and Dr. Alexandra Martin, Strawberry Banke, museum archeologist and University of New Hampshire Faculty Fellow, continue to work every Wednesday morning from 9-12 at the museum, cataloging the extensive Demers Piscataqua River collection that the Demers father and son retrieved from shipwrecks along the coast of New Castle. Visitors are welcome to meet them and watch as they work on the pottery found on the ships. Our collection has now gained international recognition! Come and meet Tad and Alix. We are so fortunate to have their guidance and assistance in working with this remarkable collection.

Your memberships and donations continue to contribute to: building maintenance, utilities, lectures and events, mailings, publicity materials, equipment [printer, computers, scanner, etc.] – just to name a few of our responsibilities and accomplishments.

The dory presently on the lawn of the museum got a new coat of paint and has Mannie, our resident fisherman, proudly installed. Many thanks to Elaine Nollet for keeping him/her dressed in holiday fashion all year long.

Carol White has completed the historical sign that explains the history of our museum building. It is now placed on the lawn by the stairs as you enter the museum. Another historical sign is being planned for the Riverside Cemetery.

The members of the board marched in the New Castle 4th of July parade, featuring TWO George Washingtons, one of whom rode on a motorcycle, just to shake history up a bit.

We conducted our first writing workshop for residents to create essays, brief biographies, or first-person pieces about the people, places, and history of our town. The program was presented by Priscilla Hodgkins. We will offer another program in the fall, featuring four two-hour meetings at the Historical Society, once per week. No prior experience in writing is necessary, but a strong desire to learn is essential. In-class exercises will lead to writing a short piece to present in class for discussion at the next meeting. Cost: \$10.00 for members of the New Castle Historical Society; \$20.00 for non-members. To sign up, please contact Priscilla Hodgkins at: pahncnh@gmail.com.

The NCHS is hard at work putting together a robust celebration of the Town's 400th celebration. The events will include historical reenactments on the Commons, a colonial dance that same night, summer village walking tours and the publication of A History of New Castle by Dennis Robinson. These events will be in conjunction with the NC Garden Club's walking tour and a 4th of July parade. Stay tuned for possible other events to celebrate this momentous year.

Don't forget your membership. We're still accepting those and hope you will join or renew. You don't want to miss the members-only soiree at the historic Hart House in September.

And don't forget to follow us on Facebook at New Castle NH Historical Society, and check out our website: www.newcastlenhhistoricalsociety.org.

Elaine Nollet and Dawn Lake