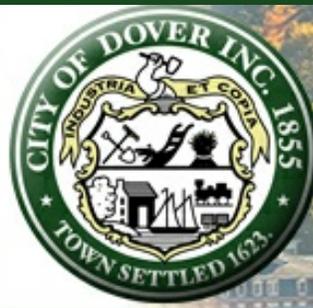


DOVER DOWNLOAD



News from the City of Dover, New Hampshire



May 10, 2024



**CITY OF
DOVER, NH**

288 Central
Avenue
Dover, NH 03820
603-516-6000

City Hall
hours:

Monday-
Thursday:
8:30 a.m. to
5:30 p.m.
Friday:
8:30 a.m. to 4
p.m.

Recycling
Center hours:



Pudding Hill Water Treatment Plant begins operation

**Capable of providing 40% of city's
drinking water needs**

The new Pudding Hill Water Treatment Plant has pumped its

Tuesday,
Thursday,
Saturday:
8:30 a.m. to
3:30 p.m.

first million gallons of water into the city's drinking water system since it came online last week, utilizing the Pudding Hill aquifer for the first time since 2019. Once fully operational, which could be as early as next week, the treatment plant is capable of adding a million or more gallons of water daily into the city's water system, providing 40% of the city's daily water needs.

"Pudding Hill puts us back where we need to be with plenty of water," said Community Services Director John Storer. "Unless we have a substantial region-wide massive drought, we should be fine meeting all city demands moving into the future."

The city will be providing tours of the new water treatment plant during its Open House on Saturday, May 18, from 11 a.m. to 2 p.m.

Some of the mandatory water restrictions in recent years were due to the Pudding Hill aquifer being offline, where the city had to rely on other aquifers during periods of drought. The re-utilization of the Pudding Hill aquifer will allow the city's other drinking water aquifers to rest and recharge. Last week, the city's groundwater consultant provided an overview of Dover's aquifers, which can be [viewed here](#).

The city voluntarily took the Pudding Hill aquifer offline in 2019 when its sentinel monitoring wells detected plumes of PFAS contaminants; however, no PFAS were ever detected in the drinking water pumped from the wells. PFAS seeped into the ground from the former auto recycling plant off Knox Marsh Road that Schnitzer Steel Industries Inc. now owns. As a responsible party, the firm is paying a significant portion of the costs to construct the new treatment plant, with the balance funded by a state PFAS grant.

The Pudding Hill Water Treatment Plant meets and exceeds the U.S. Environmental Protection Agency's new drinking water standards released last month that lowered the threshold of actable limits for PFAS class chemicals.

The plant utilizes granular activated carbon (GAC) to remove all observed PFAS levels. The plant was designed to add additional filtration should there be an issue with a specific PFAS compound or other chemicals. PFAS are perfluoroalkyl and polyfluoroalkyl substances, which have been used in products like Teflon, Goretex, and firefighting foam. The city had begun testing GAC filters in 2018 on about 10 different PFAS compounds, and all were brought down to non-detect levels, noting that GAC is also robust with emerging PFAS chemicals now being investigated.

"The new water treatment plant will be able to treat all PFAS compounds from the Pudding Hill Aquifer to EPA's target goal of zero, or non-detectable per current laboratory standards," Storer said. "Outside of Pudding Hill, the city has not experienced any PFAS issues requiring treatment, highlighting the importance of protecting our aquifers through land conservation or zoning protections."

Groundwater from the Pudding Hill aquifer will be pumped to the treatment plant and treated with caustic soda (sodium hydroxide) and chlorine (calcium hypochlorite). The pretreated water will be filtered through three Greensand

Plus filters to remove iron and manganese. Next, hydrogen peroxide is added to the filtered water entering the two ultra-violet light reactors for the advanced oxidation process (AOP) to remove 1,4-dioxane and MTBE (methyl tert-butyl ether). After AOP, the water will be filtered through three pairs of GAC filters to remove PFAS.

For more information, contact Community Services at 603-516-6450.

City, plaintiffs appeal redistricting lawsuit to state supreme court

The City of Dover and its co-plaintiffs are appealing a superior court decision that dismissed their redistricting lawsuit against the Secretary of State. The plaintiffs allege the state's redistricting law violates the New Hampshire Constitution.

In late 2023, both parties filed for summary judgment, with Strafford Superior Court Judge Mark Howard holding a hearing on Feb. 7, 2024. In an April 8 ruling, Howard denied the city's motion for summary judgment and granted the state's. Last week, the city and the other plaintiffs appealed the decision to the New Hampshire Supreme Court.

The lawsuit centers around how state legislators drew redistricting maps following the release of the 2020 Census data in 2021. House Bill 50, signed into law on March 23, 2022, groups Dover's Ward 4 residents into two districts combined with other towns. The complaint alleges that Dover's Ward 4, along with other municipalities, including Barrington, Hooksett, Lee, New Ipswich, Rochester, and Wilton, had combined representation with neighboring municipalities despite New Hampshire Constitutional requirements requiring a dedicated district for political wards and towns with sufficient population.

The City of Dover filed the lawsuit against the State of New Hampshire and the New Hampshire Secretary of State on July 26, 2022. The City of Rochester and 10 voters from various municipalities, including Ward 4 Councilor Debra Hackett in her personal capacity and not as a city councilor, have joined Dover in the lawsuit. The plaintiffs' superior court complaint asked the court to either redraw or order the state to redraw the house representation maps for the affected towns and wards in compliance with the state constitution.

The plaintiffs initially sought the New Hampshire Supreme Court to take the case through an original jurisdiction petition to address the matter directly to obtain a ruling on the merits before the 2022 House of Representatives elections; however, the court denied the petition, which led the plaintiffs to file the superior court complaint. The City Council authorized the City Manager to pursue legal action regarding the constitutionality of the redistricting law at its April 27, 2022 meeting.

Find all filings related to the case at <https://www.dover.nh.gov/government/city-operations/executive/city-attorney/current-litigation/>.

Road closures, traffic restrictions in place Sunday for Moms on the Run 5K

Dover Police Chief William M. Breault announces the following road closures for the annual Moms on the Run Mother's Day 5K event on Sunday, May 12, one of the 2024 Dover Race Series events.

On Sunday, May 12, the following road closures will be in effect:

- **Spaulding Turnpike Exit 7 southbound on and off-ramps, from 9:05 to 9:30 a.m.**
- **Bellamy Road, in the easterly direction between Durham Road and Alumni Drive, from 9:05 to 10 a.m.**
- **Rutland Street between Cataract Avenue and Central Avenue, from 9 to 9:20 a.m.**
- **Cataract Avenue, from 9 to 9:15 a.m.**

Motorists should expect delays at the Central Avenue/Mill Street/Exit 7 South intersection and a lane shift along Route 108 from Rutland Street to Bellamy Road. Dover police personnel and event volunteers will help manage traffic flow along the race route. The 5K event begins and ends at the Dover High School, 25 Alumni Drive.

The event is organized by and will benefit Zebra Crossings, which provides year-round empowerment programs for children with chronic medical conditions. For more information, visit <https://www.zebra-crossings.org/run/>.

For questions about traffic, contact Dover Police Lt. Marn Speidel at 603-742-4646.

Tax bills due June 3

The City Clerk and Tax Collector's Office mailed tax bills to all property owners on May 1. It's the second half of the annual tax bill, due Monday, June 3, 2024.

As calculated and certified by the New Hampshire Department of Revenue Administration, the City of Dover's property tax rate for fiscal year 2024 (tax year 2023) is \$18.70 per \$1,000 assessed valuation.

In addition to mail, property tax payments can be paid online by clicking the "Pay My Bill" button on the home page of the City's website at www.dover.nh.gov. Payment of property tax bills is only available for current year tax bills and is not available for properties with a prior year's tax lien. There are online payment transaction fees collected by the payment processing company.

For more information, contact the City Clerk and Tax Collector's Office at 603-516-6018. The City Clerk and Tax Collector's Office, located at City Hall at 288 Central Ave., is open Monday through Thursday from 8:30 a.m. to 5:30 p.m. and Fridays from 8:30 a.m. to 4 p.m.



CELEBRATE WITH COMMUNITY SERVICES

PUBLIC WORKS WEEK

MAY 19-25, 2024

JOIN US FOR A SPECIAL
OPEN HOUSE
SATURDAY, MAY 18
11 A.M. TO 2 P.M.

Touch a Truck! Paint a Plow!
AND
Live demonstrations, ice cream for kids,
tours of the new Pudding Hill Water
Treatment facility, watch crews tap a
water line, and much more!

SEE TRUCKS FROM:

- Community Services
- Police
- Fire and Rescue
- Strafford County Sheriff
- Moore's Crane Rental
- MB Tractor & Equipment
- United Ag & Turf
- Pete's Tire Barns
- Grappone Ford
- United Construction

WHERE:

Community Services
271 Mast Road, Dover

CONTACT:

Community Services
(603) 516-6450



Community Services to hold open house May 18 for Public Works Week

Community Services invites the public to its open house on Saturday, May 18, as a kick-off to Public Works Week.

The event, held at the public works facility at 271 Mast Road, will display numerous public work trucks for the kids and the public to check out. In addition, Dover Police and Fire and Rescue vehicles will also be there.

Staff will hold demonstrations, such as how crews tap a water line, and provide tours of the new Pudding Hill Water Treatment Facility. Other attractions will be announced as they are confirmed.

The event will be from 11 a.m. to 2 p.m.

Interested in being part of the event? Contact Community Services at 603-516-6450.



Dover Mayor Robert Carrier, left, presents a proclamation to Melissa Lesniak, center, and Suzanne Weete, both volunteers with the Dover Mental Health Alliance, in recognition of Mental Health Awareness Month. The proclamation was read during the City Council meeting this week.

Dover Mayor, City Council proclaim May as Mental Health Awareness Month

At the May 8 City Council meeting, Dover Mayor Robert Carrier issued a proclamation declaring May 2024 as Mental Health Awareness Month in the city. The proclamation was presented to Suzanne Weete and Melissa Lesniak, members of the Dover Mental Health Alliance.

"Mental health is an essential part of overall well-being, impacting youth, families, individuals, and those who work in or own businesses across Dover," Carrier said, reading from the proclamation. He noted that one in five American adults and one in six adolescents experience mental health conditions each year.

The proclamation stated, "Despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help." It encouraged residents to "educate yourself and others about mental health conditions, treatment options, and available resources" and "challenge stigma by speaking respectfully and inclusively about mental health."

Before reading the proclamation, Carrier asked Weete what individuals can do to raise mental health awareness.

"What can we do as individuals is become educated about the impact of mental health challenges and mental illness, not only on individuals, but an entire community," Weete said. "We have to talk about it to normalize this health condition that is a crisis in our country, in our world."

Weete, a volunteer with the Dover Mental Health Alliance and staff member with Community Partners, emphasized the importance of open discussion. "The more we talk about it, the more people feel they're empowered. The more people can ask for help without feeling shame or discrimination," she said.

The proclamation urged residents to "seek help if you are struggling with your mental health and encourage others to do the same." It also called for supporting organizations providing mental health services, creating supportive environments for conversations, and working together "to create a community where everyone feels empowered to prioritize their mental well-being."

After presenting the proclamation, Carrier thanked the Dover Mental Health Alliance volunteers, acknowledging their passion and commitment to this important cause in the community.

The full text of the proclamation can be read on the City of Dover's website [here](#).

Dover Fire and Rescue celebrates National Military Appreciation Month by honoring department veterans

This month, Dover Fire and Rescue is celebrating National Military Appreciation Month by recognizing its members who have served or are currently serving in the United States Armed Forces.

The honored members are:

- Firefighter Jeffrey Hudick, U.S. Army
- Firefighter/Paramedic Michael Kilday, U.S. Army
- Firefighter William Carey, U.S. Marine Corps
- Firefighter Taylor Denio, U.S. Army
- Firefighter Lilah Cherim, U.S. Marine Corps
- Firefighter Connor Morris, U.S. Marine Corps
- Division Chief Keith Irwin, U.S. Army

Fire Chief Michael McShane expressed his pride in the department's unique blend of service disciplines.

"Each of these individuals brings a level of discipline, leadership, and resilience learned in the military that greatly enhances our capabilities as first responders," McShane said. "We are profoundly grateful for their continued commitment to serving their country and our community."

National Military Appreciation Month is a month-long observance in May honoring the sacrifices and service of the United States Armed Forces. It was established by Congress in 1999.

Deadline to change party affiliation before the primary election is June 4

The last day a registered voter can change their political party affiliation before the 2024 State Primary Election is Tuesday, June 4, 2024. Per state law, voters may not change their party affiliation 90 days before a primary.

The Primary Election will be held on Tuesday, Sept. 10, 2024, with the General Election on Tuesday, Nov. 5. At the election, voters will cast ballots for county, state and federal offices.



Voters domiciled in Dover may change their party affiliation at the City Clerk's Office, or any scheduled meeting of the supervisors of the checklist except for during the period between the first day of the filing period for the primary election and the date of the primary election itself.

Voters who have provided their date of birth on a voter registration form may go to the Secretary of State's [Registered Voter web link](#) to check their political party affiliation status. The person must enter their first name, last name, town or city, and date of birth, and complete the security entry. If the name, town or city, and date of birth are the same as what was provided in their voter registration form, their name, voter ID, and party affiliation, if any, will be displayed.

Candidate filing period

The filing period for candidates seeking county, state or federal offices is from June 5 to 14, 2024. Find information about running for office on the Secretary of State's [Running for Office page](#).

Supervisors of the Checklist in Session June 4

The Supervisors of the Checklist will meet on Tuesday, June 4, 2024, at 6 p.m., at the City Clerk's office at City Hall, 288 Central Ave.

Upcoming Meetings:

Conservation Commission, May 13, 5:30 p.m.

The Conservation Commission will hold a regular meeting on Monday, May 13, 2024, beginning at 5:30 p.m., in the Council Conference Room, City Hall.

To view the meeting agenda, [click here](#).

Recreation Advisory Board, May 13, 6 p.m.

The Recreation Advisory Board will hold a regular meeting on Monday, May 13, 2024, beginning at 6 p.m., in Room 224 at the McConnell Center.

To view the meeting agenda, [click here](#).

School Board, May 13, 7 p.m.

The School Board will hold a regular meeting on Monday, May 13, 2024, beginning at 7 p.m., in School Board Chambers, Room 306, at the McConnell Center.

To view the meeting agenda, [click here](#).

Planning Board, May 14, 7 p.m.

Transportation Lot to be paid parking at all hours starting May 13

Beginning Monday, May 13, the Dover Transportation Lot at 33 Chestnut St. will be paid parking 24 hours a day, year-round. There are no changes to the hourly, daily, or long-term rates.

The City Council approved the change in February following the recommendation of the Parking Commission to better manage the limited parking spaces at the lot.

Drivers may pay at one of the three meters on the lot or utilize the Flowbird mobile phone app to purchase parking. Vehicles left for more than five consecutive days at the lot must be parked in the designated long-term parking section past the building terminal. Meter rates are 50 cents per hour or \$3 per day.

Chinburg Properties owns the lot, which the city leases. Part of the lease agreement allows Chinburg exclusive use of a portion of the spaces for its residential developments. Recently, Chinburg began using 100 of the 300 available spaces at the lot for its renovation of the old courthouse building on Second Street. The spaces marked in yellow are permit parking only. The lease allows Chinburg to utilize up to 200 spaces in total.

For more information, contact the Parking Bureau at 603-516-6132.

The Planning Board will hold a regular meeting on Tuesday, May 14, 2024, beginning at 7 p.m., in Council Chambers, City Hall.

To view the meeting agenda, [click here](#).

Zoning Board, May 16, 7 p.m.

The Zoning Board of Adjustment will hold a regular meeting on Thursday, May 16, 2024, beginning at 7 p.m., in Council Chambers, City Hall.

To view the meeting agenda, [click here](#).

For a complete list of upcoming meetings, visit <https://www.dover.nh.gov/government/open-government/public-meetings/>.



Missed the meeting? Catch it again online

Don't forget: If you missed the live City Council, School Board or Planning Board meetings on Channels 22 and 95, you can catch them again, online and on demand.

Simply visit www.dovernh.viebit.com to begin watching meetings on demand. Online meetings are organized by agenda item for convenience.

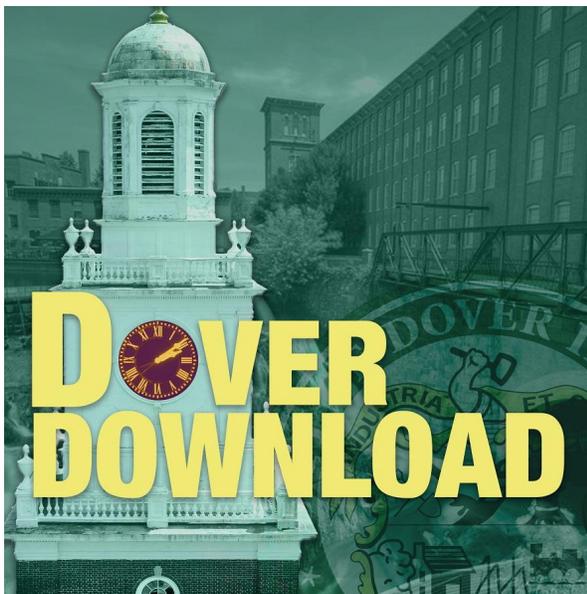


On the Agenda: Planning Board, 5/14/2024

In this video, Director of Planning and Community Development Donna Benton reviews what's on the agenda at the next Planning Board meeting on Tuesday, May 14, 2024. The video can be viewed by clicking the image above or [clicking here](#).

The meeting begins at 7 p.m. in Council Chambers at City Hall. The meeting will be broadcast live on Channel 22 and streamed live online.

Want to keep up on other projects and planning and community development initiatives in the City of Dover? Subscribe to the Planning Department's newsletter, the Dover Planning Review. To sign up, visit bit.ly/doverdownload and select Dover Planning Review.



National Police Week: Celebrating Dover's Commitment to Public Safety

In the latest episode of Dover Download, Deputy City Manager Christopher Parker chats

with Police Chief Bill Breault and Police Lt. Alex Mitrushi about National Police Week and the changing role of law enforcement. Listen wherever you get your podcasts or at <https://bit.ly/3wd4cG1>.

Dover Download 'Question of the Week'

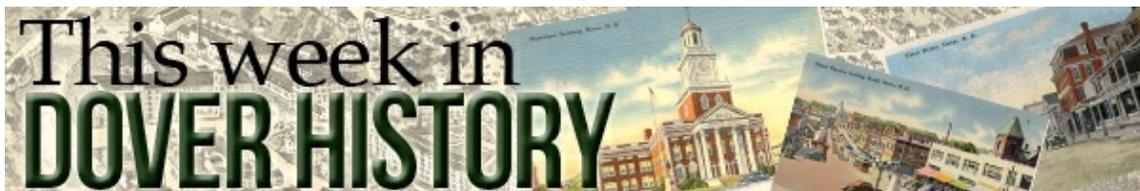
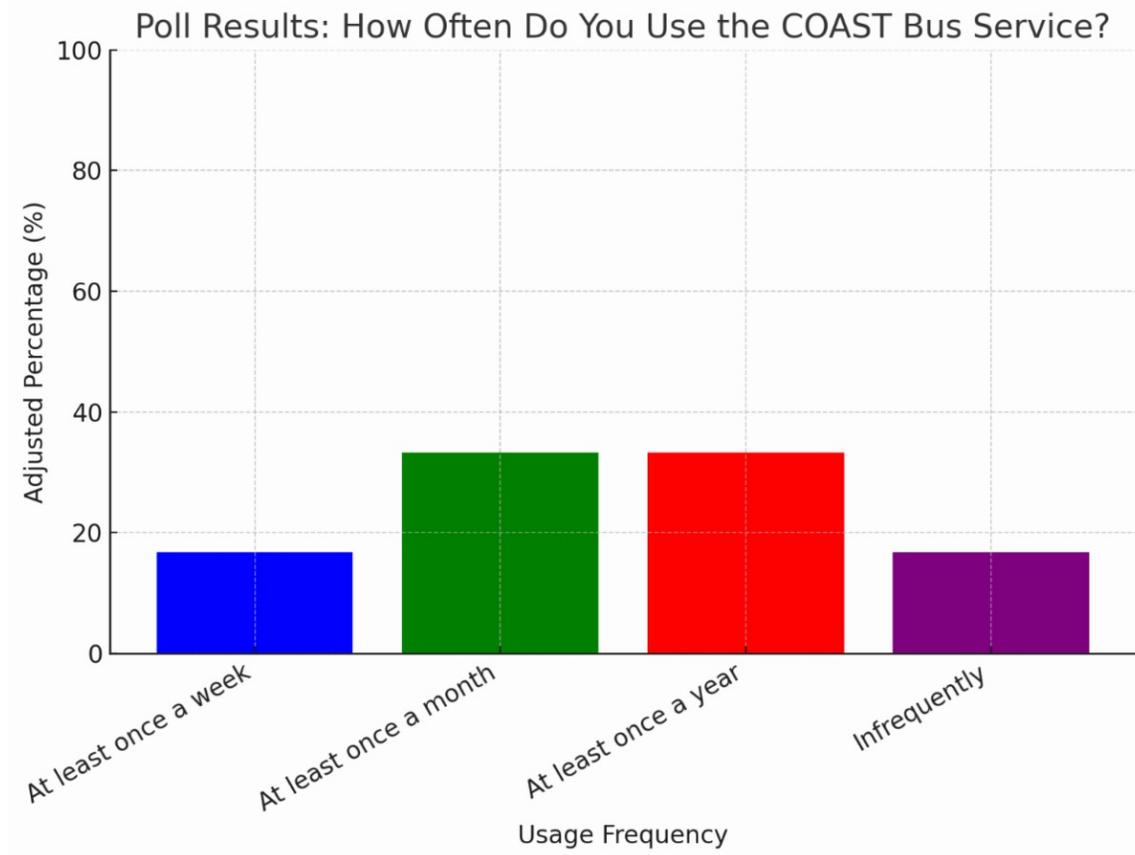
We want to hear from you! In each edition of Dover Download, we're looking for your response to our question of the week. A new poll will appear each week in Dover Download, along with the previous week's results. Participating is easy – just click on the link below to cast your vote.

This week's question: **"Have you made your home more energy efficient?"**

Let us know here: <https://polco.us/m66b2m>.

Please note that if you don't already have an account with Polco, the city's polling system, you will be asked to create one.

Here are the top results from last week's poll, which asked, "How often do you use the COAST bus service?" The results are for those who use COAST only.



The following events are from various historical records, sources, and texts about the

history of Dover.

For more on the history of Dover, visit the Dover Public Library, Locust Street, and the Woodman Museum on Central Avenue. The Public Library also maintains an online collection of historical information [located here](#).

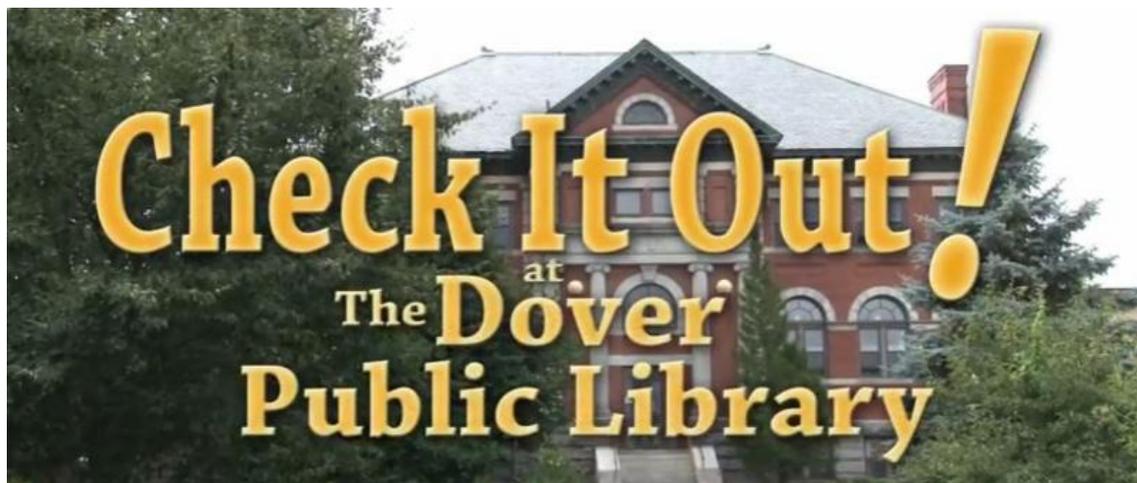
May 15, 1671 — Richard Waldron and Richard Cooke were chosen as deputies to the General Court on this day.

May 15, 1732 — New Hampshire Gov. Jonathan Belcher, on this day, approved an act of the Assembly to set apart Oyster River in Dover as a Parish by the name of Durham.

May 17, 1805 — The turnpike road from Dover to South Berwick opened this year. On this day John Wheeler, the turnpike's treasurer, gives notice to stockholders that the directors have ordered a fourth assessment be paid, and Stephen Sawyer advertises for "30 or 40 stout able-bodied young men" to work on the road.

May 17, 1862 — The temperature rises to 92 degrees on this day, beginning a days-long heat wave that causes some to suffer from heat stroke.

May 10, 1907 — 66-year-old Jane Wilson was discovered helpless at the B & M railroad station in Dover. Identifying herself as a long-term textile worker from Lowell and Lawrence, Mass., where she worked for 60 years, and a survivor of the Pemberton Mill disaster, she was taken to a local lodging house by order of the county commissioners. The City Marshal, aware of her situation, confirmed that she had recently been an inmate at the almshouse in Tewksbury, Mass., suspecting she might have run away. Wilson told officials she had come to Dover to visit a friend in Rollinsford, only to find her friend absent. Her claim as a survivor stems from the Pemberton Mill disaster, a catastrophic event in 1860 where the mill collapsed in Lawrence, Mass., due to structural failures, killing and injuring many workers. Wilson was sent back to Tewksbury from Dover.



Wentworth-Douglass Hospital hosting advance directive event at the Library

Wentworth-Douglass Hospital is hosting a free event to assist those interested in drafting an advanced directive.

The event will be held Tuesday, May 21, from 1-3 p.m. at the Dover Public Library. Wentworth-Douglass is offering attendees a 30-minute appointment with a social worker who will assist in creating the document.

An advanced directive, commonly referred to as a living will, is a legal document that specifies what actions should be taken if a person is no longer able to make decisions for

themselves – often because they have become seriously ill or otherwise incapacitated.

Those attending should bring their license, a list of proxies they would like to represent them, and contact information for all parties involved.

There is a limit of 12 appointments. To schedule an appointment or inquire further, please call the hospital's social work office at 603-740-2826.

This Week at the Library

Sunday, May 12, 2 to 3:30 p.m. **Silent Reading Group**

It's a book club with no assigned reading, no expectations, and no rules. Share light discussion on the book you brought and enjoy the quiet, productive space of the library. Bring a snack.
Bring a friend. Come read!

Monday, May 13, 10:30 a.m. to 12 p.m. **Book Bracelets**

Make a wooden book bracelet in this beginner friendly creative program. All supplies will be provided. This program is open to all ages, but is best suited to ages 10 and up. *Registration required.*

Monday, May 13, 4 to 4:45 p.m. **Big Kids Storytime**

Join us for a fun storytime for kids in grades K-2. We'll read more in-depth books, and follow our stories with an accompanying craft. Children attend this event independently, without a caregiver.
Registration required.

Monday, May 13, 6:30 to 8 p.m. **Blues concert featuring Poor Howard Stith and Mike Rogers**

Poor Howard performs primarily on 12-string guitars and some 6-string guitars played "bottleneck" style. In addition to explaining the songs, he also incorporates folk humor and short shaggy dog stories to introduce some of the songs. Mike Roger is a virtuoso harmonica player and accompanies Howard in the styles of the masters from Sonny Terry to Little Walter.

Tuesday, May 14, 10 to 10:30 a.m. **Mother Goose on the Loose**

For babies through 2 years and parent/caregiver, Mother Goose on the Loose is a 30-minute program with nursery rhymes, songs, puppets, and short stories. A joyful and fun gathering that promotes early literacy skills.

Tuesday, May 14, 6 to 8 p.m. **18+ Dungeon World**

Wednesday, May 15, 10:30 to 11:45 am **Caregiver Cafe**

Join Cornerstone VNA for a morning of support, education, and conversation. Loved ones are welcome.

Wednesday, May 15, 11 a.m. to 12 p.m. **All Abilities Club: Legos**

Join us in building with Legos. Use your imagination to make your own creation or try one of the challenges provided.

Wednesday, May 15, 6 to 8 p.m. **Family Game Night**

Play a fun selection of card and board games, and meet other board game enthusiasts in the community! You're also welcome to bring your own games. All ages are welcome.

Wednesday, May 15, 6:30 to 7:30 p.m. **Dover Reads: The Half-Drowned King Book Discussion**

Dover Reads invites community members to dive deeper into a shared book. This year's book is "The Half-Drowned King" by Dover author Linnea Hartsuyker. You can now pick up copies of Linnea's book to borrow at the library's front desk or visit a participating location for your own free copy. Be on the lookout for other Dover Reads events based on the book!

Wednesday, May 15, 6:30 to 8 p.m. **Chess Group**

Adults and teens are invited to drop in to play a game or two and meet other folks interested in all things chess. Please bring a chess set if you have one!

Thursday, May 16, 10 to 10:45 am **Arts and Crafts Storytime**

Arts and Crafts Storytime is for children ages 3-6. Each session will focus on a different theme. Books, songs, rhymes, and an art activity will all be part of the fun. *Registration required.*

Thursday, May 16, 6 to 7:30 p.m. **Book Bracelets**

Make a wooden book bracelet in this

Drop in and play Dungeon World with Game Master Dave! This 18 & older group is for new and veteran role-playing gamers to join us in the library for adventure, strategy, and imagination. The group will meet every 2nd and 4th Tuesday night of the month, though you do not need to have attended previous sessions to enjoy your first game. No experience or materials are required and all skill levels are welcome to play.

Tuesday, May 14, 6:30 to 8 p.m.

Friends of the Dover Public Library

As a member of this group, as an active participant, or as a leader you can support this group which supports our library. Become a member of the Friends for as little as \$20 per year. This organization funds all the museum passes the library offers, a large portion of our summer reading activities, as well as cultural events for the community.

Wednesday, May 15, 9:30 to 11:30 am

Adult Knitting Group

Knitters and crocheters are welcome to join us with their projects for an in-person crafting circle. All levels welcome.

Wednesday, May 15, 10 to 10:30 a.m.

Family Storytime

Children of all ages with caregivers are invited to attend this program which includes stories, fingerplays, songs, and puppets.

beginner friendly creative program. All supplies will be provided. This program is open to all ages, but is best suited to ages 10 and up. *Registration required.*

Saturday, May 18, 10 to 11:30 a.m.

Meaningful Conversations

Meaningful Conversations can be a personally satisfying experience for everyone and these conversations can bring people together in friendship with a feeling of human connection. These weekly conversations, focused on such topics as "The Arts as Inspiration," "Healing Racism," and "Mind Full or Mindful?" began during the pandemic as part of a national initiative to bring people together in conversation about moral and social matters.

Saturday, May 18, 2 to 3 p.m.

Lego Club

Come build at Lego Club! There will be a specific "Challenge-of-the-day" to work on or you can build your own creations. This is a family event for people age 5-99. All LEGO creations stay at the library. CAUTION: Legos are a choking hazard to children under the age of 3.





SEACOAST
— Chamber Alliance —



KEYNOTE SPEAKER
MICKEY WILES, FOUNDER & CEO



TUESDAY, MAY 21
8 TO 10:30 A.M.
COCHECHO COUNTRY CLUB
145 GULF ROAD, DOVER

THIRD ANNUAL

MENTAL HEALTH, WELLNESS AND RECOVERY IN THE WORKPLACE SUMMIT



PANELISTS:

- ✓ Josh Dame, LDI Solutions
- ✓ Kellie Mueller, Wentworth-Douglass Hospital Behavioral Health
- ✓ Jennifer Ufkin, Cornerstone VNA

SPONSORED BY:



[REGISTER AT DOVERNH.ORG/WELLNESS](https://DOVERNH.ORG/WELLNESS)

Ben & Jerry's COO to keynote Seacoast Chamber Alliance Mental Health Summit

The third annual Mental Health, Wellness and Recovery in the Workplace Summit, underwritten by Wentworth-Douglass Hospital and sponsored by Kennebunk Savings, will take place Tuesday, May 21, at the Cochecho Country Club in Dover from 8 to 10:30 a.m.

Keynote speaker Mickey Wiles is the founder and chief executive officer of Vermont-based Working Fields, a mission-driven staffing agency that helps individuals overcome barriers to employment and build stable futures. Mickey has had a long career in the private-sector business community where he held various leadership roles including a stint as chief operating officer at Ben & Jerry's. He is in long-term recovery and was provided a second chance after spending time in federal prison. For the last 19 years, Mickey has worked to help others seeking a second chance after living with substance use disorder and/or having experience with justice involvement.

The Mental Health, Wellness and Recovery in the Workplace Summit is designed to help employers explore stigma around mental health and substance use disorder in the workplace. Topics include how to recognize potential mental health or substance abuse issues, how to provide a safe environment for employees to seek help, and resources available for employers.

Additional panelists include LDI Solutions President and Founder Josh Dame, Wentworth-Douglass Hospital Assistant Vice President Behavioral Health Services Kellie Mueller, and Cornerstone VNA Vice President of Operations Jennifer Ufkin. Forward Merch, a local entertainment merchandiser, will present a case study about how it successfully draws from the recovery community to fill vacant positions.

The summit is presented by the Seacoast Chamber Alliance, the Dover Mental Health Alliance, and the Recovery Friendly Workplace Initiative. Registration is \$15 for chamber members and \$20 for not-yet members. To register, visit dovernh.org/wellness.

The Seacoast Chamber Alliance consists of the Exeter Area Chamber of Commerce, the Greater Dover Chamber of Commerce, the Greater Rochester Chamber of Commerce, the Hampton Area Chamber of Commerce, the Chamber Collaborative of Greater Portsmouth, and the Falls Chamber of Commerce. For more information, visit visitseacoastnh.com.

The Dover Mental Health Alliance's mission is to build a resilient community that is educated, responsive and conscious of the impact of mental illness. For more information visit dovermentalhealthalliance.org. The Recovery Friendly Workplace Initiative promotes individual wellness for Granite Stater citizens by empowering workplaces to provide support for people recovering from substance use disorder. For more information visit recoveryfriendlyworkplace.com.

FOOD AND BEVERAGE POUCHES

BELONG IN THE TRASH

Brought to you by the
Solid Waste Advisory Committee

Many foods and beverages now come in pouches. These cannot be recycled by Waste Management and should be thrown in the trash. If you're working to reduce your use of single use plastics, consider buying these foods and beverages in packaging that can be recycled (like glass, cans, tubs, or bottles) instead.



CMNH to offer free admission to military personnel and their families this summer

The Children's Museum of New Hampshire in Dover announced it will again join museums nationwide in the Blue Star Museums initiative, a program that provides free admission to currently serving U.S. military personnel and their families this summer. The 2024 program will begin on Armed Forces Day, Saturday, May 18, 2024. Learn more and find the list of participating museums at arts.gov/BlueStarMuseums.

Blue Star Museums is a partnership between the National Endowment for the Arts and Blue Star Families, in collaboration with the Department of Defense and participating museums across America. [The Children's Museum of New Hampshire's free military summer](#) is sponsored exclusively by Service Credit Union.

"We are proud to once again partner with the Children's Museum to sponsor free admission for active military families this summer," said Jaime Yates, Service Credit Union Community Relations Manager. "At Service Credit Union, we have a longstanding history of supporting our military members, veterans and their families, and this program is one of the ways we can give back to those who have given so much to us."

"We are grateful to the Children's Museum of New Hampshire for participating in this summer's Blue Star Museums program, and we hope military families will take this opportunity to create meaningful, lifelong memories," said Maria Rosario Jackson, PhD, chair of the National Endowment for the Arts. "Whether you are traveling this summer, getting to know a new duty location, or exploring what your community has to offer, Blue Star Museums is a wonderful opportunity to create connection and find inspiration."

"Military families love Blue Star Museums, and we couldn't run this program without the National Endowment for the Arts and the museums across the nation who show they care by participating," said Blue Star Families CEO Kathy Roth-Douquet. "Access to museums enriches military families, creates wonderful family memories, and helps us feel connected to our communities so that we can thrive and do the hard job we have to do for the country. I am delighted for us to launch the 14th year of this very special program."

In addition to The Children's Museum of New Hampshire, the Blue Star Museums program includes children's museums, art, science, and history museums, zoos, gardens, lighthouses, and more, and hail from all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

The [current list of participating museums](#) will continue to grow over the summer as organizations are welcome to register to be a Blue Star Museum throughout the summer.

The free admission program is available for those currently serving in the United States Military—Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force, members of the Reserves, National Guard, U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), DD Form 1173-1 ID card or the Next Generation Uniformed Services (Real) ID card for entrance into a participating Blue Star Museum.

Strafford County Master Gardeners Association announces annual Plant Sale

The Strafford County Master Gardeners Association will host its annual plant sale on Sunday, May 19, from 9 a.m. to 1 p.m. at the Durham Town Hall.

The sale will feature locally grown native and pollinator plants, herbs, vegetables, ground covers, sun and shade perennials, and houseplants. Master Gardeners will be on hand to provide expert gardening advice.

Rain or shine, the sale will take place at 8 Newmarket Road in Durham. Cash and checks will be accepted.

Proceeds from the plant sale support the association's school gardening grants and community gardening projects in the area.

Master Gardeners are volunteers trained by the University of New Hampshire Cooperative Extension. The Strafford County group promotes environmentally sustainable gardening practices.

Cyclists invited to 'Bike Eat Shop Dovah'

Seacoast Area Bicycle Riders is hosting a community cycling event called "Bike Eat Shop Dovah" on Saturday, May 18, from noon to 4 p.m. in downtown Dover.

The free event encourages cyclists to pedal around the city, stopping at local eateries and shops. Participants can check in at the SABR table outside Garrison City Beer Works for recommendations on where to go and to learn about the group's "Bicycle Benefits" program.

Bike safety handouts will be available, and SABR representatives will provide information about the 14 bike racks installed downtown by the Rotary Club for those who want to go "multi-modal" by combining cycling and walking.

'Bike Eat Shop Dovah' offers an opportunity for cyclists to gather and show their love for their community, businesses, and fellow riders, according to SABR.

The event aims to promote cycling, support local businesses and bring people together.

For more information or to register, visit <https://www.seacoastbikes.org/event-details-registration/bike-eat-shop-dovah>.

Utility bills include water service line materials survey

Quarterly water and sewer utility bills again include a survey from the Community Services Department to identify the water service line material used to connect the home or business with the public water drinking system, per federal requirements.

If you have already taken the survey, there is no need to complete it again.

The Water Service Line Inventory Survey, available at <https://bit.ly/service-line-survey>, requests water users identify the water service pipe that comes into their home or building and connects with the water meter, take a picture of it, and upload it with the survey. Understanding that many people may not know the exact material, the city created a webpage with images of pipes and their descriptions, also included on the backside of the survey insert. City personnel are also willing to inspect the service line in person to help with the inventory efforts, usually taking 10 minutes or less. There is no cost for this service.

The picture should be of the service pipe coming into the water meter through the wall (though sometimes the floor). It is usually located in the basement. The survey can include up to five photos.

New U.S. Environmental Protection Agency (EPA) requirements have been issued to require all water systems across the United States to create and maintain a public inventory of service line materials in compliance with the EPA's Lead and Copper Rule Revision.

For more information or to schedule a city worker to inspect the service line, contact the Community Services Department at 603-516-6450.

For questions about your water and sewer bill, contact the Water and Sewer Billing Office at 603-516-6028.

Volunteer boards help keep Dover vibrant

The City of Dover is a vibrant community due in large part to the significant energy and talent of citizen participation on the city's many boards, committees, and commissions. Input from these boards, committees, and commissions helps guide Dover's policy decisions.

Want to get involved? There are currently committees seeking members to fill regular and alternate member vacancies, including:

- Arena Commission
- McConnell Center Advisory Committee
- Planning Board
- Racial Equity and Inclusion Committee
- Recreation Advisory Board
- Utilities Commission

The complete list of boards and committees can be found at www.dover.nh.gov/government/boards-and-commissions/

To apply, complete an application, [available here](#) and at the City Clerk's Office, and either drop it off at the Clerk's Office or email it to City Clerk Jerrica Vansylyvong-Bizier at j.bizier@dover.nh.gov. Applicants are welcome to apply to any board or commission. Applications are kept on file for one year.

The City Council appoints citizens to boards and commissions from recommendations of its Appointments Committee, which meets regularly to review applications.

Want to work for the City of Dover? The City's website offers an updated list of open positions, including job descriptions and a downloadable application for employment. The City of Dover is now seeking applications for the following positions:

- **Firefighter/AEMT**
- **Police Officer**
- **Public Safety Dispatcher**
- **Lifeguard**
- **Swim Instructor**
- **Camera Operator**
- **Water Treatment Operator**
- **Enterprise Systems IT Administrator**
- **Heavy Equipment Operator, Utilities**
- **Heavy Equipment Mechanic**
- **Water Exercise Instructor**
- **Account Clerk**
- **Fire/Life Safety Inspector**
- **Summer Day Camp Counselor**
- **Custodian - McConnell Center**
- **Seasonal Maintenance Worker**
- **Gym Attendant**
- **Laborer-Utilities**
- **Truck Driver-Utilities**
- **Police Social Worker**
- **Inspection Services Office Assistant**
- **Facilities, Grounds, & Cemetery Secretary - PT**

For more information about these positions or employment opportunities with the City of Dover, [click here](#).

Dover School District employment opportunities

Want to work for the Dover School District? The District's website offers an updated list of open positions, including job descriptions and online applications. The District is now seeking applications for the following positions:

- **Substitute Nurse**
- **Summer Programming Paraprofessionals**
- **School Counselor**
- **Family Outreach Coordinator**
- **Dover Middle School Head Girls Volleyball Coach**
- **Paraprofessional**
- **MTSS Building Coordinator**
- **Federally Funded Speech and Language Assistant**
- **Special Education Teacher Case Manager**
- **Substitute Teacher**
- **Custodian for C&W Services Facilities**
- **Mathematics Teacher**
- **Wellness Teacher**
- **Speech Language Pathologist Assistant**

For more information about these positions, [click here](#).



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